



What is OnTrack?

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

Participation

OnTrack uses a "shared decision-making" model and consists of:

- Comprehensive care using evidence-based practices offered by a team of professionals
- Services can include mental health treatment, education and employment support, substance use treatment, family education and support, and other services as needed.

Who is a part of the OnTrack team?

The team consists of a **Program Manager** who will introduce you to the team and help you decide if the program is right for you, a **primary therapist** who will offer you advice and support and help you learn new skills to cope with what you are experiencing, a **psychiatrist** who can collaborate with you to make medication decisions and help with medical concerns, a **Recovery Advocate** who can help with work and school, and a **nurse** to support your health and general well-being.

You and your loved ones are the most important members of this team. They are going to work on close collaboration with the primary therapist and other staff to identify goals that are important to you and the services that can help you achieve these goals.



Coordinated Specialty Care Components

We work together with our participants to determine which services within the model match their preferences and needs. There is no piece of the model that is mandatory for participation.

- Team Leadership
- Supported Education and Employment
- Case Management
- Psychotherapy
- Family Education and Support
- Pharmacotherapy
- Primary Care Coordination

A team-based approach using shared decision making and an array of person-centered services that help young people reach their goals.

ELIGIBILITY

The program is for teens and young adults between the ages of 16 and 30 years old who have recently started experiencing unusual thoughts or beliefs, or disorganized thinking for more than a week, but less than two (2) years.

OnTrack may be a good fit if you or someone you know is willing to work with a diverse team of health professionals and have:

- begun to isolate yourself from the family and friends
- recently had thoughts that seem strange to you or others
- felt afraid or suspicious of others
- started hearing or seeing things that others do not hear or see

SERVICE LENGTH

Services are provided for an average of two (2) years and will be based on individual needs and preferences.



Learn more and see if this program is right for you:
863.519.0575 Ext. 7773



For information or questions please contact:
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For after hours crisis, call:
Crisis Line: 863.519.3744
Toll-free: 800.627.5906

For Access to Care call:
863.248.3311



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OnTrack

A New and Innovative
Program for Teens and
Young Adults