

The Current

AUTUMN 2026

Music spills out of every corner of the Family Resource Center on Thursday afternoons. Beats pulse from one room, and laughter drifts down the hallway. A group of teenagers crowd around a computer screen, working on a new track. At the center of it all is Nico, showing a new student how to build a song.

Two years ago, then 15-year-old Nico was a kid who loved freestyle rapping with his friends. He had a passion for music and enjoyed coming up with rhymes, but it was a hobby, not a path forward. Then he learned about the BPM lessons held in Northern Rivers' Family Resource Center. This is where he met Jevaughn Joseph, known to his students as "J-BPM", a music producer who has spent more than a decade mentoring young people in beat-making, song engineering, and production. Under Jevaughn's guidance, Nico began to see music not just as something he loved, but as something he could pursue. In his own words, "I can get lost in producing. When I'm making music all the stress goes away and I can just focus on what I'm doing."

Jevaughn knew that so many young people, like Nico, wanted to make music, but didn't know where to start. His program offers them an avenue to engage in the art they love, find community with other like-minded kids, and



develop skills that they can take into the future. Nico is his star pupil. When new students are nervous or unsure about the program, they get paired up with Nico, who can help show them the ropes. Jevaughn shared, "Making music makes them more confident and self-aware," something Nico embodies every day. In just two years, Nico's growth has been remarkable. He now envisions a future in music, inspired by the opportunities and encouragement he's found through the program. As Jevaughn says with a smile, "We just hope he remembers to thank us when he's accepting his awards."

Classes like this are the heart of the Northern Rivers' Family Resource Center which hosts many different programs for the children and families in the Albany Prevention program. Through partnerships with local organizations, they offer hair styling lessons, financial literacy classes, access to books, dance classes, mental health care, job training, and a food pantry. It has become a place where youth of Albany want to go with their free time. Don't tell the other programs, but some kids have even started calling the Center the "BPM Center" because of the incredible impact of J-BPM's lessons.



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Bill's Current... cares

When a child comes to us for help, they don't come alone. Parents, caregivers, siblings, and others who love them are often navigating challenges of their own.

At Northern Rivers, we know that supporting a child means seeing the whole picture. It means helping young people and families navigate mental health challenges, strengthening the people and relationships around them, and creating opportunities for young people to discover what they're capable of and imagine what comes next.

Every day, our staff meet families where they are, build on their strengths, and help them move toward greater stability and hope. That work is possible because of partners like you.

The stories in this issue are just a glimpse of what your support makes possible, helping children and families learn, heal, grow, and thrive.

William T. Gettman Jr.
 Chief Executive Officer

ART MAKES AN IMPACT

We hosted our annual CDPHP Art Show in May where youth across our programs were able to display their creativity and imagination through visual art. This event was incredibly special for our students who were joined by Heather Hutchison, a Licensed Creative Art Therapist (LCAT) from Create Community Studios who shared the incredible impact and importance of art therapy. Thank you so much to our friends at CDPHP for sponsoring this event and to Representative Paul Tonko for joining us in support of our youth.



COMMISSIONERS VISIT OUR NEW PROGRAM

Our new Hospital to Home program is an innovative new offering that helps youth and families who need a safe, managed transition between levels of care, and it's getting noticed! We had the honor of welcoming NYS Office of Mental Health Commissioner Dr. Ann Marie Sullivan and NYS Office for the Protection of People with Developmental Disabilities Willow Baer for a visit to talk about what we've learned in the first few months of the program and develop pathways for even more impactful work in the future.



FRIENDLY COMPETITION ACROSS CAMPUSES

Youth on both our campuses had the time of their lives this summer with four friendly kickball games culminating in a Schenectady versus Albany residential game! Our youth faced off against teams including the Schenectady County District of Social Services, the Albany Police Department, and The Justice Center. It was such a great way to get moving and work together with our community.



MENTAL HEALTH SUPPORT IN SARATOGA

Our Peer Services in Saratoga County are just one more way we support community mental health. Credentialed Peer Advocates use their lived experience to provide in-person one-on-one and in-person group support. They also operate a telephone "warm line" that offers non-crisis emotional support, encouragement, and connection during times of need. This helps consumers deescalate crises before they require more intensive interventions. Says one consumer, "(my peer advocate) is an angel. She is always willing to help and has made a difference in my recovery."



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Northern Rivers Family of Services

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November 23 - December 11, 2026

Holiday Giving Campaign

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Set up a donation box or giving tree at your work, gym, or house of worship.

For more information contact Kimberley Belleville at kimberley.belleville@northernrivers.org

