

How to Access Services

Any school, community services provider, parent, or caregiver can make a referral. For children and adolescents, the parent or primary caregiver must contact our Client Engagement Specialists directly to start counseling services. Northern Rivers has many convenient sites offering services.

Contact our Client Engagement Specialists
518.426.2687

We will be happy to take your request and schedule an appointment with one of our clinicians at a freestanding clinic or school-based clinic near you.

“This is singlehandedly the most effective therapy my child has received...”

There is real hope now for my child to have a more successful school experience. Every school system should have this phenomenal program.”

NORTHERNRIVERS

Founded where the Mohawk and Hudson meet, like the rivers that shaped our region, Northern Rivers Family of Services helps change lives by shaping the future of those we serve throughout the Capital Region and beyond. Northern Rivers is a family of human services agencies that work together and are committed to helping children, adults, and families.

Formed in 2012, Northern Rivers is the parent organization to Northeast Parent & Child Society (founded in 1888 in Schenectady), Parsons Child & Family Center (founded in 1829 in Albany), and Unlimited Potential (founded in Saratoga Springs in 1979). Together we serve more than 16,000 children, adults, and families across 35 counties in New York state who struggle with abuse, neglect, trauma, mental health challenges, educational difficulties, career training and employment, and service navigation through an innovative continuum of home-, clinic-, school-, and community-based vocational rehabilitative, supported employment, and senior-supporting programs that provide person-centered, trauma-informed innovative solutions to ensure clients live their best lives.

With a 1,400-strong workforce and informed by our nearly 200-year heritage, our quality of care, depth of programs, combined size, and passion for the mission make us a leading human services provider.

Main Office
60 Academy Road
Albany, NY 12208
518.426.2600

www.northernrivers.org

NORTHERNRIVERS

Life changing care since 1829

SCHOOL-BASED BEHAVIORAL HEALTH SERVICES



...right down the hall

Is your child ...

- Spending too much time alone and away from family?
- More easily irritated or crying more than usual?
- Having problems focusing on homework or sitting still?

**If you answered yes to these or similar questions:
School-Based Behavioral Health is the answer!**

What is School-Based Behavioral Health?

School-Based Behavioral Health (SBBH) places a Northern Rivers–staffed and –operated, NYS Office of Mental Health–licensed mental health clinic inside your school. Clinicians work with children who have social, emotional, and behavioral needs so that they can be successful in school and in life.

How does it work?

After a referral and initial screening at the request of a parent or guardian, the SBBH team works with students and families as well as educators, administrators, counselors, psychologists, and social workers to assess behavioral health challenges and develop a treatment plan. That plan may involve individual and family therapy, community resource connections, and medication services. Services are available when school is in session, during school vacations, and during summer months. After-hours crisis support is available by phone.

What services are offered?

Licensed mental health professionals provide the following services:

- Individual counseling
- Family counseling

In school districts that contract with Northern Rivers to provide a comprehensive model of services, these services are also offered:

- Case management
- Psychiatric consultation
- Medication management
- Participation in CSE meetings and other school meetings

How is the school involved?

Northern Rivers accepts referrals from school staff and works with school staff to improve the client's mood and behavior in school as long as the parent or guardian has given permission for Northern Rivers staff to speak with school staff.

“With the school-based program, my son is able to go to counseling and medication management appointments all in the same place and through the same agency.

It is a lot easier and there is better communication between providers.”

What are the benefits?

Behavioral health services help students and families manage emotional and behavioral challenges so they can be more successful in every part of life. Early identification and help for these challenges are proven to be important factors in long-term success. By locating behavioral health services in schools, we provide convenient access to services, less learning time lost compared to off-site behavioral health solutions, and consistency in service as students age.

Service Area

School-Based Behavioral Health services are offered in many school districts throughout the region and new districts are added frequently.

Visit www.northernrivers.org/sbbh-locations or the most current list of School-Based Behavioral Health school locations.

Fees and Payments

The Behavioral Health Centers accept most insurance including Medicaid and Child Health Plus. A sliding fee scale is available for those without insurance.