

Additional resources

www.eastcommunity.org

Mid-Valley Behavioral Health Care Network's Early Assessment and Support Team

www.eppic.org.au

Early Psychosis Prevention and Intervention Centre in Melbourne, Australia

www.psychosissucks.ca/epi/

British Columbia's Early Psychosis Intervention program

www.gethelpearly.ca

A website developed by youth and their families as an early psychosis resource.

Multnomah County

Mental Health Call Center Crisis Line

503-988-4888

1-800-716-9769 Toll Free



Please call EASA to
find out more about
our program
503-988-3272
24-hours/7 days a
week

*With treatment
recovery is possible!*



Multnomah County
Department of County Human Services
Mental Health and Addiction Services Division
Phone: 503-988-5464
Fax: 503-988-5860

EARLY ASSESSMENT AND SUPPORT ALLIANCE

503-988-3272 PHONE
503-988-5870 FAX



*Early Signs of Psychosis:
A Guide for Professionals
and Educators*



Early Assessment
and
Support Alliance

503-988-3272

Psychosis Signs and Symptoms



Educators, Family Physicians, Youth Group leaders and others who interact with young people can be the first to notice changes

in behavior or thinking. For that reason it is important to know the early signs of psychosis and how to get help.

Psychosis is a term used to describe conditions affecting the brain when there has been some loss of contact with reality. It is most likely to occur in young people, affecting 3 out of every 100. Like any illness, it can be treated; the earlier the treatment begins the greater the likelihood of full recovery.

Symptoms vary from person to person and can emerge gradually. Signs and symptoms to watch for include:

Unusual thinking— feeling paranoid or persecuted, believing others can influence thoughts

Mood changes—more or less emotion than normal, racing thoughts, sleep problems, loss of interest

Problems with perception—seeing things that aren't there, sensitivity to sound, having sensations others don't experience.

Anxiety—panic attacks, phobias

Confused Thinking—Difficulty concentrating or remembering things

There are three phases of psychosis: prodromal, when symptoms are vague; acute, when there are obvious symptoms such as hallucinations; and recovery. Recovery from a first episode of psychosis varies from person to person and is more likely with early treatment.

How to get help for someone

If you know a young person who exhibits any of the symptoms of psychosis call Multnomah County's Early Assessment and Support Alliance (EASA) at **503-988-3272**. EASA is an intervention program designed to educate people about the initial signs of psychosis and provide treatment to young people who are experiencing a first episode of psychosis.

Treatment

The EASA team includes:

- Psychiatrist
- Nurse
- Occupational Therapist
- Vocational Therapist
- Mental Health Consultants



The EASA team offers a full array of treatment designed to stabilize the young person and begin their recovery. Services range from medication management and individual counseling to multi-family groups and education.

People we can serve

Young person must be a Multnomah County resident

- Between the ages of 15—25
- Symptoms not due to substance abuse or a known medical condition.
- First episode of psychosis occurred within the last year.

Call **503-988-3272** to learn more about EASA or to access services.