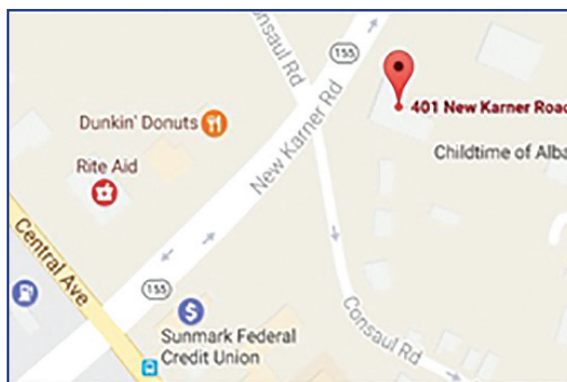




*We believe that recovery  
is the expectation—  
Not the exception.*

We know that early intervention with most physical and mental health concerns improves outcomes and leads to healthier individuals and communities.

The OnTrackNY program at Northern Rivers provides coordinated specialty care to young adults ages 16–30 whom have experienced the onset of a psychotic disorder within the last two years.



**OnTrack**  **NY**

My health. My choices. My future.

Our program office is accessible by the following CDTA bus routes:

- Route #1, Central Avenue
- Route #355, Schenectady–Colonie
- Route #155, Suburban Circulator
- Route #905, Albany–Schenectady

**401 New Karner Road  
Albany, NY 12205  
p. 518.292.5452  
f. 518.434.3286**

[OnTrackNY@ParsonsCenter.org](mailto:OnTrackNY@ParsonsCenter.org)  
[www.northernrivers.org/OnTrackNY](http://www.northernrivers.org/OnTrackNY)

**OnTrack**  **NY**

My health. My choices. My future.

**NORTHERNRIVERS**

*Life changing care since 1829*



*An innovative  
program for  
young adults*

## Who We Are

OnTrackNY is an innovative treatment program for young adults ages 16–30 who recently have had unusual thoughts and behaviors or who have started hearing or seeing things that others do not within the last two years. OnTrackNY helps people achieve their goals for school, work, and relationships.

Is someone you know or love:

- Withdrawing from friends or family?
- Hearing or seeing things that others do not?
- Having strange thoughts or beliefs?
- Feeling fearful or suspicious of others?
- Having confused or jumbled thinking?

*Left untreated, these thoughts, feelings, and behaviors can worsen over time.*

Our model is founded on a shared decision-making framework and services are recovery-oriented and flexible.

### Our Team

- Two licensed clinicians
- Prescriber
- Registered nurse
- Supported education and employment specialist
- Peer specialist

## What We Do

The OnTrackNY team offers young people and their families an array of services, including:

- Individual, family, and group counseling
- Low-dose medication management
- Supported employment and education
- Substance use services
- Family education and support groups
- Peer support
- Nursing and wellness visits
- Care coordination
- 24/7 crisis coverage

Services provided are guided by the young person's preferences. OnTrackNY services seek to improve the quality of lives of young people by providing hope through empowerment to guide their own treatment, reestablishing relationships, and achieving work and school goals.

We provide assertive outreach and engagement with program participants and provide community-based services as needed. We have a small participant-to-staff ratio and enrollment is for approximately two years.



## Who We Serve

We serve young adults, ages 16–30, who live in Albany, Rensselaer, Saratoga, and Schenectady counties, although exceptions can be made for those residing outside of these counties.

We provide services to all referred individuals meeting clinical admission criteria, without a waitlist and regardless of insurance status or ability to pay.

### How to Connect with Us

For questions about eligibility or to make a referral, contact the OnTrackNY Outreach and Recruitment Coordinator at 518.292.5452 or by email, [OnTrackNY@ParsonsCenter.org](mailto:OnTrackNY@ParsonsCenter.org).

A telephone prescreening will usually take place to determine whether the young person appears to be a good fit.

An in-person evaluation is then conducted to determine eligibility. This can take place at our office, inpatient, or in the community. Referrals should be made only with the input and consent of the young person.

*“I am really starting to feel like my old self again.”*

— OnTrackNY Participant