



New York State
Psychiatric Institute



COLUMBIA
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IRVING MEDICAL CENTER



Office of
Mental Health

Current Models: OnTrackNY

Lisa Dixon, M.D., M.P.H.

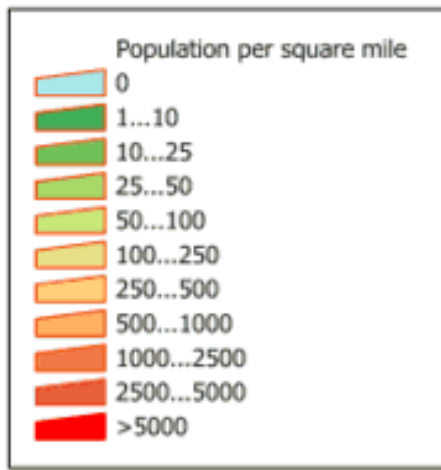
New York State Psychiatric Institute



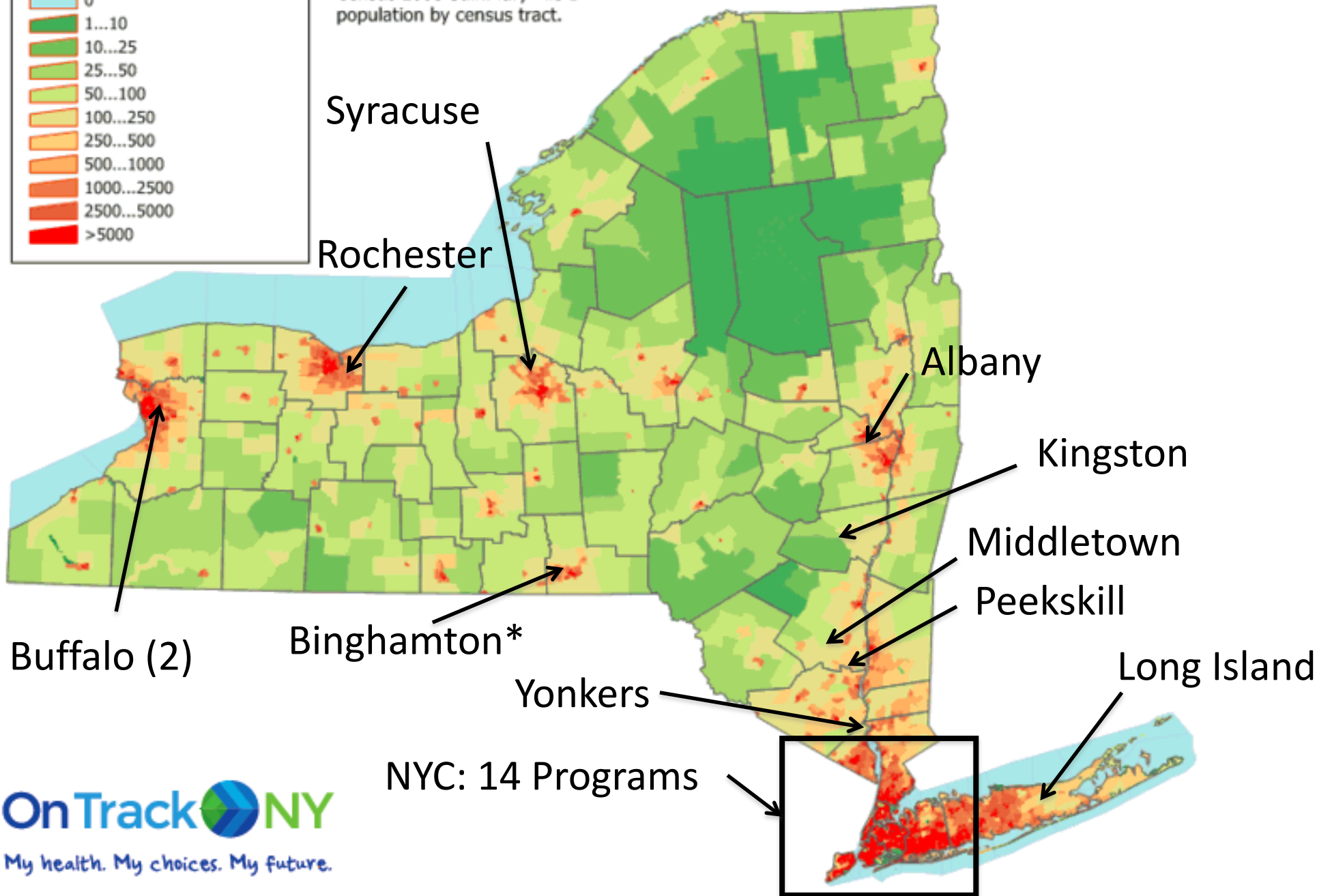


My health. My choices. My future.

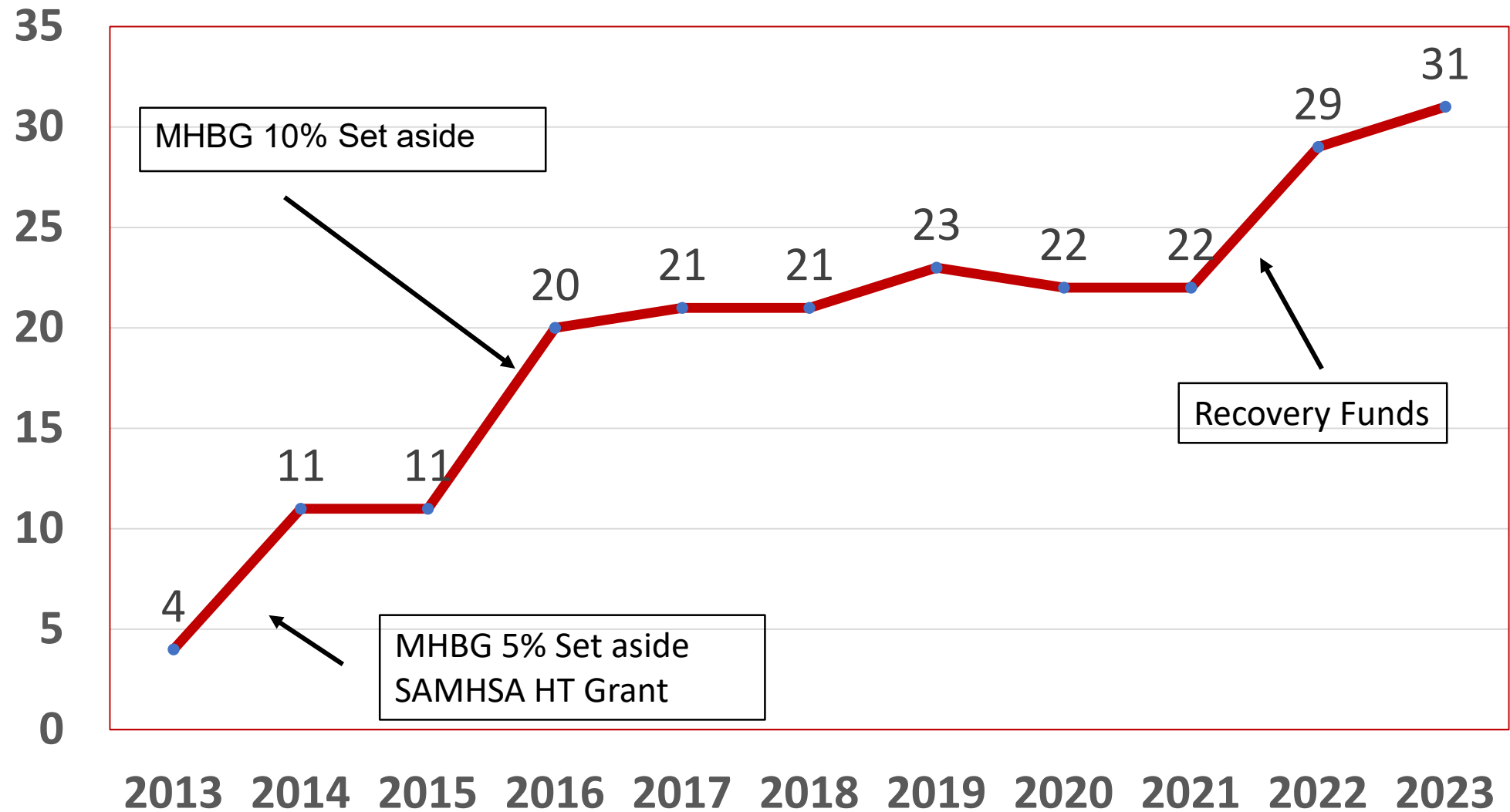
OnTrackNY is a mental health treatment program that empowers young people to make meaning of their experiences and to pursue their goals for school, work, and relationships. We support the well-being of young people across New York State who are impacted by unexpected changes in their thinking and perceptions. Equity, inclusion, rapid access, and self-determination are at the core of everything we do.



Source: U.S. Census Bureau
Census 2000 Summary File 1
population by census tract.



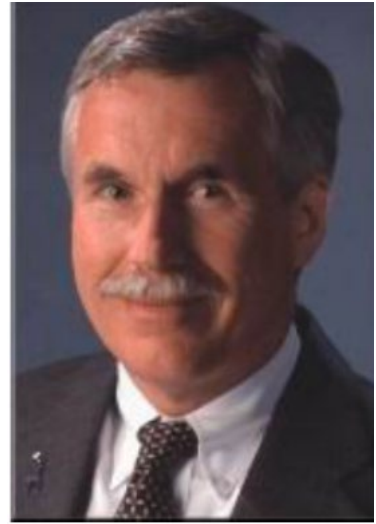
Past and Expected Growth of OnTrackNY Sites



RAISE Connection: 2010-2013

Keys to Sustainability

- OMH commitment and support for teams (\$ and leadership)
- Creation of Intermediary Organization (OnTrackCentral within CPI)
- Connection with stakeholders at multiple levels



OnTrack Central Intermediary Organization

- Acts as an intermediary between agencies and OMH to promote implementation of OTNY with fidelity and good effect.
- Staff members who provide technical assistance, oversight, monitoring--
OnTrackCentral
- Access to state OMH leadership and ongoing dialogue
 - OTNY sits in Office of Medical Director with connection to adult and children's services
 - Consensus around program model and parameters (e.g., eligibility)
 - Real time consideration of financing
- Connection to regional leadership, field offices
- Support for data collection activities



cannevin@nyspi.columbia.edu

Ilana Nossel (she/her)

Abbe (she/hers)

Rufina Lee

OTNY Central



Culloch (she/her)

Liza Watkins

Jill Dunstan (She/Her/Hers)

Chacku (he/him/his) Mathai



aina Montague (she/her/hers)

Darlene Carrera

OnTrackNY (Tasha)

Margaret Kurk



Iruma Bello

denzel.wilkerson@nyspi.c...

Malinovsky

Stephen Smith
Ro Speight
Ann Caban

Consideration of Phases in Pathway To and Through Care

- Reducing the duration of untreated psychosis (DUP) (Before)
- Maximizing model (CSC) effectiveness (During)
- Providing appropriate follow up (After)

OnTrackNY Strategy and Approaches: Before

- Eligibility limited to individuals within two years of onset
- Focus on non-affective psychosis
- Focus on post help-seeking to start
- Fund and monitor outreach activities
- Develop “DUP Toolkit” to train providers
- Work with Medicaid MCO’s
- Use social media/youth leaders

Gaps and Ongoing Work: Before

- Expanded eligibility criteria (to include affective psychosis and people within 5 years of the onset) In more rural/ less populous areas
- Emphasis on presenting a diverse array of individual and family stories (on the website) to support engagement, address stigma
- Revised messaging, outreach tools and strategy based on stakeholder input
- For projects—Funded projects on pathways to care among Asian (Hong, PI) and Latinx (Bello, PI) participants respectively; work on Riker’s Island (R34), online strategies (R34)

OnTrackNY Strategy and Approaches: Before and During

OnTrackNY participant & family council members highlighted a need for more resources about OnTrackNY.

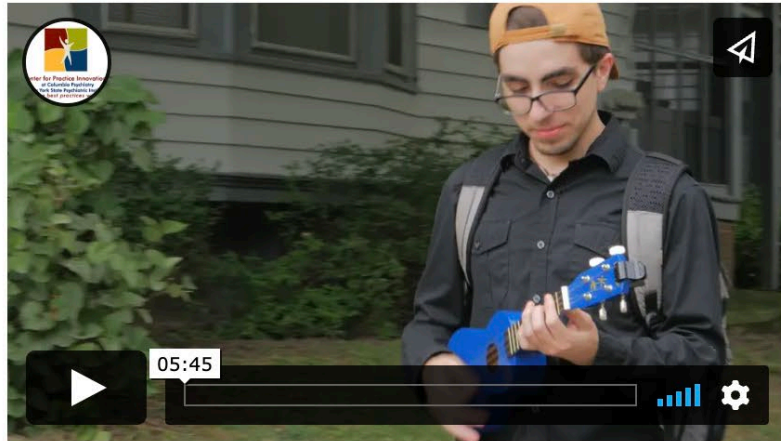
Covers information on:

- OnTrackNY services
- OnTrackNY team locations
- OnTrackNY data collection
- OnTrackNY councils



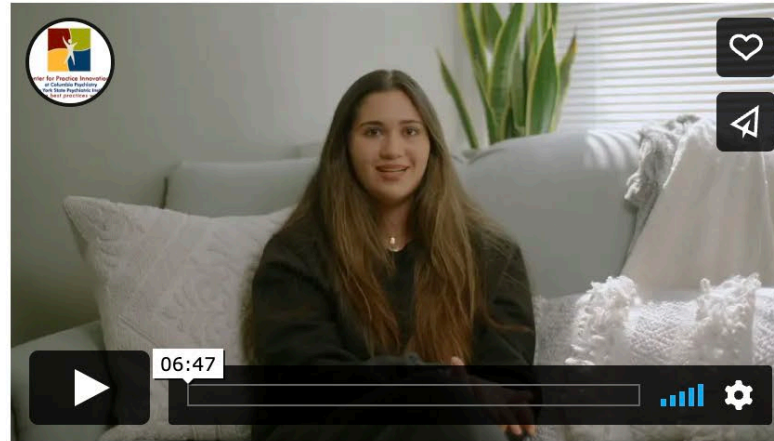
<https://vimeo.com/606681754>

Sebastian - Finding Harmony



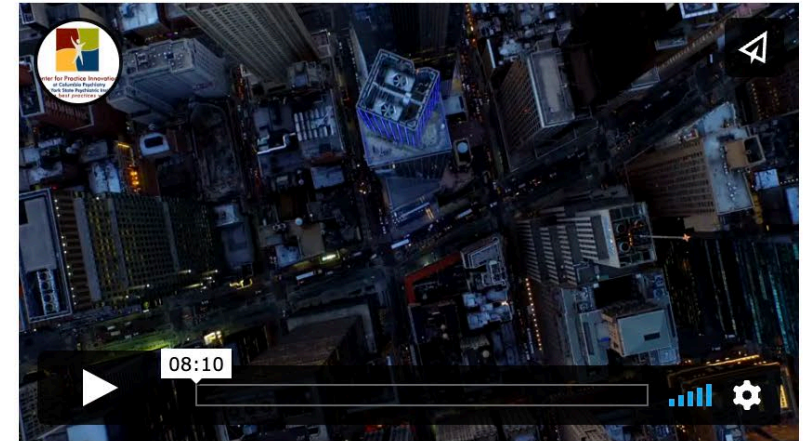
Just before starting college, Sebastian began having unusual auditory and visual experiences. With the support from OnTrackNY and using music to cope, Sebastian gained the confidence to share his story to help others. Sebastian's mother also shares her perspective on recovery and being part of OnTrackNY.

Alice's Journey



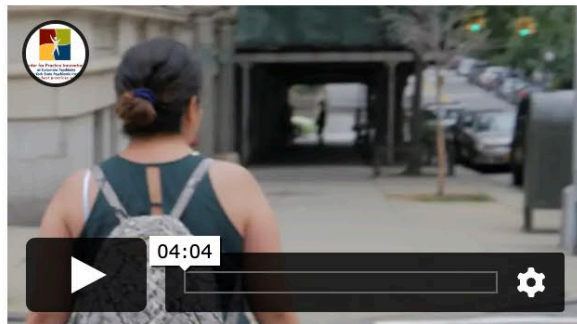
Alice is a talented young singer and OnTrack participant. Alice discusses how music, yoga, and a healthier lifestyle helped her in her healing journey.

Drew - The Rhythm of Recovery



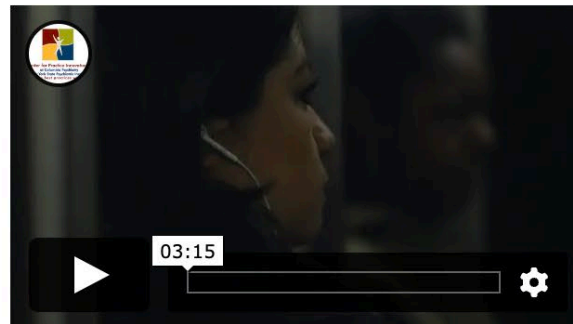
Drew began hearing voices during his first year of college. Joined by his family, Drew tells his story of recovery and becoming a peer specialist at OnTrackNY.

"D" - Learning to Prioritize Mental Health



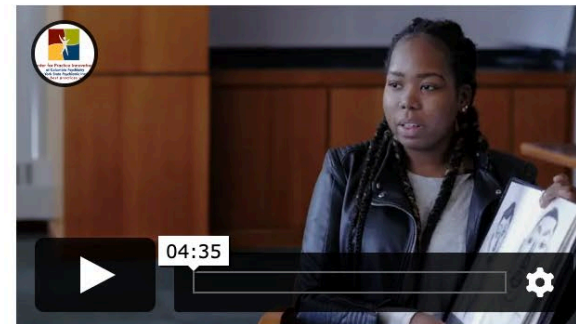
"D" has aspirations of completing college

Skittles - Foundation for Recovery



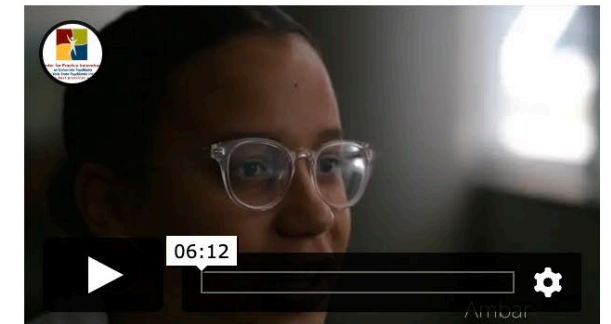
In this video, Skittles speaks about hearing

Anna - Drawing the Path to Recovery



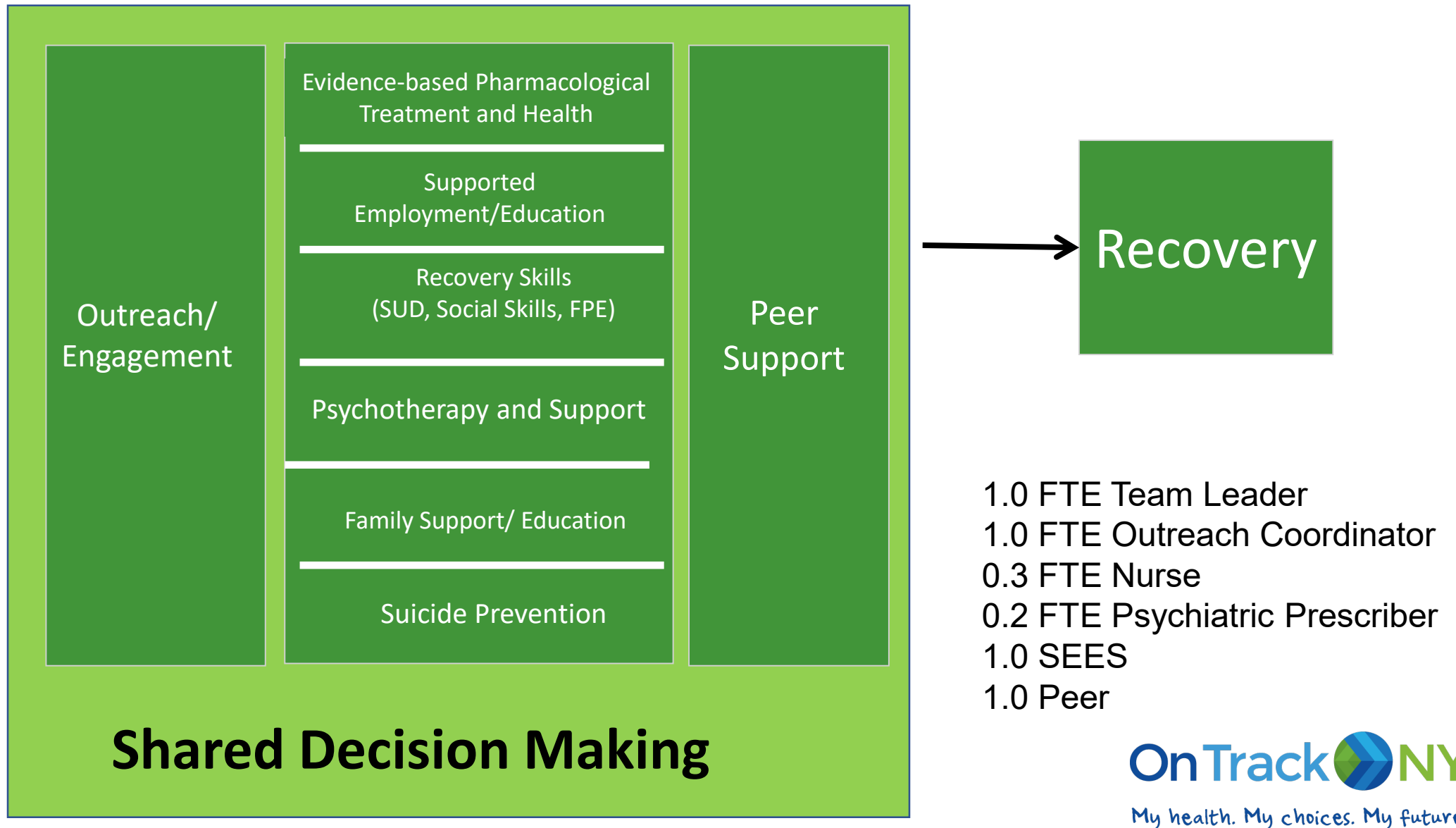
Anna is a young artist and OnTrackNY

Ambar - Looking to the Future



Ambar first experienced hearing voices

OnTrackNY Strategy and Approaches: During



Gaps and Ongoing Work: During

- Revising training include a focus on *racial equity, structural competence and cultural humility*
- Shifting to some online training components—especially for staff turnover
- Use of telehealth beyond the pandemic.
- Annual CSC designation process and emerging financing strategy
- Expansion of peer specialist role to full time
- Data: participant self report, data dashboard to support use of data for QI/learning healthcare system
- Projects: Suicide risk (Stanley) Enhancing SDM for BIPOC participants (Bello, PI); SDM and prescribing (Zisman Ilani); Enhancing physical health (Stefancic); Aggression/Violence (Rolin); Disability (Jones); Optimizing Prescribing (Stroup)

OnTrackNY Strategy and Approaches: After

- Work with the team is time-limited: approximately two years for most participants.
- The Primary Clinician helps the participant and family prepare for transition in the following ways:
 - Equip individuals with knowledge about the mental health care system and available resources for future goals and plans
 - Encourage individuals to *advocate* for recovery-oriented services
 - Develop a comprehensive plan for transition
 - Encourage strong relationships with new treatment providers
 - Include families

Gaps and Ongoing Work: After

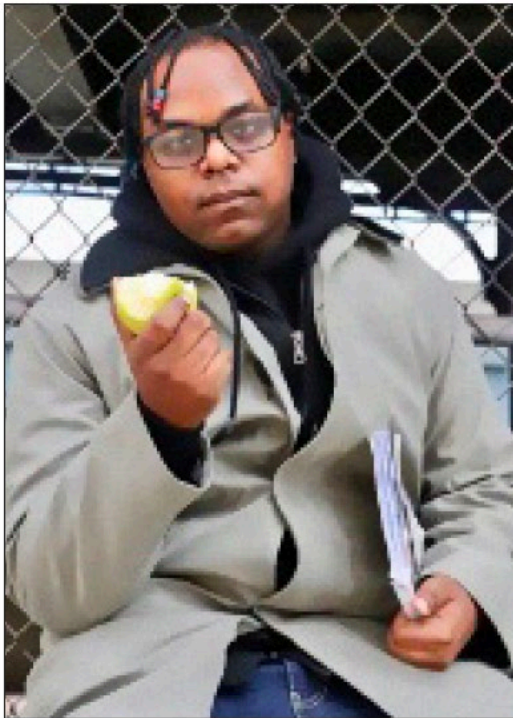
- Challenges
 - Availability of recovery oriented, flexible, youth and family-oriented services that use SDM
 - Limited availability of supported education/employment, peer support, family-based services
 - Workforce shortage → increased wait times
- Potential Solutions
 - Creation of “step down”
 - Expansion of CCBHC
- Projects include family navigator (Hoagwood), Horyzons online support (Birnbaum)

Changing the Game

OnTrack  NY

My health. My choices. My future.

APRIL 2022



Was there anything challenging or unexpected about no longer being at OnTrackNY? So, when I transitioned out, after I graduated, I guess it was a little but hard at the beginning to open up. You're with a new psychologist and psychiatrist, it's kind of awkward. It feels like you're starting all over with someone. But, at the same time, I learned that in life, people are always going to come and go out of your life, and it's something I had to prepare for when I graduated.

What has it been like navigating the mental health system and finding care providers now that you have graduated OnTrackNY? It's challenging, but no one is going to hold your hand forever. You have to start learning about these things on your own. Which I have, and I'm still learning. My OnTrackNY team, they actually

"Knowledge is power"

OnTrackNY graduate, Yuki as a college student in 2020.

Concluding Points

- Well specified but flexible model consistent with CSC
- Intermediary organization—OnTrackCentral—provides support and communication
- Data and mechanisms of stakeholder feedback provide building blocks
- State support and commitment
- Community engagement central
- Before, during and after require focus