

# NEWS RELEASE



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## **FOR IMMEDIATE RELEASE**

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### **Northern Rivers Expands Youth ACT Intensive Mental Health Program, Welcomes New Leaders**

**ALBANY, NY** — Northern Rivers Family of Services has expanded their Youth Assertive Community Treatment (ACT) program to serve Warren and Washington Counties, naming Morgan Schumacher team lead. Additionally, the organization has named Melissa Brennan as team lead for the Home-Based Crisis Intervention program, Tess Cleary as Director of Audit in the organization's Quality Management division, Alexandra Lucien as director of the day treatment program for the School at Northeast, and Jenny Sardi as Director of Human Resources.

Youth ACT is designed to provide intensive, community-based services to youth aged 10-21 who struggle with serious mental illness. The team, which includes licensed mental health clinicians, a nurse practitioner, a peer advocate, and support staff, provides services including medication evaluation and management, Psychiatric assessment, clinical counseling and therapy, family counseling and advocacy, school and employment support, and 24/7/365 on-call telephone assistance in client homes and community locations. The program began accepting clients May 1, and operates out of the organization's offices at 375 Bay Rd. in Queensbury.

Schumacher joins the organization from Child and Family Services of Erie County, where she served as a foster care and adoption program manager. She earned her bachelor's degree in Social Work, Sociology, and Criminal Justice from SUNY Fredonia, and her master of social work from the University of Buffalo.

Brennan joined the Northern Rivers in 2021. She oversees a team that provides short-term, intensive in-home mental health services to youth at risk of placement or hospitalization. She previously worked as a clinician and area liaison for Cornerstone Mobile Counseling and as a social worker for the Greater Amsterdam School District. She earned her bachelor of social work and her master of social work from the University at Albany.

Cleary, who joined the organization in 2015, previously served as a clinical auditor. She earned her bachelor's degree in social work from Marist College and her master of social work from the University at Albany.

Lucien came to Northern Rivers in 2010 as a residential clinician, and moved to the school in 2013. She has served as a clinical coordinator and assistant director before her recent promotion. She previously worked as a counselor for Equinox and the Center for Disability Services. Lucien earned her bachelor's degree in psychobiology from Binghamton University and her master of mental health counseling from the University at Albany.

Sardi joined Northern Rivers in 2016 as a senior benefits administrator, and most recently served as Safety and Benefits Manager. She earned her bachelor's degree in political science from SUNY Geneseo and her master's degree in human resource management from Capella University.

### **About Northern Rivers Family of Services**

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 18,000 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.

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