

What is psychosis?

The teen and young adult years are critical for brain development, as well as preparing to take on adult roles. This process does not always go smoothly.

3 in 100 teens and young adults experience a common medical condition called psychosis which affects the brain's ability to process information. Symptoms usually start between ages 12 and 25. Early symptoms are often subtle, but can cause major problems with the ability to learn and interact.

Later symptoms include hallucinations (seeing or hearing things others don't), delusions (strongly held, bizarre, out-of-character beliefs), and disturbances to speech, emotional expression, and movement.

Untreated, psychosis can prevent the person from knowing what is real and what is not. Fortunately, *psychosis is as treatable as other medical conditions such as diabetes. Early treatment can prevent unnecessary trauma and disability.*

Is EAST right for you?



EAST may be right for you if you or your family member recently began to experience several of the following:

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 harm you
- Heightened sensitivity to sights, sounds, or touch
- Reduced ability to distinguish 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 your brain or that others are reading your thoughts

What if I or my family member may be experiencing these changes?

An EAST team member will talk to you and your family to learn more about the situation. Based on the initial conversation(s), the EAST staff person may:

- Offer immediate crisis help;
- Schedule a follow-up orientation and assessment; or
- Help you identify another program which is a better fit if the person is not showing possible signs of psychosis or has had psychosis for a very long time.

What does EAST provide?

EAST services are based on the most current research. Services include:

- Community education.
- Consultation and problem solving.
- Outreach and assessment.
- Support for the young person's success in school, home, work and relationships.
- Support from a team including a doctor, nurse, mental health professionals, occupational therapist, vocational specialist and mentors.
- Multi-family groups where families learn together how to understand the illness and how to provide the best support to the family member.

"I went from dropping out to graduating from high school. I just wonder how life might have been different if someone had seen the symptoms earlier."



-EAST graduate

"EAST helped me understand why I was having a difficult relationship with my son, and helped me be able to enjoy him again. They gave me practical steps to take. EAST gave me the strength to carry on, and even to thrive."

Who to call for more info:

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

Marion County EAST Office:
503-576-4690

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



Tillamook Family Counseling Center:
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>

"It's such a pleasure to be able to offer the most current treatment to people. We have a great team, and we're very invested in each person and family who walks through our door."

-EAST staff member

Welcome to EAST!



What to Expect if You Have Been Referred



Early Assessment & Support Team

Sponsored by Mid-Valley Behavioral Care Network and the following service providers:

- Linn County Mental Health
- Polk County Mental Health
- Tillamook Family Counseling Center
- Yamhill County Mental Health

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

www.eastcommunity.org