

## What is EASA?

EASA stands for Early Assessment and Support Alliance. It is a program that was created to help young people who are experiencing symptoms of psychosis. Research shows that getting help as early as possible makes treatment easier and recovery quicker.

## What is Psychosis?

Psychosis describes a medical condition that affects the brain. It can make it difficult for you to think clearly. You may hear or see things that other people don't.

Medical researchers believe psychosis may be caused by vulnerabilities people are born with. When that vulnerability is combined with a physical illness, a lot of stress, or drug use, it can trigger psychosis.

Psychosis can happen to anyone. It affects 3 out of every 100 young persons. But with treatment, recovery is possible!

**You can call us seven days  
a week, 24 hours a day.  
503-988-3272**

## Is EASA right for you?

If you have experienced several of the symptoms below, EASA is probably right for you:

### Feeling like something's "not right"

- Not able to do schoolwork or your usual job
- Very sensitive to sights, sounds, smells or touch
- Feeling cut off from life and the world

### Jumbled thoughts and confusion

- Trouble focusing and paying attention
- Difficulty reading or understanding sentences
- Not understanding what others say
- Have a hard time making decisions

### Not interested in friends, family, and activities

- Not motivated/No energy
- Big changes in sleeping or eating patterns
- Little or no interest in your appearance, or things you used to enjoy doing

## Hearing sounds/voices that others don't hear

- Seeing or hearing things others don't see or hear
- Feeling like someone is putting thoughts into your brain

## Becoming fearful of others

- Worrying that others are thinking bad thoughts or wish to harm you



## What happens when I call?

When you call us the first thing we do is make sure you are safe. Then we ask some basic questions to find out more about you. After that first phone call, an EASA team member will call to tell you more about the program. Together you will decide if the program is a good fit for you.

## What happens once I'm in treatment?

EASA services are based on the most current research available. Working together, you and the team members will figure out the best treatment plan for you.

Here are some of the EASA services available to you:

- Low-dose medication to manage your symptoms and avoid side-effects as much as possible
- Regular appointments with a counselor who can help you understand the illness
- Support so that you can be successful in your education
- Assistance with building job skills
- Help identifying your life's goals and how to work towards them
- Group activities to get involved in the community and discover new interests
- Education and support for your family so they can help you be successful in your recovery

*"When I was in middle school I started hearing voices and thinking people were putting thoughts in my head. I got into drugs. My senior year people finally recognized my symptoms. I went from dropping out to graduating from high school. I just wonder how life might have been different if someone had seen the symptoms earlier."*



*"I thought people had tapped the phone and computer and were watching me. It made working really hard. I had been athletic but now I had no energy. I couldn't keep food in for nine months. Finally, I found EASA and they really helped."*

Sponsored by Multnomah County  
Mental Health and Addiction  
Services Division

Multnomah County EASA is part of  
a network of Oregon providers

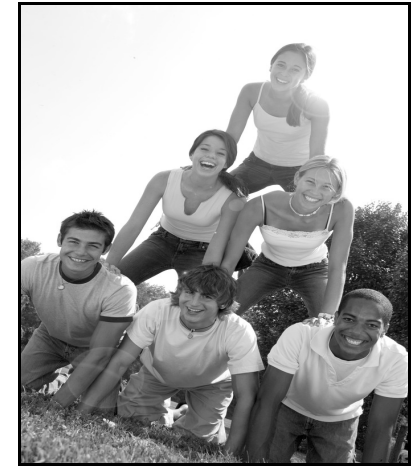
**503-988-3272**

*EASA serves ages 16 - 25 in  
Multnomah County*

EARLY ASSESSMENT AND SUPPORT ALLIANCE  
503-988-3272 REFERRAL LINE  
503-988-5870 FAX



## Welcome to EASA!



Early Assessment and  
Support Alliance

**503-988-3272**



DEPARTMENT OF COUNTY HUMAN SERVICES  
MENTAL HEALTH AND ADDICTION SERVICES DIVISION  
421 SW OR St. PORTLAND, OR 97204

503-988-2464  
503-988-5870 FAX