

The Koru



Support System Info



Early Assessment & Support Alliance

Lincoln Building
421 SW Oak Street, Suite 520
Portland, OR 97204

Referral/Phone: 503.988.3272 (EASA)

Fax: 503.988.5870

24/7 Crisis Line: 503.988.4888

<http://web.multco.us/mhas/easa>



Department of County Human Services
Multnomah County Oregon



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.

Early Assessment & Support Alliance



What is EASA?

The mission of the EASA Program is to help young people who have experienced psychosis restore their life paths. We build community awareness and offer easily accessible, effective treatment and support.

EASA is a two year program which uses a trans-disciplinary team approach and views psychosis using the stress-vulnerability model.

What is psychosis?

The word psychosis refers to a state in which a person experiences some or all of the following:

- Confusion or difficulty organizing thoughts
- Trouble related to seeing or hearing something that others do not see or hear
- Becoming unusually fearful of others
- Significant and unhelpful changes in beliefs or sense of reality
- Troublesome changes in sleep or eating patterns
- Problems due to increased sensitivity to sights, sounds, smells, or touch

What causes psychosis?

There are many possible causes of psychosis, including: physical illness, drug use, trauma, prolonged insomnia, high levels of stress, and/or biological predisposition.

The EASA team works with individuals whose psychosis may be diagnosed as a schizophrenia related condition.

Because every individual's experience is different, The EASA team takes time to identify the possible causes of the psychosis based on an individualized assessment.

Psychosis can happen to anyone. It affects approximately 3 out of every 100 young people and a full recovery is absolutely possible.

Our Services

The EASA program utilizes a trans-disciplinary team to offer a full array of services aimed at helping the young person stabilize and begin recovery.

- Case Consulting / Counseling / Crisis Mgmt.
- Occupational Therapy
- Supported Education & Employment
- Family Education & Multi-Family Groups
- Health Services
- Psychiatric Services
- Alumni & Mentoring

EASA can serve the following young people:

- Resident of Multnomah County.
- Between the ages of 15 and 25.
- IQ of 70 or above.
- First episode of psychosis occurred within the last year.
- Symptoms are not due to substance abuse, mood disorder, or a known medical condition.

Why EASA?

From January 2008 through December 2010:

- 1,200 referrals were made to the programs
- 425 individuals and families were accepted into ongoing services

Outcomes Include:

- Increased employment (33% at nine months vs. 19% at intake) among adults
- 79% reduction in hospitalizations
- Dramatic decrease in arrest or incarceration in first three months of service compared with three previous months (13% to 1.9%) among adults

Together we are EASA!

You can call us seven days a week, 24 hours a day.

Main/Referral Line: 503.988.3272

Crisis Line: 503.988.4888



Helpful Tips:

- Remember that the young person is still the person you know and love. Experiencing symptoms it can make it difficult for him/her to be the person you are used to.
- Get support by attending the Multi-Family Groups and by talking to the EASA team about how you can be a partner in the recovery process.
- Don't forget to take care of yourself, especially if you are the young person's primary support.
- When the individual experiences delusions, refocus conversation to everyday concrete topics; reality-based in a nonjudgmental way.
- Create an emotionally calm environment as much as possible.
- Increased stress may increase symptoms.
- Environment can be altered to decrease distractions; lower noise in background, dim lights, have one conversation at a time.
- Remember that recovery does take time.