# Youth ACT
*The help you need, wherever you are*

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If you or someone you know might benefit from the Youth ACT program, please contact your county representative:

**Albany County**
Ashley Lombardo
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**Schenectady County**
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**Saratoga County**
Angela Braim
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**Warren County**
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# NORTHERN RIVERS

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

Youth ACT (Assertive Community Treatment) Youth ACT is an intensive and highly integrated approach for community mental health service delivery serving outpatient youth ages 10-21 with teams serving Albany and Schenectady and Saratoga, Warren, and Washington Counties whose symptoms of mental illness lead to serious functioning difficulties in several major areas of life, often including work, social relationships, residential independence, money management, and physical health and wellness.

## Who We Are

Our Youth ACT teams deliver intensive, highly coordinated, individualized services and skilled therapeutic interventions through home and community-based integrated, multidisciplinary team approach to better achieve success and maintain youth at home and in community-based settings.

Our teams provide services to children ages 10 to 21 who are at risk of entering or are returning home from high-intensity services, such as an inpatient setting or residential services.

Each youth and family benefits from working with our entire team, including a team leader, clinicians, a nurse practitioner, a peer advocate, and more. Each team member brings unique expertise to build, implement, and maintain a plan for success.

## What We Do

Youth ACT works with schools, probation, hospitals, children's community residences, residential treatment facilities (RTFs), crisis residences, and other mental health providers to safely maintain clients in a community setting as they work toward successful independence, emphasizing the importance of recovery, family, and community-based and faith-based supports.We work in the community, providing support in homes, schools, and other places where youth want and need to be. We work toward successful reintegration setting and meeting meaningful goals in collaboration with each youth and family.

Our services include medication evaluation and management, psychiatric assessment, clinical counseling and therapy, family counseling, case management, peer support, family advocacy, after-hours on-call support, school support, employment support, and therapeutic recreation.

The Youth ACT teams are on call 24/7/365 to help with crises. We support recovery through an individualized, stigma-free approach that gives clients the tools to manage their recovery and set and reach meaningful goals.

## Our Goal

The Youth ACT teams work with hospitals, mental health facilities, and local law enforcement to safely maintain clients in a community setting as they work toward successful independence. Our trauma-informed, culturally competent, client-centered approach emphasizes the importance of recovery, family, and community- and faith-based supports.

## Getting Started

All referrals to ACT are made through the appropriate county representative agencies listed in the left column.