

How families and friends can help

DON'T

Do not feel guilty. You are not responsible for the illness.

Don't forget to take care of yourself. Especially if you are the young person's caretaker.

DO

Remember that the young person with the illness is still the person you know and love. If he/she is experiencing symptoms it is difficult for him/her to be the person you are used to.

Get support by attending the family support sessions and multi-family groups.

Talk to the EASA team about how you can be a partner in the recovery process.



EARLY ASSESSMENT AND SUPPORT ALLIANCE

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



What Families and Friends should know about Psychosis

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

Psychosis Symptoms



Psychosis is a term used to describe a condition affecting the mind when there has been some loss of contact with reality. It affects the brain's ability to process information.

Symptoms can emerge gradually and include:

- Confused thinking
- False beliefs about reality
- Hallucinations: hearing or seeing things that aren't there
- Changes in behavior: extremely active or extremely lethargic.
- Mood swings or less emotion than normal
- Sleep disturbances
- Difficulty concentrating or remembering things
- Believing other people or things can influence thoughts
- Thinking they are being persecuted or watched

Psychosis Causes

Many things can cause an episode of psychosis, including going days without sleep, taking drugs and certain medical conditions. That is why it is so important to contact a medical professional or call the Early Assessment and Support Alliance (EASA) team as soon as possible.

About EASA

Multnomah County's Early Assessment and Support Alliance (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. With early access to treatment young people can stay in school or at work and live the life they planned before the illness.

The EASA team is made up of a multi-disciplinary team:

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

Treatment

The EASA team offers a full array of treatment designed to stabilize the young person and begin their recovery.

- Psychiatric medication management
- Individual and group counseling
- Family education and support
- Multi-family groups
- Occupational therapy
- Vocational/educational support
- Case Management

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 find out how to
access services.

