

# 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](https://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](mailto:nycstart@health.nyc.gov).

The logo for NYC START, featuring the words "NYC" and "START" in a bold, white, sans-serif font stacked vertically on a blue rectangular background. The background of the entire page is a photograph of a city skyline with various buildings under a blue sky with light clouds.

NYC  
START

New York City Supportive  
Transition and Recovery Team

The NYC Health logo, consisting of the letters "NYC" in a large, bold, black, sans-serif font above the word "Health" in a smaller, black, sans-serif font.

NYC  
Health