



# Specialized Residential Care

*Park Place – Safe and sound under our roof*

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

**NORTHERN  
RIVERS**

When risk issues make remaining in the home or community unsafe for youth, Northern Rivers offers a residential program to address these risk areas and to teach youth and their family the skills needed so the youth may return safely home.

Youth served are typically dealing with multiple issues including family instability, emotional trauma, delinquency, mental health, truancy, running away, substance abuse, and other various issues of risk. Northern Rivers operates two residential treatment centers (RTCs), licensed by the New York State Office of Children and Family Services (OCFS) and nationally accredited by the Council of Accreditation.

Park Place in Schenectady is a specialized intensive treatment program for hard-to-place youth, serving up to 24 residents ages 11–21. The RTC in Albany can serve up to 30 youth ages 8–21.

We strive to ensure that the therapeutic services provided in our centers are of the highest quality and that we use best-practice standards.

*Northern Rivers provides programming and support  
24 hours a day, 7 days a week, 365 days a year.*

## Clinical Services

- Specialized clinical services for fire-setting and sexually aggressive behaviors
- Comprehensive assessments, which can include both psychiatric and psychological assessments
- Dialectical behavior therapy (DBT)
- Case management with a focus on permanency and family involvement
- Trauma-informed clinical services based on the ARC (attachment, regulation, competency) trauma model
- Gender-specific services
- Individual, family, and group counseling provided by master's level clinical staff both at the center and in the family's home and community

## Milieu Services

- Trauma informed daily living environment geared toward youth regulation and skills development
- Therapeutic crisis intervention (TCI) trained staff
- Therapeutic recreational activities
- Transitional Independent Living program focusing on independent living skills and employment preparation services

## Educational Services

- Most youth attend our alternative special education schools; the Neil Hellman School in Albany serves youth in grades K–12 and in the School at Northeast in Schenectady serves youth in grades 6–12.
- Self-contained special education classrooms
- Departmentalized middle school and high school curricula
- Committee on Special Education (CSE) evaluations
- Community school, vocational, and work opportunities are also supported

(over)

## Benefits

- Full continuum of care to meet the clinical, developmental, and necessary living arrangements for older youth transitioning from care
- Improved ability to regulate emotions
- Increased social skills
- Improved independent living skills
- Improved family relationships and transitional skills from residence home
- Improved daily functioning at home, in school, and in the community

## How to Get Started

Youth ages 11–21 are referred through the county's Department of Social Services (DSS), Department of Probation, Family Court, the local school district's Committee on Special Education (CSE). Services are provided to youth with a history of disruptive behavior, such as truancy, running away from home, and misdemeanor criminal activity based on person in need of supervision (PINS) reports, involvement with the Juvenile Justice system, abuse or neglect, mental health needs, hospitalizations or voluntary petitions filed through Family Court systems.

# *The Northern Rivers Difference*

We're here to work with you to identify the right Northern Rivers residential environment to help any youth find success. While each residence has a different focus, they're all staffed by knowledgeable, caring professionals who specialize in trauma-informed care and are invested in each youth's journey. We believe that every youth in our care deserves a rich, full experience. That's why we ensure that every one of our residents receives the following services.

## Clinical Services

- Specialized clinical services for fire-setting and sexually aggressive behaviors
- Comprehensive assessments, which can include both psychiatric and psychological
- Dialectical behavior therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing
- Case management with a focus on permanency and family involvement
- Trauma-informed clinical services based on the ARC (attachment, regulation, competency) trauma model
- Individual, family, and group counseling provided by master's level clinical staff both at the center and in the family's home and community

## Living Environment

- Trauma informed daily living environment geared toward youth regulation and skills development
- Therapeutic crisis intervention (TCI) trained staff
- Therapeutic recreational activities
- Transitional Independent Living program focusing on independent living skills and employment preparation services
- Living units are all co-ed allowing for free gender identification and expression

**Education:** Whether one of our 853 special education schools, public school, vocational programs, or higher education is appropriate, each resident has a customized educational plan with wraparound support.

**Medical Care:** Many residential sites have on-site medical care, and all youth have access to psychological, nursing, medication management, and physical health services.

**Recreation:** We offer a full range of therapeutic recreational activities at our residences and in the community. From intramural clubs to trips to sporting events, museums, and concerts, we allow every youth to broaden their horizons and nurture their passions.

**Community Involvement and Volunteerism:** We reinforce the importance of citizenship, and we encourage our residents to get involved with a wide variety of community and charitable initiatives. From neighborhood cleanups to awareness campaigns, we encourage each resident to pursue what's meaningful to them.

**Aftercare:** We work with the family to identify community resources and supports from the beginning of care for the youth. Discharge criteria is identified on the first day and staff and family meet to create and work on a plan. Clinical and case management services may follow youth home for 6–12 months.

**Family Finding:** A full-time family finder can help identify family resources for youth with no connections. This is a service that is included for all youth in Northern Rivers Care.