

EASA

Early Assessment and Support Alliance

Partnering for Success in School and Life



Serving ages 12-25 in Union County

541-962-8874

www.chdinc.org

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

The purpose is to identify youth with symptoms of psychosis as early as possible, and to provide the most effective support and treatment so they can be successful.

What is psychosis?



Psychosis is a common brain condition which, if untreated, prevents the person from being able to know what is real and what is not real. ***3 in 100 individuals develop psychosis, usually between ages 12 and 25.***

Early symptoms are often subtle, but can be the most disabling. They affect young people's ability to complete schoolwork, interact socially and accomplish daily tasks. Common early symptoms include:

- Changes to the brain's working memory and organizational ability
- Reduced ability to filter out information
- Sensory sensitivity

Later 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

With early, effective treatment and support, most young people will succeed in school, work and life. DON'T WAIT!

Who should I refer?

If a person is having ***new, significant and 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: can't dribble basketball or pass to team members)
- Attendance problems related to sleep or fearfulness

2. Behavior changes

- Extreme fear for no apparent reason
- Uncharacteristic and bizarre actions or statements
- Impulsive and reckless behavior (giving away all belongings, etc.)
- New, bizarre beliefs
- Incoherent or bizarre writing
- Extreme social withdrawal
- Decline in appearance and hygiene
- Dramatic changes in sleep (sleeping almost not at all or all the time)
- Dramatic 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 don't
- Reporting visual changes (colors more intense, faces distorted, lines turned wavy)
- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

Other referral guidelines include:

- Age 12-25
- Lives in Union County
- IQ over 70
- Not already receiving treatment for psychosis
- Symptoms are not clearly resulting from drug use or a known medical condition

What should I do if someone is experiencing these changes?

Talk to the parents or other family members about what you observe. Call EASA for a consultation. Anyone can refer to EASA, or can call for an anonymous consultation. EASA can come meet with the family at school, home, or any other location.

EASA services are based on the most current research. They are available without regard to ability to pay. Services include:

- Educational seminars, written materials, consultation and problem solving for schools, community members, and families
- Outreach and specialized assessment
- Coaching to understand changes and help the young person succeed in school and elsewhere
- Treatment and support from a team including a doctor, nurse, mental health professionals, occupational therapist, vocational specialist and mentors who have succeeded in similar situations
- Family groups where families learn together how to understand the illness and how to provide the best support to the family member

For a consultation or questions, please call:

541-962-8874

The **Center for Human Development, Inc.** (CHD) is a nonprofit organization providing a comprehensive array of services in Northeast Oregon, including mental health, substance abuse, prevention, public health, environmental health, developmental disabilities case management, and veterans services.

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In order to receive government funding, CHD is required by state and county policies to charge for services it provides to the public. However, no one will be denied clinical services because of an inability to pay. CHD does not discriminate on the basis of race, ethnicity, gender, gender identity, gender presentation, sexual orientation, religion, creed, national origin, age (except when program eligibility is restricted to children, adults or older adults), familial status, marital status, source of income, or disability. For further information about this policy, contact Human Resources, 541-962-8811, or TTY 1-800-735-2900 or dial 711.