EASA Roadmap

Screening & Assessment

- We explore symptoms you're experiencing and identify potential causes of psychosis.
- If EASA is determined to be a good fit, we will guide you to the next step.
- If EASA is not the best option for treatment, we will provide resources and recommendations for accessing other services.

2 Years with EASA

- **Collaborative** goal-setting and wellness planning.
- **Education** about psychosis, wellbeing, and recovery.
- **Team-based services** designed to support you:
  - **Counseling** helps process thoughts and feelings, navigate relationships, and develop coping strategies.
  - **Occupational therapy** removes barriers and builds skills to engage in meaningful day-to-day activities.
  - **Employment and educational services** support any step of the employment process to find, keep, and enjoy a job.
  - **Peer support** offers insights and hope based on personal experience from their own mental health recovery journey.
  - **The medical team** discusses medication options and supports connections to medical or dental care.
  - **Case management** connects you to resources such as housing, transportation, food, and navigating other benefits.

Transition

- Before you graduate from the two year EASA program, we will collaborate on a transition plan for continuing a healing journey and connect with new providers.

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Multnomah County
Health Department

EASA
Early Assessment
& Support Alliance

You've Been Referred to EASA

You don't have to figure this out alone.



Early Assessment &
Support Alliance

What is psychosis?

- Psychosis is the term for a collection of symptoms that happen when you have trouble telling the difference between what's real and what's not.

- Psychosis is not a specific illness itself. There are a lot of reasons why you may experience psychosis, including physical illness, drug use, trauma, high levels of stress, mood disorders, genetic predisposition, and prolonged insomnia.

- Symptoms usually occur gradually, which we call "**first episode of psychosis.**" This may include:
  - Hallucinations (seeing, hearing, feeling, or tasting things that other people do not).
  - Feeling overwhelmed by sensory information.
  - Delusions & Paranoia (strongly held personal beliefs based on your assumptions about reality that others may not share, and that may be distressing and confusing).
  - Difficulty organizing and communicating thoughts clearly.
  - Difficulty doing daily activities (often includes problems with memory, attention, putting thoughts together).
- Some people experience a more mild version of the symptoms described above. This may indicate you're at "clinical high risk" for psychosis.

- Psychosis becomes a problem when symptoms are left undetected and untreated when they first develop. Early intervention treats the symptoms as close to when they first develop as possible. This helps you stay connected to your goals, relationships, and the life you're building.

What is EASA?

- The Early Assessment and Support Alliance (EASA) is a network of programs in Oregon that serve young adults who are:
  - at risk of developing psychosis or
  - have experienced a first episode of psychosis that may be related to Bipolar Disorder or a Schizophrenia-spectrum disorder within the last 12 months.

- Multnomah EASA is based in Portland and serves residents of Multnomah County.

- We are a voluntary 2-year program and available regardless of insurance status.

- EASA is designed to provide the gold standard of care for early psychosis recovery.

- All are welcome. We honor diverse identities, backgrounds, and experiences.

- Appointments can take place at school, home, or other community locations including our office in SE Portland.

