

NEWS RELEASE

Partnering for Success



MEDIA CONTACTS:

Eugene White
Northern Rivers Family of Services
518.701.4927 (cell)
Eugene.White@northernrivers.org

Jodie Orzechowski
Cohoes City School District
518.237.0100
jorzecho@cohoes.org

FOR IMMEDIATE RELEASE

September 12, 2017

Cohoes Schools Welcome Northern Rivers School-Based Behavioral Health Center

Cohoes, NY—The Cohoes City School District celebrated the grand opening of a new Northern Rivers Family of Services school-based behavioral health center today. This office, the ninth in the region operated by Northern Rivers member agency Parsons Child & Family Center, will offer New York State Office of Mental Health-licensed counseling services to children and families throughout the district.

The center, which will complement existing district services, will serve an estimated 70 to 80 students and families with their social, emotional and behavioral needs. Northern Rivers' state-licensed behavioral health professionals will be available during school hours, during school vacations and throughout the summer with on-call availability 24 hours per day, 7 days per week.

"We are pleased to be able to expand our successful School-Based Behavioral Health services to the children and families of Cohoes," said Northern Rivers CEO William T. Gettman, Jr. "By improving access to life-changing services to the students, everyone wins."

"The statistics are clear—there is a critical role for us as educators to address the myriad health issues facing our students," said Superintendent Jennifer Spring, Ed.D. "We're taking a true community schools approach and bringing the services into school, making it more convenient for our families, and we're grateful to Northern Rivers for partnering with us to bring a behavioral health center to our Cohoes youth."

The Cohoes location joins other Albany County school districts including South Colonie and Albany City in offering Northern Rivers behavioral health services.

"I want to commend Northern Rivers and the Cohoes City School officials for implementing this collaboration to provide crucial counseling services in the community," said Albany County Executive Daniel P. McCoy. "The expansion of these school-based services will enhance early intervention services in the community when it is needed. This approach has proven successful in the county and has provided positive outcomes for kids."

Northern Rivers also has an office on Mohawk Street in Cohoes, offering community-based programs serving parents with young children and other community supports.

“As a long-term health care professional in Cohoes, a former Mayor and current member of the NYS Assembly, I am pleased to see this partnership with Northern Rivers and the Cohoes City School District at what is a critical time in a young person’s life in our community. Behavioral health is a critical component of a child’s life that is often overlooked. This partnership brings licensed professionals into the education environment to help those individuals in need. This will play a role in not only their educational performance but their quality of life. I commend Bill Gettman of Northern Rivers, Dr. Spring of the Cohoes City School Districts and all of the critical partners in making this effort a reality,” said Assemblymember John T. McDonald III.

Studies show that behavioral health challenges are common in adolescent youth and that proper treatment can help with academic success as well as family harmony.

“One in five adolescents has or will suffer from mental illness,” said David Rossetti, LCSW-R, Chief Officer of Behavioral Health Services at Northern Rivers. “Early intervention and consistent support can make all the difference.”

The primary Northern Rivers worker at the school will be Anjelica Krouse, MSW. She joins the organization from Bethlehem Central Middle School, where she served as a teacher and social worker. She previously worked as a residential counselor at a downstate facility and as a social service counselor for Comprehensive Behavioral Healthcare in Rutheford, N.J. She earned her bachelor’s degree in psychology from the University of Hartford and her MSW from the University at Albany School of Social Welfare.

The center will operate on a fee-for-service basis, accepting Medicaid, commercial insurance and private payments on a sliding scale.

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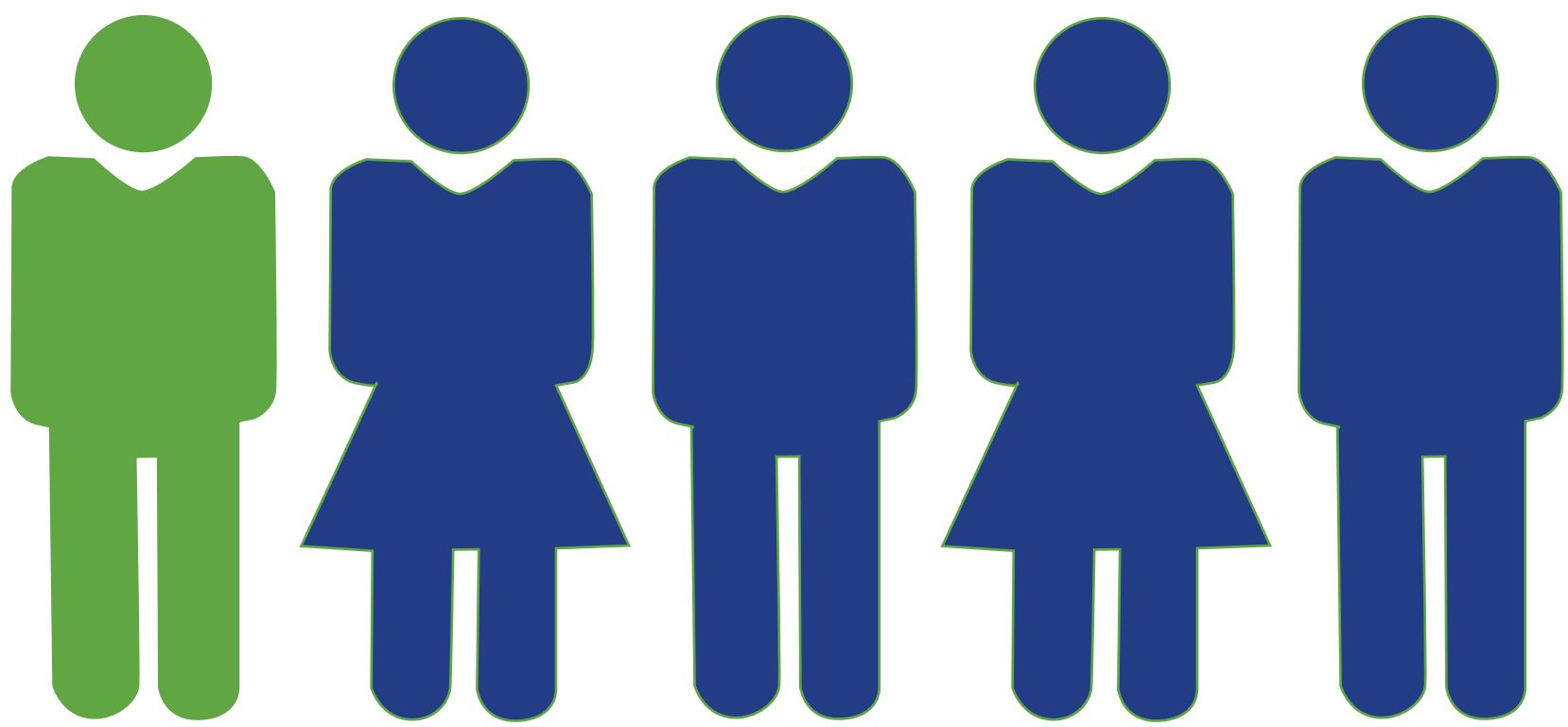
About Northern Rivers Family of Services:

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. Comprised of parent company Northern Rivers and member agencies Northeast Parent & Child Society and Parsons Child & Family Center, we are a family of human service agencies who work together and are committed to helping children, adults, and families. Our quality of care, depth of programs, combined size and passion for the mission make us a leading provider. Informed by our 188-year heritage, our 1,400-strong workforce provides services for 14,000 children, adults, and families throughout 35 counties in New York state. For more information, call 518.426.2600 or visit northernrivers.org.

About the Cohoes City School District:

The mission of the Cohoes City School District, a partnership of schools, parents and the community, is to prepare its students for success in tomorrow’s world. The district serves nearly 2,000 students in PreK–grade 12.

Mental Health Facts for young adults



1 in 5 youths ages 13-18 have, or will have, a serious mental illness



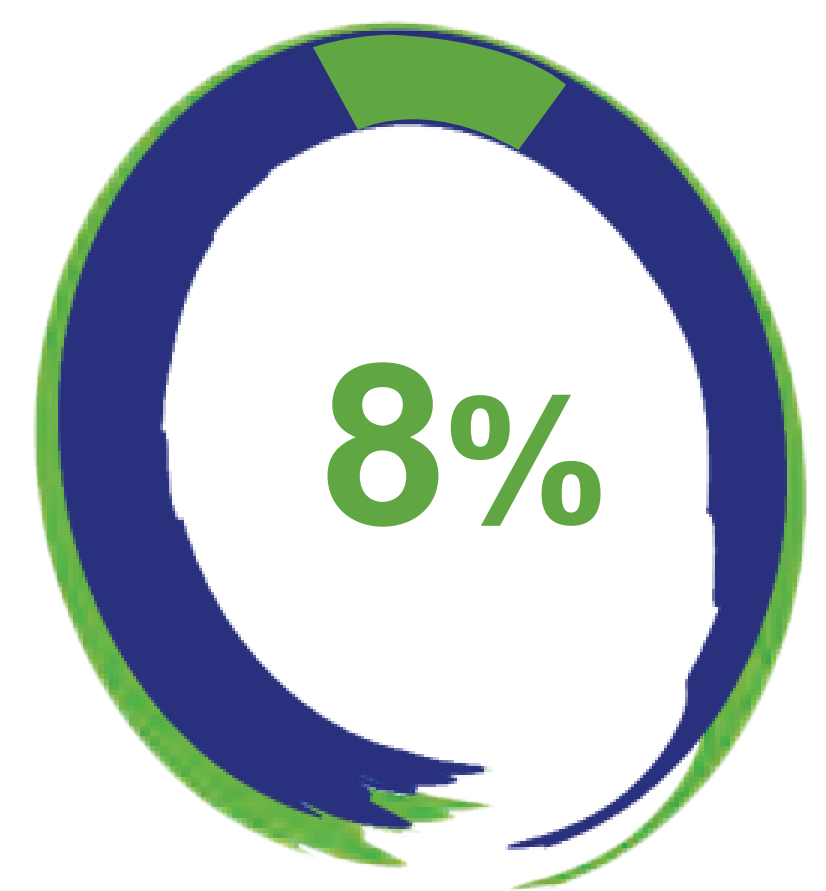
20% of youth ages 13-18 live with a mental health condition.



11% of youth have a mood disorder.



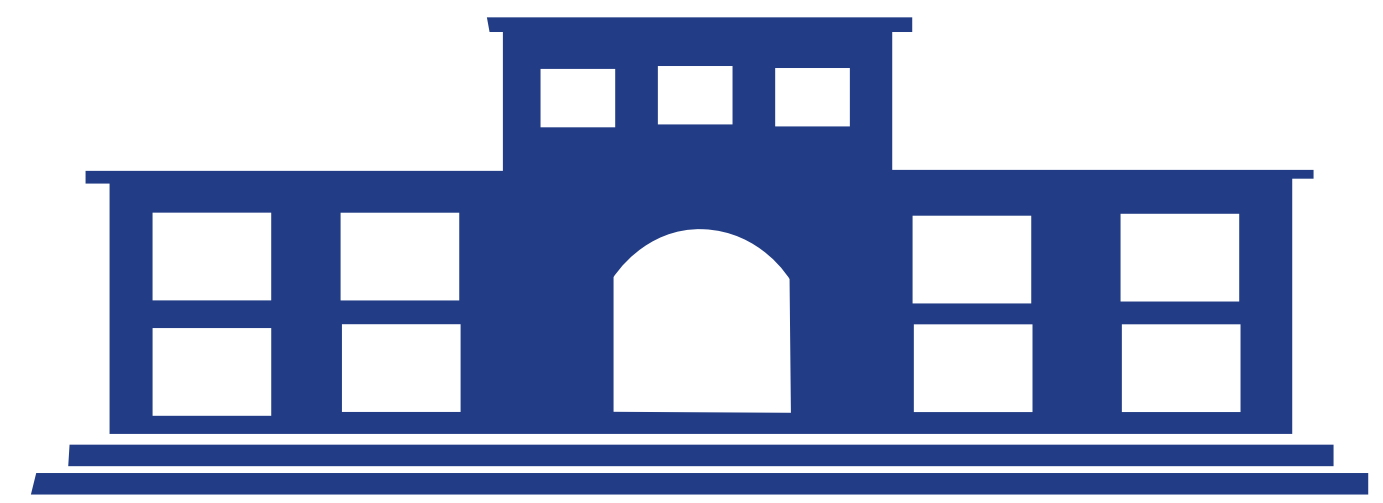
10% of youth have a behavior or conduct disorder.



8% of youth have an anxiety disorder.



50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.



Approximately **50%** of students age 14 and older with a mental illness drop out of high school.



The average delay between onset of symptoms and intervention is **8-10** years.



70% of youth in state and local juvenile justice systems have a mental illness



Suicide is the **third** leading cause of death in youth ages 10-24.



90% of those who died by suicide had an underlying mental illness

Mental Health for young adults

WARNING SIGNS



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing.



Not eating, throwing up, or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).

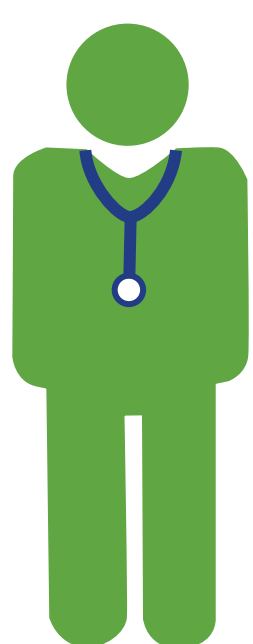


Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 THINGS PARENTS CAN DO



TALK WITH YOUR
PEDIATRICIAN



GET A REFERRAL
TO A MENTAL
HEALTH SPECIALIST



WORK WITH
THE SCHOOL



CONNECT WITH
OTHER FAMILIES

NORTHERN RIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

NORTHERN RIVERS FAMILY OF SERVICES SCHOOL-BASED BEHAVIORAL HEALTH SERVICES

Our goal is to help children, adolescents, and families be successful.

WILLIAM GETTMAN, JR.

Chief Executive Officer

AUDREY LAFRENIER

President and Chief Operating Officer

DAVID ROSSETTI

Chief of Behavioral Health

Northern Rivers Family of Services
60 Academy Road
Albany, NY 12208
518.426.2600

SCHOOL-BASED BEHAVIORAL HEALTH SERVICES OFFICES

- Albany City School District
- Ballston Spa Central School District
- Cohoes City School District
- Coxsackie–Athens Central School District
- Saratoga Springs City School District
- Schenectady City School District
- South Colonie Central School District
- Queensbury Union Free School District

THE TEAM

8 full-time clinicians

238 patients seen in 2016–17
school year

750 hours of treatment
(962 appointments)

+ 477 hours of additional services

= 1,227 total hours

WHAT WE DO

School-based behavioral health offices are NYS Office of Mental Health licensed mental health satellite clinics that Northern Rivers operates within schools designed for school-aged children who have social, emotional, and behavioral needs so that they be successful in school. Family support services are also available.

School-based behavioral health services are located throughout the Capital Region, with a continuously growing network.

Our school-based behavioral health offices are open whenever school is in session. Services continue throughout the year including all vacations and summer months. After hours and during vacation periods, our staff can be reached by cell phone.

Any child residing in a participating school district may attend.

SERVICES PROVIDED

Licensed mental health professionals provide the following services, both individually and in the classroom milieu:

- Individual counseling
- Family counseling
- Group counseling
- Behavioral intervention
- Family support services
- Case management, psychiatric consultation, and medication management for children are available as complementary services to the counseling.

CARE TEAM MEMBERS

- Treating Practitioner – A physician and/or non-physician practitioner (PA, NP)
- Behavioral Health Care Manager – A designated individual with formal education or specialized training in behavioral health (including social work, nursing, or psychology), working under the oversight and direction of the treating practitioner
- Psychiatric Consultant – A medical professional trained in psychiatry and qualified to prescribe the full range of medications

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BEHAVIORAL HEALTH CLINICS

60 Academy Road
Albany, NY 12208
518.426.2600

401 New Karner Road
Albany, NY 12205
518.292.5452

530 Franklin Street
Schenectady, NY 12305
518.431.1631

100 Saratoga Village Blvd.
Suite 26
Malta, NY 12020
518.292.5420

Northern Rivers' behavioral health services comprise a community-based system of social work and psychiatric service designed to support the diverse range of behavioral health needs for children, adults, and families, while providing opportunities for awareness, growth, empowerment, and healing. Services are provided by an interdisciplinary team comprised of licensed social workers and mental health counselors, registered nurses and psychiatrists.

Northern Rivers has four behavioral health counseling centers, which are licensed by the NYS Office of Mental Health to provide outpatient mental health treatment services to those individuals who need help managing emotional and behavioral challenges, including:

We specialize in the treatment of challenges including:

- Attention Deficit Hyperactivity Disorder
- Anxiety disorders
- Depression and mood disorders
- Trauma and adjustment disorders
- Oppositional defiant disorders
- School behavior difficulty and aggression
- Coping with loss
- Bullying
- Attachment and bonding
- Suicidality

SERVICES PROVIDED

- **Mobile response crisis teams** provide skilled crisis intervention at the location of the crisis; when it is happening. The team assists adults, children, and their families in resolving crisis situations and averting unnecessary hospitalization and emergency room visits by stabilizing the crisis in the most normalized, least restrictive setting appropriate to the individual's needs.
- **Home-based crisis intervention** provides mental health services to those in crisis in the home and/or community.
- **OnTrackNY** is an innovative treatment program for adolescents and young adults who recently have had unusual thoughts and behaviors or who have started hearing or seeing things that others don't. OnTrackNY helps people achieve their goals for school, work, and relationships.
- **School-based behavioral health** services provide a variety of services to school age children who have social, emotional, or behavioral needs so that they can experience success in school.

Counseling services are open to all regardless of county of residence, and are provided on a fee-for-service basis.

Flexible appointment options are available, with hours extending until 8:30 p.m. on most weekdays, and weekend appointments are available.

Services provided include individual, group and family psychotherapy, initial and psychiatric assessments, medication management and complex care management.

NORTHERN RIVERS FAMILY OF SERVICES

CLIENT SERVICES

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. Comprised of parent company Northern Rivers and member agencies Northeast Parent & Child Society and Parsons Child & Family Center, we are a family of human service agencies who work together and are committed to helping children, adults, and families. Our quality of care, depth of programs, combined size, and passion for the mission make us a leading provider. Informed by our 188-year heritage, our 1,400-strong workforce provides services for 14,000 children, adults, and families throughout 35 counties in upstate New York.

RESIDENTIAL AND FOSTER CARE SERVICES

A continuum of safe and therapeutic home- and facility-based residential environments with comprehensive services for children and the families who support them.

SERVICES PROVIDED

- Residential treatment centers
- Residential treatment facility
- Community residences
- Prevention
- Respite and crisis stabilization
- Foster care
- Adoption support
- Independent living

COORDINATED CARE AND COMMUNITY SOLUTIONS

A care management and clinical services system designed to support children in meeting their individual needs and providing families with skills, resources, and services that increase their ability to support children in their development.

SERVICES PROVIDED

- Prevention and family preservation
- Home- and Community-Based Services Waiver Programs (mental health and child welfare)
- Home- and Community-Based Services (HARP)
- Mental health case management
- Peer services
- Health home care management

BEHAVIORAL HEALTH SERVICES

A community-based system of social work and psychiatric service designed to support the diverse range of behavioral health needs for children, adults, and families, while providing opportunities for awareness, growth, empowerment, and healing.

SERVICES PROVIDED

- Mobile response crisis teams
- Home-based crisis intervention
- Behavioral health counseling centers
- OnTrackNY
- School-based behavioral health

EDUCATIONAL SERVICES

Educational, career development, and clinical services for children and young adults with special needs related to social-emotional functioning, academics, and life planning that ensures sustainability and future student success.

EDUCATIONAL FACILITIES

Northern Rivers has two diploma-granting special ed (835) facilities:

- **Neil Hellman School**, serving grades K–12
60 Academy Road, Albany
- **The School @ Northeast**, serving grades 6–12
1821 Hamburg Street, Schenectady

And a center for infants and toddlers:

- **Early Learning Center**, serving Early Head Start, pre-K, and day care
125 Bigelow Avenue, Schenectady

NORTHERN RIVERS FAMILY OF SERVICES

OUR LOCATIONS

ALBANY COUNTY

ALBANY

52 Academy Road
54 Academy Road
60 Academy Road
650 Warren Street
200 South Pearl Street
401 New Karner Road

COHOES

97 Mohawk Street

BROOME COUNTY

BINGHAMTON

3401 East Main Street

CLINTON COUNTY

SARANAC LAKE

43 Broadway

COLUMBIA COUNTY

HUDSON

47 North 5th Street
1 Hudson City Center

FULTON COUNTY

JOHNSTOWN

338 North Comrie Avenue

GLOVERSVILLE

73 North Main Street

GREENE COUNTY

CATSKILL

455 Main Street

OTSEGO COUNTY

ONEONTA

297 River Street Service Rd.

RENSSELAER COUNTY

CASTLETON

1580 Columbia Turnpike

SARATOGA COUNTY

CLIFTON PARK

653 Plank Road

MALTA/BALLSTON SPA

100 Saratoga Village Blvd.

SCHENECTADY COUNTY

SCHENECTADY

1 Genium Plaza
122 Park Avenue
244 Park Avenue
327 Abbotsford Road
1044 State Street
530 Franklin Street
125 Bigelow Avenue
5 Catherine Street

ULSTER COUNTY

KINGSTON

142 Aaron Court

WARREN COUNTY

QUEENSBURY

63 Quaker Road
375 Bay Road

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PRIVATE RESIDENTIAL FACILITIES

Northern Rivers maintains 5 licensed private residential facilities in Albany County and 6 in Schenectady County.

GEOGRAPHIC IMPACT: 35 COUNTIES

Northern Rivers' 1,400 employees serve 14,000 children, adults, and families in 35 counties:

COUNTY	EMPLOYEES	CLIENTS
Albany County	590	3,350
Broome County	5	50
Clinton County	20	100
Columbia County	25	420
Fulton County	20	300
Greene County	2	100
Otsego County	35	60
Rensselaer County	45	900
Saratoga County	30	1,400
Schenectady County	548	3,680
Ulster County	5	70
Warren County	75	570
TOTAL	1,400	11,000

In addition to the 12 counties in which Northern Rivers maintains offices, we serve 3,000 children and foster families in these 24 counties as well: Chemung, Chenango, Cortland, Delaware, Dutchess, Essex, Franklin, Hamilton, Herkimer, Jefferson, Montgomery, Oneida, Orange, Oswego, Rockland, Schoharie, St. Lawrence, Sullivan, Tioga, Tompkins, Washington, Westchester, and Yates.

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PARSONS CHILD & FAMILY CENTER

NORTHERN RIVERS FAMILY OF SERVICES EXECUTIVE PROFILE



WILLIAM T. GETTMAN, JR.
Chief Executive Officer

Northern Rivers Family of Services
60 Academy Road
Albany, NY 12208
518.426.2600
William.Gettman@northernrivers.org

www.northernrivers.org

William (Bill) T. Gettman, Jr. **Chief Executive Officer**

Bill Gettman joined Northern Rivers Family of Services as Chief Executive Officer in 2016. At a time when the organization enters a period of transformative change, he is responsible for the development and construction of a system of care that determines how Northern Rivers and its member agencies, Northeast Parent & Child Society and Parsons Child & Family Center, care for children, adults and families. He provides strategic guidance, infrastructure oversight and administrative leadership to the 1,400-strong workforce.

Gettman brings more than 30 years of executive management experience in nonprofit, private, and public sector organizations. Before joining Northern Rivers, he served as Executive Director of St. Catherine's Center for Children in Albany. Previously he was the Executive Deputy Commissioner and Chief Operating Officer for the NYS Office of Children and Family Services (OCFS). He has also held leadership positions for private and public sector organizations focused on providing child welfare services and programs, including MAXIMUS, the New York State Child Support Processing Center (formerly Lockheed Martin IMS), the New York State Department of Social Services and UNISYS Corporation.

He serves as chairman of the New York State Justice Center Advisory Council. He is a member of the New York State Behavioral Health Services Advisory Council and the Albany County Homeless Coalition. He is treasurer and board member of the State Children's Mental Health Coalition and serves on the Board of Directors of the Council of Family and Child Caring Agencies (COFCCA).

Gettman earned his bachelor's degree in religion from Ohio Wesleyan University and his Master of Public Administration from Syracuse University.

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AUDREY LAFRENIER, LCSW-R
President and Chief Operating Officer

Northern Rivers Family of Services
60 Academy Road
Albany, NY 12208
518.431.1652
Audrey.LaFrenier@northernrivers.org
www.northernrivers.org

Audrey LaFrenier, LCSW-R **President and Chief Operating Officer**

Audrey LaFrenier serves as President and Chief Operating Officer for Northern Rivers Family of Services. In this role, she oversees the delivery of services to more than 11,000 children and families across thirty-seven counties in New York State each year.

Upon the creation of Northern Rivers Family of Services in 2012, Ms. LaFrenier served as Chief of Services, overseeing client services at member agencies Northeast Parent & Child Society and Parsons Child & Family Center. She became an inaugural member of the organization's Executive Leadership Team, responsible for the mission-driven guidance of the agencies.

Prior to her current role, Ms. LaFrenier was Chief of Services at Parsons Child & Family Center when the agency affiliated under Northern Rivers. She has held various leadership roles at Parsons where she, as a professional social worker, built her career caring for children and families.

She earned her master's degree in social work from the University at Albany and her bachelor's degree in education and early childhood development from the University of Massachusetts at Amherst.

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DAVID ROSSETTI, LCSW-R
Chief Officer
Behavioral Health Services

Northern Rivers Family of Services
60 Academy Road
Albany, NY 12208
518.426.2651
David.Rossetti@northernrivers.org

www.northernrivers.org

David Rossetti, LCSW-R **Chief Officer** **Behavioral Health Services**

David Rossetti joined Northern Rivers Family of Services in 2013 as Chief Officer of Behavioral Health Services. He oversees all behavioral health services provided by Northern Rivers member agencies Northeast Parent & Child Society and Parsons Child & Family Center, including Behavioral Health Centers in Albany, Malta, and Schenectady; school-based behavioral health clinics in districts throughout the Capital Region; mobile crisis service teams serving a six-county area; and OnTrackNY at Parsons, a program treating young adults with early onset psychosis. These programs serve nearly 5,000 children, adults, and family members every year.

He previously served as Executive Director of St. Paul's Center in Rensselaer, as Clinical Director of the Family Counseling Center in Gloversville and as a program director for Four Winds Hospital in Syracuse.

He maintains a private practice providing individual, family, and group counseling and has worked as a consultant for the armed forces on topics including grief, loss, stress, and integration.

Rossetti earned his bachelor's degree in social work from the State University of New York at Buffalo and his master's degree in social work from the University at Albany.

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