



# Residential Treatment Centers

**Dedicated licensed professionals helping youth prepare for their best life.**

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*For more information or to schedule a tour of a Residential Treatment Center, contact:*

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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.*

When risk issues make remaining in the home or community unsafe for youth, Northern Rivers offers a residential program to address these risk areas and to teach youth and their family the skills needed so the youth may return safely home.

Youth served are typically dealing with multiple issues including family instability, emotional trauma, delinquency, mental health, truancy, running away, substance abuse, and other various issues of risk. Northern Rivers operates two residential treatment centers (RTCs), licensed by the New York State Office of Children and Family Services (OCFS) and nationally accredited by the Council of Accreditation.

The facility in Schenectady is a multiunit RTC serving up to 40 at-risk youth ages 11–21 plus a specialized 8-bed intensive treatment program for hard-to-place youth. The RTC in Albany can serve up to 30 youth ages 8–21.

We strive to ensure that the therapeutic services provided in our centers are of the highest quality and that we use best-practice standards.

**Northern Rivers provides programming and support  
24 hours a day, 7 days a week, 365 days a year.**

## **Clinical Services**

- Specialized clinical services for fire-setting and sexually aggressive behaviors
- Comprehensive assessments, which can include both psychiatric and psychological assessments
- Dialectical behavior therapy (DBT)
- Case management with a focus on permanency and family involvement
- Trauma-informed clinical services based on the ARC (attachment, regulation, competency) trauma model
- Gender-specific services
- Individual, family, and group counseling provided by master's level clinical staff both at the center and in the family's home and community.

## **Milieu Services**

- Trauma informed daily living environment geared toward youth regulation and skills development
- Therapeutic crisis intervention (TCI) trained staff
- Therapeutic recreational activities
- Transitional Independent Living program focusing on independent living skills and employment preparation services

**NORTHERNRIVERS**

## Educational Services

- Most youth attend our alternative special education schools; the Neil Hellman School in Albany serves youth in grades K–12 and in the School at Northeast in Schenectady serves youth in grades 6–12.
- Self-contained special education classrooms
- Departmentalized middle school and high school curricula
- Committee on Special Education (CSE) evaluations
- Community school, vocational, and work opportunities are also supported

## Benefits

- Full continuum of care to meet the clinical, developmental, and necessary living arrangements for older youth transitioning from care
- Improved ability to regulate emotions
- Increased social skills
- Improved independent living skills
- Improved family relationships and transitional skills from residence home
- Improved daily functioning at home, in school, and in the community

## How to Get Started

Youth ages 11–21 are referred through the county’s Department of Social Services (DSS), Department of Probation, Family Court, the local school district’s Committee on Special Education (CSE). Services are provided to youth with a history of disruptive behavior, such as truancy, running away from home, and misdemeanor criminal activity based on person in need of supervision (PINS) reports, involvement with the Juvenile Justice system, abuse or neglect, mental health needs, hospitalizations or voluntary petitions filed through Family Court systems.

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

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