

Each person is important and has much to contribute. EAST provides the support people with psychosis need to recover and move on with their lives.

Don't wait. Call and talk it over.

Ask for EAST:

- Linn County: 541-967-3866
- Marion or Polk County: 503-910-6259 or 503-931-0785
- Tillamook County: 503-842-2995
- Yamhill County age over 18: 503-434-7523
- Yamhill County age under 18: 503-434-7462
- Regional numbers: 503-910-6259 or 503-831-0785

EAST services are available regardless of ability to pay.

What can friends do?

1. Remember that this is a no-fault condition which requires understanding and respect from others.
2. Let your friend know you care.
3. Don't provide your friend with alcohol or other drugs, and discourage use.
4. Let close family members and professionals who may be involved know about your observations and concerns.
5. Let your friend know you're concerned about the changes you've seen, and offer to go with them to get help. Let them know that you believe in them and want them to get the right help.
6. Encourage other friends to recognize this as a potential medical condition.
7. Avoid stigmatizing language like "psycho" or "crazy", and challenge others who use this type of language.
8. Call EAST and talk it over.

Why is Our Friend Acting So Different?



IT COULD BE A MEDICAL CONDITION.

DON'T WAIT. CALL AND TALK IT OVER.

Early Assessment and Support Team (EAST)

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

503-910-6259 or 503-931-0785

Neurochemical problems are common.

Brain cells communicate through chemicals called “neurotransmitters.” Neurochemical disorders can occur when a person has too much, or not enough, neurotransmitters going between brain cells. These types of imbalances often show up for the first time between the ages of 16 and 30.

About 3 in 100 people will experience a neurochemical disorder called “psychosis”. While this word has been widely stigmatized, it is a medical condition which can be effectively treated.

Everyone is vulnerable to a neurochemical imbalance under the right circumstances. Psychosis can be caused by a variety of things:

- Underlying medical problems (examples: thyroid conditions, vitamin B12 deficiency, schizophrenia, temporal lobe epilepsy, Huntington’s Disease, Wilson’s Disease, bipolar disorder, etc.)
- Genetic predisposition
- Prolonged lack of sleep
- Certain drugs, both prescription and non-prescription

Know the signs.

A person experiencing psychosis may have the following common symptoms:

- Bizarre beliefs and ideas which the person wouldn’t normally hold (common examples: a belief that the person is has special powers or is a religious figure, belief that others are putting thoughts in their head or reading their thoughts, a belief that they are being poisoned, etc.)
- Confused thinking and disordered speech: the person may not make sense to others or their speech may be hard to follow
- Hallucinations: they may have changes in how they perceive sights, sounds and feelings; they may hear voices that others don’t or see things that others don’t
- Changes in behavior: becoming much more withdrawn than normal, or seeming to have an “endless” supply of energy
- Difficulty with functioning: having trouble at work, school and in relationships

The symptoms of psychosis often come on gradually over a period of time. Psychosis caused by a medical condition is often mistaken for drug use.

EAST can help you figure out what to do next.

EAST is available to all residents of Linn, Marion, Polk, Tillamook and Yamhill Counties. It serves young people who are experiencing these types of symptoms for the first time.

EAST provides confidential, free consultation to people who are concerned about a friend or family member. An EAST staff member will talk to you about what you’re observing and help you decide what to do next.

EAST provides the following services:

- Community education about psychosis (speaking to groups and individuals)
- Rapid outreach and assessment
- Problem solving and support for individuals, friends and families
- Access to a doctor or nurse
- Access to counseling
- Support for the person’s goals: education, work, etc.