



# Residential Services

**Northern Rivers Family of Services offers a continuum of residential treatment options that can help any child find success.**

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*These programs are services provided by Northern Rivers Family of Services and its member agencies, Northeast Parent & Child Society and Parsons Child & Family Center.*

Our residential programs, administered by Northeast Parent & Child Society and Parsons Child & Family Center with several locations throughout Albany and Schenectady, are licensed by the NYS Office of Children and Family Services (OCFS) and the NYS Office of Mental Health (OMH) and combine a specialized therapeutic environment with the right kind of atmosphere that will benefit clients regardless of their challenges and goals. Here's how we can help.

## **Short-Term Services**

We have facilities that provide comprehensive diagnostic services and crisis respite with an emphasis on creating a plan for success for the child and family.

- Healy House, ages 5–12 (OCFS, OMH), Albany
- Crisis residence for children, ages 12–17 (OMH), Albany (opening mid-2019)
- Schaffer Children's Shelter, ages 4–12 (OCFS), Schenectady

## **Residential Options**

We use evidence-based practices including cognitive behavioral therapy and dialectical behavioral therapy, comprehensive assessments, therapeutic recreation, and community engagement, along with specialized treatment options for hard-to-place youth and those who have displayed fire-setting and sexual problem behaviors, in our Residential Treatment Centers (RTCs).

- Albany Residence on Academy Road, ages 12–18 (OCFS), Albany
- Schenectady Residence on Park Avenue, ages 11–18 (OCFS), Schenectady

We also offer a residential program with intensive clinical and behavioral health supports to help youth successfully and safely transition to less restrictive levels of care.

- Residential Treatment Facility (RTF), ages 12–17 (OMH), Albany

## **Intensive Residential Care**

New Directions (OCFS) is our intensive residential treatment option in Schenectady for young women ages 16–17 referred by Family Court (a Raise the Age program) offering trauma-based interventions; clinical support; behavioral health services; skill development through educational, vocational, and recreational opportunities; case management; and aftercare planning with residents and their families.

## **Group Homes and Community Residence**

We have group homes that provide a coeducational living environment for youth age 15 and older with a focus on life and vocational skills along with a transitional component for those looking to return home or move on to independent living.

- Miriam House, ages 12–17 (OMH), Albany
- New Scotland and Delaware group homes, ages 14–21 (OCFS), Albany
- Zoller group home, ages 14–21 (OCFS), Schenectady

**NORTHERNRIVERS**

## Supervised Independent Living Program (SILP)

We offer supported apartment living for young adults ages 18–21 who need help with transitional and life skills development.

### *The Northern Rivers Difference*

We're here to work with you to identify the right Northern Rivers residential environment to help any youth find success. While each residence is different, they're all staffed by knowledgeable, caring professionals who specialize in trauma-informed care and are invested in each youth's journey. We believe that every youth in our care deserves a rich, full experience. That's why we ensure that every one of our residents receives the following.

**Education.** Whether one of our 853 special education schools, public school, vocational programs, or higher education is appropriate, each resident has a customized educational plan with wraparound support.

**Medical care.** Many residential sites have on-site medical care, and all youth have access to psychological, nursing, medication management, and physical health services.

**Recreation.** We offer a full range of therapeutic recreational activities inside our residences and out in the community. From intramural clubs to trips to sporting events, museums, and concerts, we allow every youth to broaden their horizons and nurture their passions.

**Community involvement and volunteerism.** We reinforce the importance of citizenship, and we encourage our residents to get involved with a wide variety of community and charitable initiatives. From neighbor-hood cleanups to awareness campaigns, we encourage each resident to pursue what's meaningful to them.

**Family integration.** From the first day in care, we work with each youth's family and support system to identify challenges, develop resources, and build upon strengths.

**Planning for the future.** Permanency is the goal for every youth in our care. Through clinical assessments and ongoing support, we focus on what comes next—whether that's returning to family or independence.

**For more information on these services  
or to arrange for a tour of any residence, contact:**

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