



# *Stabilization & Diagnostic Services*

## *Schaffer Children's Program – Safe and sound under our roof*

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*These services are provided by Northern Rivers Family of Services and member agencies.*

**NORTHERN  
RIVERS**

For youth ages 4–12, the Schaffer Children's Program in Schenectady provides comprehensive diagnostic services and emergency respite, with an emphasis on creating a plan for success for the child and family.

The Schaffer Children's Program is an 8-bed diagnostic facility that serves children ages 4–12 and is licensed by the New York State Office for Children and Family Services (OCFS).

Often children with histories of trauma exhibit behaviors that become unmanageable in their home. The children's program offers a complete 30- to 45-day diagnostic that includes a comprehensive psychosocial and behavioral assessment, as well as psychiatric, individual psychological, and family psychological assessment.

These assessments are conducted by three doctors, each of whom is licensed in his or her respective field. Using three doctors allows for a comprehensive overview of the child and family. The staff of the children's shelter prides themselves in providing recommendations and a road map for success for each child and family.

Schaffer Children's Program also provides brief emergency respite for children in crisis. These are children who are not in need of hospitalization, but who can benefit from a short stay away from their family home. Emergency respite can provide families with a much-needed break, while preventing out-of-home placement for their children

### **Services**

- Behavior management
- Comprehensive psychological assessment
  - Projective and IQ testing
  - Psychiatric assessment
  - Family assessment
- Comprehensive write-up synthesizing doctors' assessments and the behavioral observations of the youth in the facility
- Comprehensive document provided at the conclusion of the assessment to the local district, which contains all reports and assessments

### **Benefits**

- The child is stabilized.
- There is improved daily functioning at home, in school, and in the community.
- Caregivers are more understanding of and better prepared to manage their child's behaviors and emotional needs.
- Caregivers have a better understanding of how the child and family's background affects their current functioning.
- A comprehensive document is created that can provide guidance to future service provider.

### **Get Started**

The diagnostic program is available to youth ages 4–12 who are currently in the care and custody of their county's Department of Social Services (DSS). Emergency respite is available to some private insurance companies and certain local county mental health offices. Call 518.346.2387 for more information or bed availability. The program accepts referrals 7 days a week, 24 hours a day, 365 days a year. Each child is screened to determine appropriateness for the program.