



# Behavioral Health Centers

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

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The Behavioral Health Centers are licensed by the NYS Office of Mental Health to provide outpatient mental health treatment services to those individuals who need help managing emotional and behavioral challenges. Individuals who are age 64 or younger and who are experiencing social, emotional, family, or mental health related challenges are eligible for services. The center specializes in providing trauma-informed care as well as person-centered treatment. Our goal is to help individuals be successful in all aspects of their life.

## **Available Services**

Individual and family therapy is available. Psychiatric consultation and medication management for individuals are available as complementary services to the counseling. Therapy is provided by licensed mental health professionals.

Counseling addresses various life events and needs, including:

- Defiant or oppositional behavior
- Attention problems and hyperactive behavior
- Coping with loss
- Depression/withdrawn behavior
- Lying and stealing
- Bullying
- Attachment and bonding
- Mood swings
- Managing traumatic events
- Suicidality
- Sexual identity
- Military life

The three Behavioral Health Centers are conveniently located on CDTA bus routes and are open Monday through Friday, and evening hours are available on request. We accept most insurance, including Medicaid and Child Health Plus. A sliding fee scale is available for those without insurance.

Any service provider, parent, caregiver, or adult may make a referral. Our Client Engagement Specialists are waiting to answer any questions you may have and to schedule an appointment with one of our clinicians at a convenient community location.

Call 518.426.2687 to get started.

**NORTHERN  
RIVERS**

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