

Far more common

The difference EAST makes

than insulin-dependent diabetes...

... and just as treatable.

1 in 100 people have Schizophrenia. The goal of EAST is to reduce the long-term disability associated with this common condition.

The first symptoms of schizophrenia usually occur between ages 15 and 30. This is a critically important developmental period, and untreated, the person's progression into successful adulthood can come to a stop. Hallucinations, delusions, confused thinking, and other symptoms can make it impossible to function. They can also interfere in the attempt to get treatment.

Eliminating barriers to success.

EAST's services include:

- Education and training;
- No-strings-attached outreach and engagement, psychiatric and counseling services;
- Best practice approaches such as multi-family groups, dual diagnosis counseling, illness management.



Before: At age 17, John began to hallucinate and lose his ability to put thoughts together. His family tried to get help but were confused and encountered many barriers. He was hospitalized briefly but did not follow up with care. His illness grew worse.

His parents divorced, and his behavior led him to be kicked out, homeless, with no job or friends. Bizarre and threatening behavior on the street led to an arrest and involuntary hospitalization. Angry at his "captors", without independent living skills, and with little understanding of his illness, John spent the next ten years fighting all attempts to provide treatment.

30 years later, after more than a dozen hospitalizations and more than a million dollars of public funding spent on his care, John lives alone and isolated in a small apartment, unemployed and with little hope for the future. His case manager works to establish trust which was never established in the beginning and to restore hope to a man who's lost 30 years of his life.

After: At age 17, Scott began to develop hallucinations and delusions. His schoolwork slipped, his sleep changed and he withdrew socially. His parents and school counselor knew about psychosis because of the education they had received through the media and local outreach. They immediately contacted EAST.

By outreach, relationship-building, education, medical care, counseling and persistence, Scott and his family learned to understand his illness and how to manage the symptoms. After a brief delay, Scott completed high school and got a job. After a year, he returned to college, pursuing a degree in health care. He worked with the college disability office to provide the accommodations he needed to succeed in classes.

Ten years later.... Scott will certainly relapse and have times of struggle. But he has a good support network, an understanding of his illness, and the skills to be successful. He is *the "new face" of schizophrenia.*

What role can students play?

Based on their experiences and interests, students work side-by-side with the other members of the EAST team.

In addition to community education, outreach and direct services, EAST is developing a model which can be replicated in other parts of Oregon and the United States. All team members play an important role in that development process.

Students are currently needed to:

- Co-facilitate an illness-management group;
- Provide targeted counseling and skill development support for individuals and families;
- Assist the process of documenting the practice model for dissemination;
- Assist in research related to outcomes and funding;
- Support the development of an independent living component;
- Help spearhead development of the “EAST Community Network”, a broad-based network of supporters and advocates.

What is EAST?

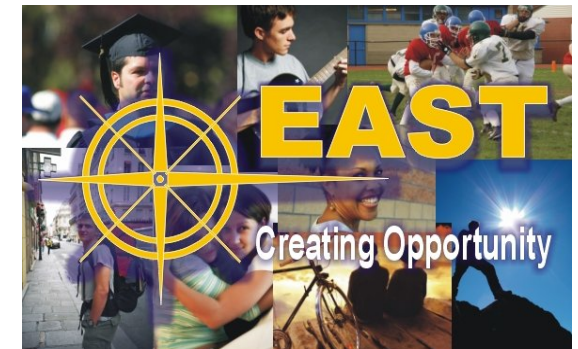
EAST provides early intervention and transitional services for young people who have developed a schizophreniform psychosis within the last 12 months. Services are based on best practices from the Early Psychosis Prevention and Intervention Center (EPPIC, www.eppic.org.au) in Melbourne Australia, and integrates federal best practices for schizophrenia.

Why is it Important?

EAST the only early intervention program for schizophrenia in Oregon, and is one of a small handful of programs in the United States. In the United Kingdom, Australia and Canada, early intervention for psychosis has become a standard of practice. In the United States, the discussion has only just begun.

Growing research demonstrates that by providing the right supports and services without long delays, young people with schizophrenia are able to succeed in their roles within the family, school, workplace and community. Long delays and ineffective treatment remain common, and the consequences can last a lifetime.

Help Create the Future of the Mental Health System



OPPORTUNITIES FOR STUDENTS.

GET EXPERIENCE AND MAKE A DIFFERENCE.

Early Assessment and Support Team (EAST)

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

www.eastcommunity.org

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