



# Short-Term Crisis Stabilization

*Help when you need it and a direction for tomorrow*

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For more information on our short-term overnight crisis services or to make a referral, please call

**518.292.5499**

Northern Rivers Family of Services offers short-term overnight therapeutic programs for youth ages 5–17 experiencing a period of acute stress, mental health issues, or a psychiatric crisis that requires a 24/7 staff-secured nonhospital setting. These family-centered programs are designed to equip families and youth with a plan for success at home, in school, and in the community.

## **The Northern Rivers Difference**

Our short-term programs are staffed by knowledgeable, caring professionals who specialize in trauma-informed care and are invested in the success of everyone in our care. From the moment treatment begins, we work with each youth, adult, and support system to identify challenges, develop resources and community supports, and build on strengths. We do more than help avert a crisis: We help children, families, and adults build and follow a long-term, client-driven plan for success. We offer a continuum of care providing just the right amount of intervention required.

## **Healy House and North Star**

Support for families that includes programming for children (Healy House, ages 5–12; 8 beds) and youth (North Star, ages 12–17; 5 beds). We provide customized supervision, clinical support, nursing care, and tutoring, focusing on helping children stabilize through a consistent, nurturing structure combined with behavior modification. Our primary goal is to stabilize a crisis situation to prevent the unnecessary use of a hospital emergency room or hospital admission.

## **Services**

- Crisis stabilization
- Behavior support
- Case management
- Counseling
- Daily living skills training
- Education support services
- Health services
- Medication management, training, and monitoring
- Overnight room and board accommodations
- Socialization

## **Benefits**

- Immediate stabilization of a situational crisis in a nonhospital setting
- Assessment for social determinants of health and linkages to needed supports and services
- Behavior support and crisis stabilization
- Case management and care coordination
- Comprehensive intake assessment
- Daily living skills training
- Education support services

**NORTHERN  
RIVERS**

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

- For children living with their families, a plan to manage a child's behaviors and emotional needs
- Health services
- Immediate stabilization of a situational crisis in a nonhospital setting
- Improved daily functioning at home, in school, and in the community
- Individual, group, and family counseling
- Medication management, training, and monitoring
- North Star has a dedicated 5-bed suite in a new state-of-the-art building designed specifically to meet the needs of youth and families dealing with behavioral health challenges
- One-to-one monitoring for recipients assessed with high risk behavior
- Overnight room and board accommodations
- For children in foster care custody, a comprehensive document to offer guidance to services providers
- Socialization

### Access

To be admitted to the program, a child needs to meet the following criteria:

- Be between the ages of 5 and 12 (Healy House) or 12 and 17 (North Star) at admission
- Demonstrate functional challenges consistent with a DSM-V diagnosis, which can be expected to be resolved with short-term overnight therapeutic intervention
- Experiencing emotional or behavioral problems or experiencing a situational family crisis that cannot be safely managed in the home
- Requires a highly structured, 24/7 therapeutic environment to prevent hospitalization

**To make a referral to  
Healy House or North Star  
call 518.292.5499**

