

## WHERE IT GOES FROM HERE

*Referral process.* Within the first few days of a referral, EAST will collect enough information and share enough information with you to make an initial decision of whether EAST is the right fit. If not, EAST will provide suggestions and advocacy for getting the right help.

*Stabilization and assessment.* Once accepted, EAST will make contact with you and your family (if you allow) within 3 business days, and will schedule an appointment with a counselor and doctor. Usually in the early phase, the focus is stabilizing the situation, getting to know you, and completing a thorough assessment. EAST will work with your physician to complete all the needed medical tests.

The team (the person, family, EAST and other key supporters) then creates a recovery plan together.

*Recovery process.* Most of the time, treatment includes the following:

- Education about the illness and how it is managed, advocacy, coaching and support
- Ongoing medical assessment, and medication if appropriate
- Individual and group support and counseling aimed at adapting successfully and moving on with life

## How do I afford it?

EAST is funded through private insurance, Oregon Health Plan, foundations and private donations. Families are encouraged to contribute to the extent that they are able, but no one is denied help based on ability to pay. EAST services include outpatient qualified psychiatrists and mental health professionals. Emergency room, inpatient, medication and lab costs are not included in EAST funding. If you have difficulty paying for these things, EAST will work with you to identify resources and advocate for the help you need.

## Who provides services?

EAST is a regional program of the Mid-Valley Behavioral Care Network. Participating agencies include:

- Linn County Mental Health
- Marion County Adult and Children's Behavioral Health
- Polk County Mental Health
- Salem Hospital
- Tillamook Family Counseling Center
- Yamhill County Mental Health (adult and children)
- EAST also works with private clinicians where appropriate

## ADD EAST TO YOUR TEAM.



## Early Assessment and Support Team (EAST)

An Initiative of Mid-Valley Behavioral Care Network serving Linn, Marion, Polk, Yamhill and Tillamook Counties



1-888-315-6822 or  
503-931-0785

## EAST IS ABOUT YOUR GOALS.

Are any of these things important to you:

- Finishing school
- Finding and keeping a job I like
- Feeling less stressed out
- Building loving relationships
- Having more fun
- Paying off my bills
- Moving out on my own

EAST has only one purpose: to help you succeed in your goals.

EAST starts with your strengths and your dreams, and works with you to help you stay moving in that direction.

EAST offers access to doctors, nurses, counselors, occupational therapists, vocational specialists, advocates, mentors and a network of

caring people and organizations.

## IS EAST FOR ME?

EAST serves young people, usually between the age of 15 and 30, who have experienced a significant change in how their brain processes information. Have you noticed:

- I see or hear things others don't
- Things around me appear different (colors more intense, lines different, etc.)
- The way my brain thinks has changed
- Things are harder to do than they used to be

If you have begun to notice these types of changes within the last 12 months, EAST may be for you.

These are common symptoms of psychosis, a medical condition which is far more common than insulin-dependent diabetes. Psychosis affects 3 in 100 people. Untreated, psychosis makes life very hard. With treatment, knowledge and support,

you can manage psychosis successfully and keep on with your life.

"There's definitely life after psychosis... You definitely can overcome it, if you just work hard enough and you have the right support systems... It can be just the beginning of a new and enriched life..."

-Quote from EAST graduate

## WHAT YOU CAN EXPECT

*EAST will:*

- Approach you with respect and respond to the issues which are of most concern to you
- Provide you information and skills you will need long-term
- Respect and encourage your choices
- Ensure confidentiality: your personal information is only shared with your permission
- Be honest with you

*EAST*

*CREATING OPPORTUNITY*

- Strive to provide relevant, useful services
- Offer you opportunities to learn from and give to others