



# Day Treatment

The support to help every student achieve

## Neil Hellman School

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## Getting Started

*The Day Education Program follows the Schenectady City School's regular school calendar (September–June) and provides services for a 6-week summer program (July–August) for those students in need of credit retention, remediation, and/or additional behavioral support.*

*For additional information on registering for services, please contact:*

Amanda Dray  
Manager, Intake Services  
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*These services are provided by Northern Rivers Family of Services and member agencies.*

**NORTHERN  
RIVERS**

The Day Treatment Program at the Neil Hellman School is a NYS Office of Mental Health (OMH)–licensed integrated year-round clinical and educational treatment program for students in grades 1–12 that helps students and families address social, emotional, psychological, psychiatric, and educational needs. Services are available to students living within a 50-mile radius of our Albany campus.

We are a team of more than 100 special education and subject-matter teachers, teacher assistants, social workers, licensed clinical staff, and support staff trained in the assessment and treatment of youth who have experienced educational challenges in school. Our team works together with every youth, home school district, and family to set and achieve educational, social, emotional, behavioral, and developmental goals. Services are provided at the Neil Hellman School, a 160-student co-educational New York State Education Department 853 special education school.

Our Day Treatment services and supports are integrated into every classroom, including therapeutic services, crisis management, socialization, educational services, psychiatric services, medication management, comprehensive assessments, and more. Each family also received comprehensive discharge planning, case management, and referral services, connections with other community resources, and 24-hour on-call support.

We offer a rich cultural experience including art and music education, sports, experiential learning opportunities, prom and graduation, field trips, student council, community integration, and volunteer opportunities.

## Education Services

Day Treatment staff provide integrated and coordinated care working in partnership with caregivers and youth. Land links with community services organizations are essential and central to “wrapping” services around youths with complex needs. Trauma-informed, strength-based, individualized care is the intent.

- Assessments (psychiatric, psychosocial, educational, health)
- Comprehensive treatment and discharge planning
- Therapeutic services such as verbal therapies (individual, family, group) and medication therapies
- Therapeutic recreational program in the afternoon
- Symptom management
- Crisis management
- Case management and referral services
- Socialization and task, skill, and social training
- Educational services such as individualized educational planning and special education instruction or prevocational services
- Integrated care within community (e.g., mental health, child welfare, education)
- Assistance to families when program is not in operation

## Benefits

We work to find the best way to help youth return to their community school system, or possibly a vocational setting to ease their re-entry to their home school, or even graduate and continue their education by pursuing a college degree. We have the same academic expectations as any public school—and those students who remain in care have an 85 percent graduation rate. Our trauma-informed, culturally competent, client-centered approach helps students reach their education goals.

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- Improvement in youths' emotional functioning through assessment, diagnosis, and individualized treatment)
- Improvement in youths' family functioning, especially with regard to managing youths' mental illness or emotional handicap
- Greater capacity for youth to function within a family, school, and community setting
- Success in the youths' transition from a residential facility to community living when youth continue to require integrated service delivery to succeed educationally
- Year-round programming, 12 months, 48 weeks.

## Getting Started

Students identified by their school district's Committee on Special Education (CSE) as emotionally handicapped and deemed to be in need of coordinated special education and counseling services not available within the home school district may then be referred to the program.

The program serves youth ages 5–21 who live within an approximate 50-mile radius of Northern Rivers' Albany campus at 60 Academy Road.

Assessed by Northern Rivers' clinical team as capable of benefiting from Day Treatment level of care, which is designed for youth with a mental health diagnosis or behavioral acting out that impacts youths' daily functioning in school, home, and/or community. Examples of functioning impairment might be the inability to form or maintain interpersonal relationships; inability to participate in appropriate educational activities; rigid thinking patterns; or impairment of the individual's ability to recognize or avoid danger.

The program is located at 60 Academy Road, Albany, and operates year-round, 12 months a year, 5 days per week (Monday through Friday), with office hours 8:30 a.m.–4:30 p.m. Emergency after-hour services are available through Northern Rivers' on-call system, which operates 24 hours a day, 7 days a week.

## *The Northern Rivers Difference*

We work with every youth and family in our care to provide person-centered, client-driven services that helps everyone in our educational programs work toward meaningful goals and achieve success. With small class sizes, a culture based on respect, and our use of hands-on, alternative, and experiential teaching methods in conjunction with traditional traditional instruction, we do everything in our power to ensure student success.

Northern Rivers is guided by a set of universally accepted principles that guide the actions of every member of our family. We organize these values through the acronym **HOPE**.

**Honor:** To help others is the highest calling; we strive to do what is right for those in our care.

**Optimism:** We believe things can get better if we work together, aim higher, and set meaningful goals.

**Progress:** Every day provides an opportunity to improve, and we promise to continue striving.

**Excellence:** We hold ourselves to the highest standards, because our communities deserve the best from us.

