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NewYork-Presbyterian



YOUNG ADULT PROGRAM/ COLLEGE STUDENT TRACK



Supporting Young Adults with
Acute Mental Health Challenges

nygsh.org



Young Adult Program/College Student Track

An inpatient program for the treatment of young adults, ages 18 to 29, addressing specialized needs of this age group with emerging psychiatric disorders. Effective treatment prevents functional decline and psychosocial complications, maximizing socialization, educational and vocational progress. Major psychiatric disorders including Affective and Psychotic disorders often present in late adolescence or the early twenties. Specialized focus for young adults promotes acceptance of treatment and post-hospitalization adherence. Likewise, family interventions and access to intensive community aftercare enhance symptomatic and functional recovery.

- Our inpatient unit provides an array of cognitive-behavioral therapy (CBT) approaches, including dialectical behavior therapy (DBT), providing the optimal treatment approach for most students.
- Services include individual and group therapy targeting coping skills and evidence-based care for mood disorders, anxiety, and psychosis.
- Expert consultation is available for the treatment of co-occurring substance use disorders.

Our teams partner with the student, family, and as appropriate, the college or university to formulate the safest treatment and aftercare plan.

**For more information on admission and referral, please call
(212) 434-5415.**

About Gracie Square Hospital and Weill Cornell Psychiatry

The Young Adult Program/College Student Track is available at Gracie Square Hospital, located on the Upper East Side of Manhattan. Our psychiatrists and our psychologists are on the faculty of Weill Cornell Medicine and renowned for the evaluation and treatment of the full range of psychiatric diagnoses. Gracie Square Hospital is Gold Certified for Excellence in Person-Centered Care™ by Planetree, designated as a Magnet -recognized organization by the American Nurses Credentialing Center and designated as a Healthcare Equality Index (HEI) Leader in LGBTQ+ Healthcare Equality for our commitment to LGBTQ+ inclusion.



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