EASA ESSENTIAL PHILOSOPHY AND PRACTICES

1. Focus on facilitating developmental progression at system, practice and individual levels
   a. Systemic change
   b. Evidence-based (evidence-based practice, feedback-informed)
   c. Focus on developmental progression (moving toward adult identity, milestones, skills, attitudes)

2. Proactive identification and engagement
   a. Community education, consultation and coaching
   b. Flexible outreach and engagement
   c. Rapid and proactive response
   d. Comprehensive risk assessment and crisis planning
   e. Relapse prevention planning/ understanding cyclical nature

3. Partnership and transparency
   a. Family partnership, transparency and shared decision making

4. Person-centered approaches
   a. Strengths-based
   b. Shared empowering explanatory model (Strengths vulnerability)
   c. Focused on person’s and family’s goals

5. Holistic
   a. Transdisciplinary
   b. Addressing multiple life domains (school, work, family/friends, recreation, psychological, health, economic, spiritual)

(Document is two-sided)
6. Fostering capacity and resilience
   a. Psychoeducation (teaching knowledge, skills and attitudes to support recovery and goals)
   b. “Start low go slow” antipsychotic prescribing with careful attention to side effects
   c. Rapid support for school and work based on preference rather than symptoms
   d. Relapse prevention

7. Learning and feedback
   a. Feedback-informed treatment
   b. Participatory decision making
   c. Research-informed
   d. Data-informed

8. Gradual transition
   a. Planful and gradual
   b. Holistic connection to ongoing supports
   c. Ongoing check-ins and relationship
   d. System development and improvement