



SUMMER 2025

FRIENDS AND FAMILIES CONNECT

A NEWSLETTER FROM EASA'S FAMILY AND FRIENDS LEADERSHIP COUNCIL



Connect & Reflect Online

We invite all adult family members, friends and supporters of EASA participants are invited to join the Family & Friends Leadership Council (FFLC).

As a statewide group, we meet online to to make it easy to connect from wherever you are:

1. FFLC Email Listserv:

Receive and post information and resources to support loved ones experiencing psychosis.

Email orozcoi@ohsu.edu to join the list.

2. Monthly FFLC Virtual Meetup:

Join us from 6:30 to 8:00 PM on the 4th Thursday of most months for conversation and connection. Contact Karma at clarkejung@ohsu.edu or Megan at sageme@ohsu.edu to receive a meeting invite.

Sharing Experiences, Finding Support, Strengthening EASA

The Family & Friends Leadership Council (FFLC) is a group of family members and friends who have supported a loved one through EASA.

We know firsthand how confusing, stressful, and isolating this journey can feel. The FFLC exists to make sure families have a voice in shaping EASA, while also creating opportunities for connection, learning, and mutual support.

Powered by what we've learned through our own experiences supporting an EASA participant, we meet regularly with two main missions:

- To provide opportunities for family members and friends of EASA participants to hear each other's stories and learn how others are navigating their journey.
- To support ongoing improvements to EASA.

We work on projects such as:

- Promoting awareness in the community about EASA so families needing treatment and support for psychosis get help quickly
- Enhancing support for families and friends during their involvement in EASA
- Improving the process of transitioning out of EASA
- Advocating for EASA in the Oregon State Legislature

Supporting Someone in EASA: What You Need to Know Now

Just a short while ago, you probably had no idea EASA existed. But you've been assured that EASA can provide the help your family needs.

Over the last few weeks or months, you've probably learned about things you never expected to think about: mental illness, HIPAA, psychosis, medications, safety plans, the list goes on.

Everything may feel overwhelming. That's normal. Think about what you need to know right now. Perhaps you have questions about scheduling appointments. Maybe you're curious what team-based care means. You may be wondering what EASA offers you as a family member or friend. You might just want to know who to call when the next crisis hits.

Next week, next month, you'll have different questions. Don't worry about that. Just think about what you'd like to know today.

In many healthcare settings, we're told what's wrong and how to fix it. EASA uses a shared decision-making process. It can feel unfamiliar at first, but it helps ensure that your EASA Team responds to the questions and needs you have, not the ones they think you should have.

Psychosis can leave everyone feeling out of control. Being able to ask the questions that matter most to you – and getting help answering them – is an important step toward stability.

As EASA Family and Friends alumni, we want you to know that you have permission to ask anything. The Family & Friends Connect newsletter is here to support you and your loved one as you find your own path forward.

That path begins with the questions you have today.

4 Easy Ways to Engage with EASA

Get to know your EASA team

The team is there to help your loved one AND you. Let them know how best to communicate with you (phone, text, email, in person), and ask them any questions you have. If they don't know the answer, they'll connect you with someone who does.

Talk to the doctor or nurse

Be specific, concise, and as organized as possible. If for any reason you cannot connect directly, an EASA team member can pass your question along and get information back to you.

Participate in Multi-Family Group (MFG)

Connect with EASA team members and families to share problem-solving and communication skills for navigating psychosis-related health conditions.

Visit the Oregon EASA website

Access great resources geared specifically towards family members of EASA participants. Go to www.easacommunity.org and click on the 'For Families' tab. You'll find more information about the FFLC there too!

OPEN PHONE LINE

Want to talk to another caregiver who understands what you're going through?

Call EASA's Open Phone Line:

971-610-1529

Mondays, 5 - 6 PM

Fridays, 9 - 10 AM



Or, email Karma at clarkejung@ohsu.edu to schedule a time that works for you.

FFLC Needs YOU! Family & Friends Leadership Council is a group of adults caring for youth currently or formerly participating in EASA. We gather to support each other and work on projects (like this newsletter!) to improve EASA. Most months we meet online on the 4th Thursday from 6:30 - 8:00 PM. For details, contact Karma at clarkejung@ohsu.edu.