NYC START: A Free Service for Young Adults Hospitalized for a First Episode of Psychosis

Program Services

During hospitalization and for the first three months after hospital discharge, trained social workers and peer specialists use a Critical Time Intervention case management model and a "shared decision making" approach to improve linkage of care, connect patients to recovery-oriented services and support the transition back to the community.

Eligibility

NYC START serves New Yorkers between 16 and 30 years old who are hospitalized for a first episode of psychosis, with one of the following diagnoses:

- Schizophrenia (any type)
- Psychosis (not otherwise specified)
- Schizophreniform Disorder
- Delusional Disorder
- Schizoaffective Disorder
- Brief Psychotic Disorder
- Shared Psychotic Disorder
- Other Specified Schizophrenia Spectrum and Other Psychotic Disorders
- Unspecified Schizophrenia Spectrum and Other Psychotic Disorders

Referring Patients to NYC START

Within 24 hours of diagnosis, all New York City hospitals must report the admission of any person between the ages of 16 and 31 years old with any psychosis diagnosis listed above to the New York City Department of Health and Mental Hygiene. However, a report is not required if this person was previously hospitalized with a psychosis diagnosis that has already been reported.

Secure and confidential reports can be made electronically at **nyc.gov/health/nycmed**.

Upon receipt of the electronic report, NYC START staff will contact the hospital to provide information on how the program can be offered to eligible patients. Participation is voluntary and free.

For more information about NYC START services and how to refer eligible patients, call **718-786-4777** or email **nycstart@health.nyc.gov**.

NYC START

New York City Supportive Transition and Recovery Team

NYC Health