

Service Area

From four conveniently located offices, our Behavioral Health Centers serve clients in Albany, Saratoga, Schenectady, Warren, and Washington counties.

Behavioral Health Center

58 Academy Road
Albany, NY 12208
518.982.2152

Behavioral Health Center

401 New Karner Road
Albany, NY 12205
518.431.1650

Behavioral Health Center

327 Abbottsford Road
Schenectady, NY 12305
518.381.8911

Behavioral Health Center

2452 U.S. Rt. 9
Malta, NY 12020
518.292.5433

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 12108
518.426.2600

www.northernrivers.org

NORTHERNRIVERS

Life changing care since 1829

BEHAVIORAL HEALTH CENTERS



Who We Are

The Behavioral Health Centers are NYS Office of Mental Health–licensed outpatient clinics in the community and in many local school districts that provide outpatient mental health treatment services to individuals age 64 and younger who are experiencing social, emotional, family, or mental health–related challenges. Our team of social workers, mental health clinicians, nurses, and prescribers provides compassionate, trauma-informed, person-centered care to help individuals be successful in all aspects of life.

Available Services

We provide comprehensive screening to identify social, emotional, and behavioral concerns, individual and family therapy for children and adults; and psychiatric evaluation and medication management to assist with challenges 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

How to Get Started

The Behavioral Health Centers are open Monday through Friday, with evening appointments available. 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.

Additional Services

Assertive Community Treatment

Our Assertive Community Treatment (ACT) team provides treatment, rehabilitation, and support services to individuals in Warren and Washington counties diagnosed with a severe and persistent mental illness. Our mobile, multidisciplinary team works with clients in community settings to help them achieve personally meaningful goals and life roles. Referrals to the program go through the county office of Community Services.

Home-Based Crisis Intervention

The Home-Based Crisis Intervention (HBCI) program is an intensive, 4- to 6-week in-home service for families in Saratoga, Warren, and Washington counties who have a child age 5–17 at risk for out-of-home placement or hospitalization. Our team provides 24/7 on-call home- and community-based support to help

resolve conflicts, strengthen parenting skills, and find peaceful solutions.

Call **518.292.5434** for information.

Mobile Crisis Services

Our Mobile Crisis Services teams provide rapid-response, community-based mental health crisis services to children and adults in need in Albany (child and adolescent services only), Rensselaer, Saratoga, Schenectady, Warren, and Washington counties. Teams are comprised of licensed clinical supervisors and clinicians, family advocates, peer support specialists, and case managers.

Call **518.292.5499** for immediate crisis support.

OnTrackNY

The OnTrackNY team provides support to young people ages 16–30 from throughout the area who have recently begun experiencing symptoms of psychosis to help them achieve their educational and/or employment goals, maintain healthy relationships, and improve life satisfaction.

Call **518.292.5451** for information.

School-Based Behavioral Health

School-Based Behavioral Health services places a Northern Rivers–staffed and –operated, NYS Office of Mental Health–licensed mental health clinic inside schools throughout the region, allowing easier access to services.

Services are offered in more than 20 local school districts, with new districts added frequently. For a current list, visit www.northernrivers.org/sbbh-locations.

Call **518.426.2687** for information.