

## What is EASA?

EASA is a program that identifies youth with symptoms of psychosis as early as possible and provides support and treatment based on current research.

## Who does EASA serve?

EASA helps identify and support young people experiencing the onset of a psychotic illness, such as schizophrenia or bipolar disorder with psychosis. EASA also helps clarify diagnosis and appropriate treatment.

Symptoms of psychosis include hallucinations, delusions, as well as disturbances in speech, emotional expression, and movement. The onset of these symptoms usually occurs gradually.

Without early identification, there is significant risk of school drop-out, loss of social support and ability to function, long-term trauma, legal involvement, disability, and poverty.

***With early intervention and support, most of these consequences can be prevented.***



## CONTACT US

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# EASA

## EARLY ASSESSMENT SUPPORT ALLIANCE



For teens and young adults.

**You are not alone.**

## What does EASA offer?

EASA services are based on current research. Services include:

- Outreach, assessment, and appropriate care
- Coaching to understand changes and help the young person succeed in school and elsewhere
- For youth with ongoing symptoms not best treated elsewhere, an intensive two-year transitional program from a local team of professionals, including clinicians, skills trainers, and peer support specialists
- Family groups where people come together to learn relevant information and skills and to support each other



**Investing in the Success  
of Teens and Young Adults  
Who Confront Psychosis**

## Who should be referred?

Anyone who you believe may be experiencing the early signs of psychosis. If a person is having **new, significant and worsening difficulties** in several of the following areas:

### 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 a basketball or pass to team members)
- Attendance problems related to sleep or fearfulness

### 2. Behavior changes

- Extreme fear for no apparent reason
- Uncharacteristic actions or statements that make no sense
- 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 others are trying to hurt them
- Heightened sensitivity to sights, sounds, smells or touch
- Making statements like "my brain is playing tricks on me"
- Hearing voices or other sounds that others don't
- Reporting visual changes
- Racing thoughts
- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

### Other referral guidelines include:

- Age 15-25
- Lives in Clatsop County
- IQ over 70 or not already receiving developmental disability services
- No more than 12 months since diagnosed with a major psychotic disorder, if applicable
- Symptoms not known to be caused by a medical condition or drug use

If you or someone you know is interested in treatment options or more information, please contact the  
**CBH EASA Team.**

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