

What is the Early Assessment and Support Alliance (EASA)?

EASA is a network of programs in Oregon. EASA programs find youth with symptoms of psychosis as early as possible. EASA provides support and treatment based on current research and practice-based evidence.

Who does EASA serve?



EASA programs serve young people whose symptoms are consistent with the onset of a psychotic

illness, such as schizophrenia or bipolar disorder with psychosis. EASA helps clarify diagnosis and appropriate treatment.

Acute symptoms of psychosis include:

- Hallucinations – seeing and hearing things others don't
- Delusions – bizarre, out-of-character, fixed beliefs
- Disturbances to speech, emotional expression, and movement

Onset of these symptoms usually occurs gradually.

Without early identification young people with psychosis are at risk of school drop-out, loss of social support and ability to function, long-term trauma, legal involvement, disability, and poverty.

WITH early intervention and appropriate support, most of these consequences can be prevented.

Who should I refer?

Refer anyone who you believe may be experiencing the early signs of psychosis. If a person is having **new, significant, or worsening difficulties in several** of the following areas, call for a consultation:

1. Reduced performance

- Trouble reading or understanding complex sentences
- Trouble speaking or understanding what others are saying
- Becoming easily confused or lost
- Trouble in sports or other activities that used to be easy (Example: cannot dribble basketball or pass to team members)
- Attendance problems related to sleep or fearfulness

2. Behavior changes

- Extreme fear for no apparent reason
- Unusual actions or statements that make no sense
- Impulsive and reckless behavior (giving away all belongings, etc.)
- New, bizarre beliefs
- Incoherent or bizarre writing
- Extreme social withdrawal
- Decline in appearance and hygiene
- Significant changes in sleep (sleeping not at all or all the time)
- Changes in eating behavior

3. Perceptual changes

- Fear that others are trying to hurt them
- Heightened sensitivity to sights, sounds, smells, or touch
- Making statements like “my brain is playing tricks on me”
- Hearing voices or other sounds that others do not
- Reporting visual changes (colors more intense, faces distorted, lines turned wavy)
- Racing thoughts
- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

Other referral guidelines include:

- Age 12-30
- Lives in local county
- Symptoms do not have a known cause (medical condition, trauma, or drug use)
- If applicable, no more than 12 months since diagnosed with a psychotic illness such as schizophrenia or bipolar disorder with psychosis

What should I do if someone is experiencing these changes?

Call EASA for a consultation. Anyone can refer a youth or young adult to EASA or call for an anonymous consultation. EASA teams can meet with the individual and/or family at school, home, or any other location.

Call today!

What does EASA offer?

EASA services are based on current research. You can get EASA services even if you do not have health insurance or cannot pay.

Services include:

- A local team of doctors, counselors, occupational therapists, peer support specialists, and school/work specialists
- Coaching to understand changes and help the young person succeed in school and elsewhere
- Family groups and peer support where people come together to learn skills and support each other
- Outreach, specialized assessment, and linkages to appropriate care
- Training and consultation for organizations and individuals

EASA changes the way services are delivered.

EASA is committed to always improving the way Oregon supports individuals with early symptoms of psychosis. The EASA Center for Excellence and its partners work at local, state, and national levels to learn from emerging research and the experiences of EASA participants and their family members and supports.

Go to <https://easacommunity.org/>
to find resources and contact information for
your local EASA program



EASA Center for Excellence
OHSU-PSU School of Public Health
1810 SW 5th Avenue Suite 623M
Portland, OR 97201
easa@ohsu.edu



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Early Assessment & Support Alliance



*Investing in the Wellbeing
of Youth and Young Adults
At Risk for Developing Psychosis
and Those Who Have
Experienced Psychosis*



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