

What makes Short-Term Assessment & Response Team (START) unique?

START allows families to access interventions quickly – usually within five business days – and consists of a balance between evaluation and intervention. Families meet with their START therapist for one to six sessions. The goal of this short-term treatment is to identify immediate challenges within the family and determine how to better manage them. Through treatment, families will:

- Develop greater insight about their child

- Build on their existing strengths

- Learn skills to handle current and future crises, should they arise

- Work together with their START therapist on identified goals and how to accomplish them

- Identify appropriate community and education supports



Who is eligible for our services?

Youth and families experiencing significant distress related to an identifiable stressor are eligible for our services.

START is *not* appropriate for youth:

- With immediate safety concerns – *call the Behavioral Health Crisis Line at (585) 275-8686 or 911*

- Needing same-day evaluations – *consider contacting the Mobile Crisis Team at 2-1-1*

- Who are already receiving mental health/P Lang en-511MCID 109DC BT0 Tw 11 08Ti2 0.22 0 0.03/61 gs/C2