

# The Koru



## Early Assessment & Support Alliance

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# Welcome!



**EASA Statewide Network**  
[www.easacommunity.org](http://www.easacommunity.org)

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 has 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

## Intake Screening:

Together we will decide if EASA is the right program for you. If not, EASA will assist you with finding other help.

## Case Consulting / Counseling / Crisis Mgmt:

Individual, family, or group counseling focused on achieving your goals and supporting recovery.

## Health Services:

Nursing staff can assist you with accessing medical and dental care and advise you on maintaining a healthy lifestyle.

## Psychiatric Services:

Our psychiatrists work with you to effectively utilize low-dose medication to manage symptoms and minimize side effects.

## Occupational Therapy:

We work with you to find healthy, meaningful activities to keep your day structured and to develop social and creative outlets.

## Supported Education & Employment:

Ready to take on school, work, or volunteering? We support you in finding and setting up opportunities as well as exploring new paths.

## Peer Support Services:

Peer services provides you the opportunity to spend time with someone who has mental health challenges of their own and has "been there."

## Multi-Family Groups:

Staying on the same page as family members and other supports can be a challenge. Groups meet twice per month to work on brainstorming and problem-solving skills. Come alone or with family.

## Family Education Workshop:

Several times a year EASA offers an interactive workshop for families to learn about psychosis and treatment.

# Helpful Tips

**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:

- Get support by attending Multi-Family Groups and talking to the EASA team about how you can be a partner in the recovery process.
- Remember that the young person is still the person you know and love. Experiencing symptoms can make it difficult for them to be the person you are used to.
- Take care of yourself, especially if you are the young person's primary support.
- When the individual experiences symptoms, refocus conversation to everyday concrete topics that are reality-based in a nonjudgmental way.
- Create an emotionally calm environment as much as possible.
- Increased stress may increase symptoms.
- Environments can be altered to decrease distractions; lower noise in background, dim lights, have one conversation at a time.
- Remember that recovery takes time.