



My health. My choices. My future.

**NORTHERNRIVERS**

OnTrackNY is an innovative treatment program for young adults ages 16–30 who have had the onset of a psychotic disorder within the last two years. The OnTrackNY multidisciplinary treatment team helps people achieve their goals for school, work, and relationships. Treatment staff help people achieve their goals for school, work, and relationships.

OnTrackNY is guided by the following principles:

1. Early detection and optimal treatment will reduce disability
2. Core values of a recovery orientation and a person-centered approach will optimize individualized paths to recovery
3. Shared decision-making integrates the individual's choices and provider's recommendations which promote empowerment and self-determination
4. Culturally-competent services meet the individual's social, cultural, and linguistic preferences and needs

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Psychosis is identified by ways a person might think and behave. A person experiencing psychosis usually has difficulty telling what is real from what is not real.

A person may experience one or more of the following:

- Hearing voices or noises others do not hear
- Seeing images or visions others do not see
- Exhibiting bizarre or unusual behavior
- Exhibiting confused or jumbled thinking and speech
- Unusual bodily movements or positions
- Showing little or no emotion in facial expressions
- Loss of motivation
- Speaking less
- Decreased or loss of interest in enjoyed activities

Psychosis can be due to substance use, medical conditions, and/or psychiatric reasons. A diagnosis is made when one or more symptoms of psychosis occur within a certain timeframe leading to distress and/or difficulty in functioning.