

Is your child or teen ...

- ...experiencing an emotional or behavioral crisis?
- ...unable to be safely managed at home?
- ...in need of a structured therapeutic environment?



We Can Help

- Short-term crisis stabilization can help families through the most difficult times.
- A brief stay in one of our intensive program can help children and teens safely and successfully work through a crisis.
- Our team works with parents and guardians to develop your resource network and a plan for discharge.

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 in more than 40 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 services, vocational rehabilitation, 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

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER
UNLIMITED POTENTIAL

SHORT-TERM CRISIS STABILIZATION

Help when you need it and
a direction for tomorrow



Northern Rivers Family of Services

60 Academy Road
Albany, NY 12208
518.292.5499

www.northernrivers.org/short-term-crisis-stabilization

Short-Term Crisis Stabilization

Healy House (ages 5–12) and North Star (ages 12–17) programs serve children and adolescents experiencing a period of acute stress, mental health issues, or a psychiatric crisis that requires a 24/7 staff-secured non-hospital setting. These family-centered programs are designed to equip families and youth with a plan for success at home, in school, and in the community.



What We Do

- Crisis stabilization
- Behavior support
- Case management
- Counseling
- Daily living skills training
- Education support services
- Health services
- Medication administration

How We Help

- Assist with stabilization of a situational crisis in a non-hospital setting
- Assess for social determinants of health and linkages to needed supports and services
- Provide behavior support and crisis stabilization
- Provide care coordination
- Complete comprehensive intake assessment
- Provide daily living skills training
- Provide education support services
- Provide discharge planning to assist the family in managing a child's emotional needs when returning home
- Provide individual, group, and family counseling
- Monitor and provide safety planning for youth assessed with high-risk behavior
- Provide a comprehensive document to offer guidance to services providers
- Offer opportunities for socialization and recreation

The Northern Rivers Difference

Our short-term programs are staffed by knowledgeable, caring professionals who specialize in trauma-informed care and are invested in the success of everyone in our care. From the moment treatment begins, we work with each youth, adult, and support system to identify challenges, develop resources and community supports, and build on strengths. We do more than help avert a crisis: We help children and families build and follow a long-term, client-driven plan for success. We offer a continuum of care providing just the right amount of intervention required.

“Short-term crisis stabilization services helped keep our daughter safe and showed us how to support her.”

