

An Innovative New Program for Adolescents and Young Adults

What is OnTrackNY?

OnTrackNY is an innovative treatment program for adolescents and young adults who recently have had unusual thoughts and behaviors or who have started hearing or seeing things that others don't. OnTrackNY helps people achieve their goals for school, work, and relationships.

Is it right for me?

OnTrackNY is designed for individuals between the ages of 16 and 30 who have recently begun experiencing symptoms such as, unusual thoughts or beliefs, hearing or seeing things that others don't, or disorganized thinking. If these symptoms have lasted for more than a week but less than 2 years, OnTrackNY might be right for you.

The program may be right for you if you are interested in getting help to reduce the effects of these symptoms, complete school, get a good job, live on your own, and have rewarding relationships with friends.

You do not need health insurance to participate in this program.

Who is the OnTrackNY Team?

In many treatment settings, you work with just one mental health professional, but with OnTrackNY, you will have the support of an entire team to work with you towards achieving your life goals. The team consists of a primary clinician who will offer you counseling and support and help you learn new skills to cope with what you are experiencing, a psychiatrist who can provide guidance on the best medical approach, a supported education/employment specialist who can help with goals around work and school, and a nurse to support your overall health and wellness.

You and your loved ones are the most important members of this team. You will work closely with the primary clinician and other staff to identify goals that are important to you and services that can help you to accomplish these goals.



"I can really open up to them and be myself. I feel like I can tell them anything I would tell my best friend."

—program participant

What should I expect?

We use a “shared decision making” approach, which means that you and your team work together to agree on the best treatment options for you. These include:

- A comprehensive assessment of your current situation and history
- Determining your personal recovery goals to guide your treatment plan
- Treatment and support from all team members
- Counseling for your loved ones to learn about how to cope with these experiences and how the people who matter the most to you can support your recovery
- Coaching from employment and educational specialists
- Treatment for drug or alcohol problems, if you have them
- Strategies for building healthy relationships and coping with problems in positive ways

OnTrackNY services are offered at:

Parsons Child & Family Center

401 New Karner Road
Albany, New York 12205

For more information, please contact:

Jenna Bernhardt, LCSW

Outreach and Recruitment Coordinator
T: 518.292.5452
F: 518.434.3286

Email: OnTrackNY@parsonscenter.org

NorthernRivers.org/OnTrackNY



OnTrack  **NY**

My health. My choices. My future.