

The Koru



Information and Referral



Early Assessment & Support Alliance

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24/7 Crisis Line: 503.988.4888



EASA Statewide Network
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 is a two year program which uses 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.

Criteria and How to Refer

The EASA program criteria for acceptance are:

- Resident of Multnomah County.
- Between the ages of 12 to 25 years.
- Individual has an IQ of 70 or above.
- Individual is experiencing symptoms of schizophrenia-related condition as indicated by self-report, or by credible report from primary support system or provider support system.
- First episode of psychosis occurred in the last year or symptoms are consistent with psychosis risk syndrome.
- Symptoms of schizophrenia-related condition are not known to be caused by substance use, mood disorder, trauma and/or a known medical condition.

How to refer:

Referrals can be made seven days a week, 24 hours a day by calling the EASA referral line at:

503.988.3272

Our goal is to make treatment easy to access and as effective as possible. Services are based on current best practices for early psychosis intervention and are available regardless of insurance status.

Due to the very specific clinical guidelines for the program, not all individuals screened for the program will be accepted. Individuals who do not meet criteria for the program will be provided with a referral to an alternative treatment program.

If there is not a clinician available who speaks the individual/family member's primary language an interpreter will be provided.

Multnomah County Crisis Line
503.988.4888

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.