

NORTHERNRIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER

Welcome



Welcome to the Northern Rivers family!

We're glad you're here, and we're excited to get to know you!

Northern Rivers is a place where young people like you can learn, heal, and grow, surrounded by a team of dedicated, caring professionals who are here to help every step of your journey.

In addition to the Schenectady residence, Northern Rivers offers more than 60 programs and services for children, adults, and families through our member agencies, Northeast Parent & Child Society and Parsons Child & Family Center.

If you have any questions about life here, just ask anyone you see. Let's get started!

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MY FIRST DAY

What your first day will be like



Welcome to Northern Rivers Schenectady Residence!

Your first day with us in Schenectady will be busy because we want to make sure you get settled as soon as possible. First you and your parents or county worker will talk with our intake worker to go over paperwork that must be signed so you can stay with us. This helps us ensure that you and your family are successful while with us and that you can return home or to other options as soon as possible. You and your family will meet a few of the team members you'll work with while you're here, and then your family or county worker will depart (unless your planning meeting is scheduled for that day).

Next you'll meet your dorm team leader and staff, who will show you your room and help you get settled. They'll take inventory of your belongings and secure any valuables you may have, along with any money. For safety, you aren't allowed to hold money at the residence, but you can get some of your money to spend if you are going on a recreation trip or home to see your family. If you need clothes or personal items, we'll take care of that too.

Then you'll get a tour of your dorm and the building, meet your new neighbors, learn about our daily schedule and some of our recreation activities, and you will meet your clinician. Within a few days, your clinician will hold an initial planning meeting with you and the important people in your life to talk about what brought you here, when you can leave, and where you might go when you are ready to leave. Together you'll set goals, establish responsibilities with your support team, and develop your plan.

After meeting with the clinician, you will join the other kids in whatever they are doing (eating, playing board games, watching television, or other activities). When newly admitted, you can participate in recreational activities on campus. When the treatment team decides you are ready, you will be able to participate in recreational activities off campus.

If you have any questions or need anything, you can ask the staff people in your dorm or other staff in the facility. Everyone on our staff is here to provide all of the young people living with us with a safe environment where they can work on the things that brought them to our residential program.

MY SCHEDULE

What your day will look like



Sample Programing Schedule

The programming schedule for each campus and group home is slightly different.

Below is a sample outline of a day's activities at our residential campus. During the summer months, those youth who are not in summer school can often be found volunteering, enjoying the summer camp experience on our campus, or finding an internship to gain work experience.

WEEKDAY ROUTINE

6:30 a.m.	Early wake-up begins
6:45 a.m.	Wake-up begins; clean room, make the bed
7:10 a.m.	Get dressed for school
7:40 a.m.	Breakfast and community meeting (bedroom doors are locked by staff)
8:10 a.m.	Return to dorm, get ready for school
8:20 a.m.	Leave for school
2:30 p.m.	Return from school and transition
3:00 p.m.	Snack and community meeting
3:30 p.m.	Group or other planned activity
4:45 p.m.	Transition
5:00 p.m.	Dinner
5:30 p.m.	Transition and study skills
6:00 p.m.	Rec time, gym, cafeteria, outside, chores, showers, snack, and TV time
8:30 p.m.	Community, diary cards, targeted skills
8:45 p.m.	Transition to bed
10:00 p.m.	Bedtime; lights out, doors closed

WEEKEND ROUTINES

8:00 a.m.	Wake up begins; clean room, make the bed
8:50 a.m.	Breakfast
9:10 a.m.	Return to dorm
9:30 a.m.	Community meeting
10:00 a.m.	Free time, activities
11:45 a.m.	Transition
12:25 p.m.	Lunch
12:45 p.m.	Transition
1:00 p.m.	Inside activity or outside rec
3:00 p.m.	Snack
3:30 p.m.	Group or other planned activities
5:00 p.m.	Transition
5:15 p.m.	Dinner
5:45 p.m.	Transition and study skills
6:00 p.m.	Rec time, gym, cafeteria, outside, chores, showers, snack, and TV time
8:30 p.m.	Community, diary cards, targeted skills
8:45 p.m.	Transition to bed
11:00 p.m.	Bedtime; lights out, doors closed

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MY SUPPORT

What you need to know about your team



Treatment Team

Who can you depend on to give you support? All of us! However, your treatment team will be your primary resource, and you'll be working with them every day.

Day or night, 24/7/365, there will always be at least one adult (and maybe two or three) working in your dorm to support you throughout your day. They're here to help you develop your daily living skills and reinforce the work of the rest of your team—and they're always there to listen. You'll also have a master's-level **clinician** to work with you and your family resource, along with a bachelor's-level **case manager** who helps your clinician guide you and your family as you work toward reunification or move to other options. We also have a **child psychologist** who is an expert in behavior management to provide psychological assessments and evaluations and who consults with our clinical staff.

You'll also work with your medical team. At least once, and more often if you are prescribed medication to help manage feelings and behaviors, you will meet with our **psychiatrist**. The **nurses** in our medical clinic manage your health-care needs. They are available all waking hours to see you as needed, administer prescribed medication, and treat any emergent medical concerns or determine if you need to go to an urgent care office or emergency room for treatment.

In addition, we have staff dedicated to planning and implementing therapeutic recreational activities for you both on and off campus.

And finally, we have a team who supervise our program after hours and on weekends. They are responsible for staffing the dorms and managing any needs that arise during that time.

MY RESIDENCE

Where you will sleep, relax, and live



The Building

Northern Rivers' Schenectady campus residence is located on 12 acres in the Woodlawn neighborhood in the suburbs of Schenectady, New York.

The main building, a residential treatment center, is currently licensed to serve 56 youth, ages 12 to 18. The facility has 5 separate dorms. Two dorms serve young women, and three serve young men.

The building includes a cafeteria with a full-service kitchen, a full gym, a weight room, an activity room, and laundry facilities. The activity room has an air hockey table, a foosball table, and a television that small groups can use to relax.

The grounds include additional recreational spaces, such as ball fields, an outdoor swimming pool, and an outdoor pavilion with picnic tables, a grill, and a snack bar facility.

The building has several conference rooms that offer privacy where meetings or visits can be held. Additionally, the building has offices for clinical and administrative staff.

All the services offered to you and your family are housed in this building. The school is in a separate building on a different campus, and you will take a bus from the residence to the school on school days.

MY DORM AND ROOM

What you may want to bring with you



What you can bring

The following items are **approved** for youth at the campus residence:

- Movies and video games rated no higher than PG-13
- CD player with headphones
- Original CDs (no explicit language)
- Own clothing
- Approved room decorations
- Hygiene products are provided, although others are allowed
- Bedding and bath towels are provided, although others are allowed
- Hair styling equipment (to be used with staff supervision)
- Portable MP3 player, iPod
- 1 game system
- DVD player
- Electric shaver
- Makeup

What you should leave

The following items are **prohibited** for youth at the campus residence:

- Cell phone (unless and until a contract is in place—for older youth only)
- iPad
- Boom box, large speakers
- CD player without headphones
- R-rated or pirated movies
- Weapons, including BB and pellet guns, knives, switchblades, etc.
- Gang-related materials, including beads, bandanas, army fatigues, etc.
- Explicit magazines
- Any R- or X-rated material
- Video games rated M or higher
- Alcohol or drugs
- Matches, lighters, and other fire-related items
- Cigarettes, tobacco products, juuls, vaping products, etc.
- Beverages containing caffeine including sodas, coffee, and energy drinks
- Aerosol cans, including hairspray, body spray, etc.
- Any item labeled “Flammable” or “Keep Out of Reach of Children” or anything with alcohol
- Certain hygiene materials, including razors and Q-tips
- Mirrors or anything with glass

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MY SCHOOL

How you learn and grow



Educational and Vocational Programming

Where you attend school largely depends on your academic standing at the time you enter our program. We will work with our educational partners to find the most appropriate school setting for you. For some residents, Schenectady public schools are the right option. Others attend vocational classes in the Capital District BOCES system. Many of our residents attend the School at Northeast.

The School at Northeast is a special education school operated by Northern Rivers. The school serves about 150 students in grades 6 through 12. Students benefit from a consistent structure, small class size, and robust academic and behavioral support. Students have individualized educational plans; participate in art, music, and vocational instruction; engage in community service projects and athletic programs; experience field trips and proms; and can pursue a Regents diploma, local diploma, or a Career Development and Occupational Studies (CDOS) credential. Graduates can choose to receive their diploma either from their home school district or from the School at Northeast.

The school features a high degree of integration with the residential program, offering greatly enhanced communication between teachers and residential staff, continuity of care, and a network of support that helps students meet their goals. It is located within 4 miles of our Schenectady campus, and students are bused there and back from the residence.

The local schools are Paige Elementary School, Schenectady Middle School, and Schenectady High School. They offer all of the educational opportunities normally afforded by public school systems.

BOCES provides a higher level of vocational instruction and is available with approval of the City of Schenectady School District's Committee on Special Education. BOCES approvals are dependent on your current academic standing.

No matter where you go to school, our staff will work closely with that school's staff to help you meet your academic goals.

MY TIME

What you can do for fun: On- and off-campus activities



Recreation

Our sports, fitness, and club activities are designed to help you build self-esteem, improve your physical health, and gain the trust of peers and adults. Our indoor gymnasium, fitness and weight room, and outdoor pool, baseball and soccer fields, and basketball and volleyball courts offer you great recreational opportunities without having to leave campus. We also provide planned, structured, and therapeutic activities that you can do right in your dorm, in the building, or in the community.

Our recreation coordinator's sole job is to plan and help staff implement a host of on- and off-campus therapeutic activities that will entertain you while helping you grow. These opportunities are posted for everyone to view so you can plan ahead. Dorm activities include board games, arts and crafts activities, watching television, listening to music, playing video games, and quiet times for reading and schoolwork.

During school breaks, we schedule community activities. You and a small group of your peers may go to local malls, local museums, or sites outside the area. These trips may include going to New York City to see an NFL game or sights like the Empire State Building, Times Square, and the Statue of Liberty; a visit to the Basketball Hall of Fame in Springfield, Massachusetts; or a day at the Great Escape or Six Flags Amusement Parks, to name a few.

You may be able to participate in our local Soap Box Derby, do volunteer work, and even have a part-time job where you can earn extra money in addition to your weekly allowance. You can also join special-interest clubs led by staff, such as bowling, hiking, board games, trips to museums, kickboxing, and more.

ACTIVITIES

- Air Hockey
- Amusement Parks
- Baseball
- Basketball
- Board Games
- Bowling
- Card Games
- Craft Activities
- Foosball
- Football
- Hiking
- Kickball
- Museums
- Performances
- Reading
- Sightseeing
- Soccer
- Sporting Events
- Soap Box Derby
- Swimming
- Video Games
- Volleyball
- Volunteer Work
- Weights

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