

What is the Early Assessment and Support Team (EAST)?

The purpose of EAST 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, or touch
- Decreased ability to discern smells
- 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)
- Racing thoughts
- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

Other referral guidelines include:

- Age 12-25 (sometimes accept outside this range where they meet all other criteria)
- Lives in EAST's five counties
- IQ over 70
- Not already receiving treatment for psychosis
- Symptoms not known to be caused by medical condition or drug use

What should I do if someone is experiencing these changes?

Talk to the parents or other family members about what you observe. *Call EAST for a consultation.* Anyone can refer to EAST, or can call for consultation. EAST can come meet with the family at school, home, or any other location. ***Don't wait!!***

What does EAST offer?

EAST 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

“EAST provided us with hope, knowledge about the illness, support and expert treatment.”
-Parent of EAST graduate

Call to refer:

Linn County Mental Health:
541-967-3866 ext. 2503

Marion County EAST Office:
503-576-4690/503-559-9631

Polk County Mental Health:
503-623-1886 ext. 213

Tillamook Family Counseling Center:
503-812-8460; 503-842-8201, ext. 245

Yamhill County Mental Health:
503-434-7523, ext. 4731
From Newberg: 503-554-7825

Toll free number:

888-327-8817

Training and consultation requests:

503-361-2796

Other Oregon EASA (Early Assessment and Support Alliance)

sites: <http://www.oregon.gov/DHS/mentalhealth/services/easa/main.shtml>

“EAST helped me realize that I am not alone, and make positive and lasting changes in my life. Also, EAST has given me the tools to help me through the times that are the toughest.”
-EAST graduate

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Early Assessment and Support Team (EAST)

Partnering for Success in School and Life



*Sponsored by Mid-Valley Behavioral
Care Network*



*Serving ages 12-25 in
Linn, Marion, Polk, Tillamook
and Yamhill Counties*

www.eastcommunity.org