

Getting Started

Talk to your counselor or
EASA team member



Identify goals to work
towards together



Problem solve to reach your
goals getting back to your life

Multnomah County EASA

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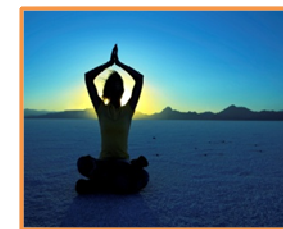
<http://web.multco.us/mhas/easa>



easacommunity.org



Occupational Therapy Services



Early Assessment and Support Alliance

WHAT IS OCCUPATIONAL THERAPY?

The role of occupational therapy (OT) is to support individuals by promoting participation in meaningful, everyday activities and provide tools to be as independent as possible.



OT can help you do the things you need and want to do. OT focuses on what's important to you and who you are as an individual while incorporating all areas of your life, including the following:

Meaningful activities

- Such as School – Work – Painting – Music

Roles and responsibilities

- Student – Son – Employee – Athlete – etc.

Daily routine and schedule

- Such as Sleep – TV – Exercise – Chores

Social interactions

- Friends - Family - Community – & more!

WHEN WOULD I NEED OT?

Psychosis and other mental health challenges can affect a person's ability to engage in everyday occupations, or ways an individual occupies their time.

Some common barriers can include:

Feeling anxious when interacting with others

Feeling overwhelmed or over stimulated

Feeling bored or isolated

Changes in appetite or sleep routine

Forgetting to do things you need to do

Unable to concentrate or think clearly



ONE ON ONE



Promote independence



Create a healthy lifestyle



Social interactions



Sleep



Memory strategies



Daily schedule & routine

GROUP ACTIVITIES



Identity & Self Expression



Independent Living Skills



Art & Music



Sports



Movies



and more!