

## **Early Assessment and Support Team Milestones**

1999

Researcher Patricia Mrazek recommended Mid-Valley Behavioral Care Network look at the work of the Early Psychosis Prevention and Intervention Center (EPPIC) for possible replication.

2000

Design team assembled and met for one year.

December 2000

Coordinator hired.

January 2001

Clinical team met for first time. Team changed its name from "Early Psychosis Project" to "EAST". Intensive training began, beginning with "digestion" of written training manuals from EPPIC, designing "template" forms, processes and materials.

2001

Weekly regional team meetings

March 19, 2001

EAST begins officially accepting people into services.

April, 2001

Training by Patrick McGorry and John Gleason from EPPIC.

May 2001

EAST's "sister project" in Portland, Maine, the Portland Identification and Early Referral (PIER) project, began, focused on identifying prodromal psychosis (versus post-onset for EAST).

2002

Team meetings reduced to every other week.

March 2002

Inception of quarterly outcome reviews on all clients.

July 2002

3-year grants received from Meyer Memorial Trust, Paul G. Allen Charitable Foundation; 1-year grant received from Spirit Mountain Community Trust.

September 2002

First annual new staff introductory training

October 2002

Team presented with Office of Mental Health and Addiction Services Award of Excellence.

Kick-off of Polk County supported education pilot based on federal best practices.

January 2003

One-year grant from Northwest Health Foundation.

First presentation to Portland State University social work students.

February 2003

Research associate hired by program.

Winter-Spring 2003

Collaboration on training with UCLA.

December 2002-June 2003

Major budget cuts hit the system!! Approximately one in three EAST participants loses health insurance due to cuts in Oregon Health Plan Standard. EAST weathers the course!!

2003

Team meetings reduced to monthly; local monthly case reviews initiated.

May 2003

Dr. Wolf part of panel on early psychosis intervention at American Psychiatric Association annual conference, San Francisco.

May 2003

EAST staff present to Greater Oregon Behavioral Health Inc. conference.

June 2003

Dr. Jean Addington from University of Toronto provides training in cognitive behavioral therapy and system design issues.

June 2003

Several EAST participants graduate from high school!

July 2003

4-year grant awarded through Robert Wood Johnson Local Initiative Funding Partners.

August 2003

Presentation to regional meeting of County Behavioral Healthcare Directors, Minnesota/Iowa/Wisconsin region.

Fall 2003

Mid-Valley Behavioral Care Network receives prevention award from National Mental Health Association.

October 2003 to present

Dr. Bill McFarland and Phil Collins from University of Maine train staff in use of multi-family groups.

Fall 2003

Invited to present at President's New Freedom Commission on Mental Health.

First MSW student from Portland State University.

Clinical Coordinator position created (.3 fte).

November 2003

Number of people involved in program reaches 100.

First multi-family group begins.

2004

Program receives communications training from Spitfire Strategies through Robert Wood Johnson Foundation.

January 2004

Oregon Department of Health Services assigns health educator to the project.

First psychiatry resident from Oregon Health Sciences University.

February 2004

Video "Psychosis: It's About Balance" produced for high school students.

April 2004

Collaboration with YMCA begins.

September 2004

EAST presents first poster at International Early Psychosis Association.

September 2004-February 2005

Sustainability Task Force convened.

November 2004

EAST has its own office for the first time!! (Thanks to NAMI-Oregon and the Office of Mental Health and Addiction Services).

EAST practice guidelines formally adopted.

July 2004-June 2005

First funding from Oregon Office of Mental Health and Addiction Services received.

February 2005

Website hits cyberspace!

February 2005

Social/vocational group goes from every other week to weekly.

March 2005

2 Multi-family groups added in Salem and McMinnville .

April 2005

Pilot of Illness Management and Recovery curriculum.