



# Behavioral Health Services

*Talk about mental health... we're listening*

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Northern Rivers offers a network of NYS Office of Mental Health-licensed community-based services throughout the Capital Region and beyond to support the emotional, social, and developmental needs of children, adults, and families. Our skilled and dedicated team of social workers, mental health counselors, and medical professionals provide programs tailored to different mental health needs, serving thousands of people every year through individual, group, and family psychotherapy; psychiatric assessments; medication management; and complex care management.

## **The Northern Rivers Difference**

Our behavioral health services are provided by a multidisciplinary team of highly-trained, compassionate professionals who provide trauma-informed, culturally-competent, person-centered care to help clients find success on their own terms. With convenient office locations and the flexibility to deliver many services right in the community, we make it easy to access services. Our continuum of services means that we have the right level of service for many situations, and our strength as an organization means clients have access to an unmatched network of community resources.

## **Behavioral Health Centers**

We have three conveniently located outpatient mental health centers:

- 401 New Karner Road, Albany, NY 12205, 518.431.1650
- 2452 U.S. Route 9, Suite 206, Malta, NY 12020, 518.292.5433
- 530 Franklin Street, Schenectady, NY 12305, 518.381.8911

Our centers provide help to children and adults with challenges including anxiety, depression, mood disorders, trauma, school behavior difficulty, coping with loss, bullying, and suicidality. Our mental health counselors and social workers have a wide variety of areas of expertise, and we work to ensure that all clients get the help they need.

## **School-Based Behavioral Health**

School districts throughout the region engage Northern Rivers to provide our Behavioral Health Center services in their schools. Rather than having to travel to a center, students may be seen by a Northern Rivers behavioral health professional right in their own school, saving time and reducing stigma. Additionally, some districts implement a more robust, integrated model that allows Northern Rivers professionals to work directly with school staff to enhance student success.

## **OnTrackNY**

This innovative, intensive program provides comprehensive support and services to adolescents and young adults who have recently experienced a first episode of psychosis. Our goal is to provide client-driven services including treatment, educational and vocational support, medication management, and other clinical assistance to help individuals manage their symptoms and achieve life goals.

**NORTHERN  
RIVERS**

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