The Koru

In New Zealand, the Koru is the beginning of life.

The Maori have taken their symbol from the unfurled new leaf of the silver fern.

It depicts new beginnings, growth, and harmony.

Multnomah County
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EASA
Early Assessment & Support Alliance

EASA Statewide Network
www.easacommunity.org

Multnomah EASA

Multi-Family Group

Early Assessment & Support Alliance

Multnomah County

What people are saying….

“It’s a safe, non-judgmental, comfortable place to be where both clients and families share not only their problems, but their triumphs. We all work together.”

Joan, EASA Mother

“It’s got its moments that are hard, but it’s also fun.”

Jessica, EASA Participant

“I love the way our families create community and connection with each other. It’s really powerful.”

Keri, EASA Facilitator

The Multi-Family Group process is a well researched, effective way of supporting the recovery of people who have experienced symptoms of psychosis.

Frequently asked questions...

How many people are in the group?

There are typically two facilitators and 4-7 families in a multi-family group (we try not to make it too big or too small). Our goal is to have a diverse group to share their wisdom. It is fine to come alone or to bring anyone you see as a support.

What do we do in group?

There is a clear format that we follow. Generally we socialize, check in, and participate in problem solving. We problem solve by using brainstorming techniques and identifying next steps.

Will there be food?

Oh yeah! EASA provides snacks and families are always welcome to bring food. We will be asking what you prefer.

Why do I need to do this?

We find that it is helpful to meet other people who are going through similar experiences. It’s great to hear different perspectives, both from the young people in our program as well as their families. By bringing issues to group, it often takes away the heat between family members.

What are some examples of problems that the group has worked on?

“How can Lisa feel less anxious when her daughter decides to take a break from medications?”

“How can Robert talk to his friends about what has been going on?”

“How can I figure out ways to be less isolated?

Together we are EASA...

I alone am young
I alone have a voice
I alone need my freedom
I alone fight my battles
I alone stand up tall
I alone fight for reality
I alone fight for sanity
I alone have independence
I alone have a long journey
I alone am afraid
I alone struggle

Together we are young
Together we have a voice
Together we need our freedom
Together we fight battles
Together we stand united
Together we fight for reality
Together we fight for sanity
Together we have a community
Together we are friends
Together we have a long journey
Together we have no fear
Together we succeed
Together we are EASA

—
Jess