HANDBOOK

Table of Contents

4  Welcome Message
5  EASA & Center for Excellence Overview
7  Meet the Center for Excellence Team
9  Training & Certification Process
13 Conference Call Instructions
   Eastern Oregon Instructions on p. 16
19  Data Collection
20  EASA Website
23  Family & Friends Leadership Council
26  Young Adult Leadership Council
28  Join the PEPPNET Network
Welcome to EASA!

We are delighted to have you as a part of our team!

We want to formally welcome you to the Early Assessment & Support Alliance (EASA). We appreciate your dedication to working with young adults who experience psychosis and to educating and mobilizing our communities to support their success. We hope you will find your new job as compelling, fun and rewarding as we have found ours to be.

EASA began in 2001 as a five-county initiative and began its statewide expansion in 2008. In 2014 Congress provided new funding and required every state and territory to begin creating early psychosis programs. It is an exciting time to be part of this work!

We have many young adult graduates who have taught us and are available to us as mentors and leaders. Take a good look at the Young Adult Leadership Council section of this manual- They are an incredibly valuable group!

This handbook is designed to serve as an introduction to EASA and introduce resources that will help you make a smooth transition into your new role. We encourage you to become familiar with the website, www.easacommunity.org, where we have tried to compile the knowledge and resources you and the young people and families you work with will need. Also, please spend some time getting to know the EASA practice guidelines, as these form the backbone to how we operate. Our listservs and consultation calls are a great way to learn from the amazing network around the state and even the nation.

The EASA Center for Excellence exists to support you in your work. We are eager to hear your questions, requests, observations, and suggestions. Please call on any of us to assist you. We are looking forward to getting to know you and to working together to support you in this profoundly important and inspiring work.

All the best,

Tamara Sale
Director, EASA Center for Excellence

Ryan Melton
Clinical Director, EASA Center for Excellence
What is EASA?
The Oregon Early Assessment and Support Alliance (EASA) is the first statewide effort in the United States to provide systematic early psychosis intervention for adolescents and young adults. EASA is based on the work of the Early Assessment and Support Team, formed by Mid-Valley Behavioral Care Network in 2001. EASA follows a common set of practices based on international and national research and an iterative process of feedback and program development. EASA serves teenagers and young adults with early symptoms consistent with schizophrenia and related conditions. EASA has served over 1500 since 2001 and currently serves over 400 individuals and families per year.

What does EASA seek to accomplish?
EASA provides rapid, effective support to young people who develop the symptoms of psychosis so they can

- Complete school and enter successful careers and adult roles; and
- Experience social support, health and well-being.

Where is EASA located?
There are established EASA programs or programs being implemented in licensed public mental health centers serving each of Oregon’s 36 counties, reaching nearly 100 percent of Oregon’s population. The Oregon Health Authority, with support from the Oregon Legislature, is working to ensure that EASA can reach everyone in the state.

How are EASA teams different?

- One local team serves teens and young adults, providing psychiatry, nursing, counseling/social work, occupational therapy, supported employment and peer support
- Community education, early identification and outreach to engage young people regardless of funding or other barriers
- Feedback-informed treatment and integration of participatory decision making at all levels
- Evidence-based care
  - Comprehensive strengths-based assessment and treatment planning
  - Family partnership and multi-family psychoeducation
  - Evidence-based support for work, school and career development
  - Substance abuse services integrating motivational interviewing and a harm reduction approach
  - Intensive coordination of care within the team and with community partners
- Gradual transition to long-term supports over a two-year period
- Participation in systems change efforts focused on creating a more responsive and effective system of care

Updated April 2019

www.easacommunity.org
Where is the EASA Center for Excellence located?
The EASA Center for Excellence is part of the Regional Research Institute (RRI), which is the research arm of the School of Social Work at Portland State University. The RRI is home to nationally recognized research and technical assistance projects, and has particular strength in the area of youth/young adult mental health.

What does the EASA Center for Excellence provide?
- Brings people together to articulate and refine EASA's vision, priorities, goals and core messages
- Iterative practice guidelines and fidelity review based on current knowledge
- Consultation and technical assistance to new and developing sites
- Workforce development opportunities including professional training, consultation and credentialing
- Communications including statewide social marketing, website and social media methods
- Data collection and reporting in support of policy makers, managers and participatory research
- Ongoing collaboration with international researchers and statewide/national partners
- Focused support for service development and sustainability in Oregon and nationally
- Coordination of shared action planning

What are the outcomes of the EASA Center for Excellence's work?
- Community: Increased availability of early psychosis services; increased recognition of psychosis and related conditions; rapid, supportive response to teens and young adults when they begin to develop symptoms of psychosis.
- Program: Implementation of practices that improve rapid access, reduction of barriers to care and provision of effective services.
- Clinical: Clinicians develop and demonstrate the knowledge and skills needed to effectively assess, treat and support teens and young adults with the early signs of psychosis.
- Individual/family response: Individuals and families experience less trauma and are more supported and prepared from the onset of symptoms to succeed with developmental milestones (i.e. school completion, career, transition into adult relationships) and act as self-advocates. Participants transition successfully from initial identification to providing leadership and direction in addressing their own needs.

How do I learn more?
www.easacommunity.org
Tamara Sale, Director
EASA Center for Excellence
salet@ohsu.edu, 503-725-9620
Meet the team — we’re here to help!

**Tamara Sale, MA**  
Center Director, [salet@ohsu.edu](mailto:salet@ohsu.edu)

Ms. Sale has been responsible for the overall development and implementation of early psychosis services in Oregon for many years, and is currently also consulting with mental health professionals nationwide to help launch new programs similar to EASA.

**Dr. Ryan Melton, PhD**  
Clinical Director, [meltonry@ohsu.edu](mailto:meltonry@ohsu.edu)

Dr. Melton oversees all of the clinical training, fidelity, and consultation for EASA clinicians across Oregon and contracted sites nationwide. His research and clinical interests include differential diagnosis and clinical assessments, reducing duration of untreated psychosis with early identification and interventions, and feedback informed treatment models all with a culturally humble lens.

**Katie Hayden-Lewis, MA, LPC, PhD**  
Rural Services Director, [haydenle@ohsu.edu](mailto:haydenle@ohsu.edu)

Dr. Hayden-Lewis works with the EASA Center for Excellence providing clinical training, consultation, and technical support to EASA programs and has an emphasis on coordinating Eastern Oregon sites. Katie’s early psychosis research interests include culturally and developmentally informed treatment interventions, professional training, and program development; as well as the use of mindfulness and other contemplative approaches. She is involved with the certification process and fidelity reviews for EASA clinicians statewide.

**Halley Knowles**  
Program Coordinator & Training Project Manager, [dohertyg@ohsu.edu](mailto:dohertyg@ohsu.edu)

Halley has been administrative staff for the EASA Center for Excellence since the program joined Portland State University in 2013. She is the organizational HQ of many things EASA, especially those related to the Center for Excellence’s relationship with various EASA program sites across Oregon and other early psychosis programs nationwide. Please feel free to contact Halley with questions or concerns about events and trainings, the EASA Certification Process, the website, staff changes, and EASA in general.

**Megan Sage, LCSW**  
Clinical Consultant, [sageme@ohsu.edu](mailto:sageme@ohsu.edu)

Megan works with the EASA Center for Excellence providing research, writing, coordination, and consultation support. Her current national focus is to provide clinical consultation and support to early psychosis intervention programs in Alabama and Kentucky. She is also involved in the EASA manualization process as well as fidelity reviews for EASA programs in the state of Oregon.
Dr. Craigan Usher, MD
Psychiatric Consultant, ushercr@ohsu.edu

Dr. Usher is the associate training director for the OHSU Division of Child and Adolescent Psychiatry and was formerly a psychiatrist for Washington County EASA. Craigan continually pursues the links between the neuroscience of empathy and attachment and child psychiatric practice in his work.

Julie Magers, CFSS
Family Engagement & Support Specialist, magersj@ohsu.edu

Julie brings the EASA Center for Excellence expertise in peer family support for families of youth and young adults living with complex mental health challenges. She has established and facilitates the EASA Family & Friends Leadership Council, which supports family involvement and informs EASA staff about potential improvements to consider based on family member's perspectives.

Tania Kneuer, OT/L
Occupational Therapy Consultant, kneuer@ohsu.edu

Tania currently works with the EASA Center for Excellence providing support as the Occupational Therapy lead for all EASA programs across Oregon that includes clinical support, professional and OT specific program development. She assists various EASA sites with consultation and clinical training. Her passion is the incorporation of the occupational therapy perspective for trans-disciplinary comprehensive care.

Christina Wall, MS, NCC, CRC, LPC Intern
Young Adult Participation Coordinator, wallch@ohsu.edu

Christina facilitates the role of EASA participants and recent graduates in shaping the future of the program. She supports the inclusion of the voices of the Young Adult Leadership Council and the Pathways EASA Connections Research Design Team in the various decision-making processes that guide EASA, and connects young adults to opportunities for success through EASA. Please contact Christina with inquiries regarding young adult participation in the Leadership Council, Design Team, or other opportunities.

Michelle Owens
Young Adult Engagement Specialist
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EASA Certification Process

The purpose of certifying EASA staff is the following:

1. To honor the work of EASA clinicians.
2. To assure all EASA clinicians receive training and support on all the treatment modalities that have an evidence base to assist individuals with early symptoms of psychosis and that the EASA steering committee (made up of clinicians, administrators, EASA families and participants) found essential in defining EASA work.
3. To assist in certifying non-certified clinicians.
4. To establish a group of professionals certified by the EASA Center for Excellence to provide EASA training, fidelity reviews, and consultation.

The EASA certification is not:

1. A profession-based credential. The reason for this is to honor the transdisciplinary nature of the program and to foster an understanding and respect for the work that all disciplines do within the program.

We now have two levels of EASA Certification achievement – Core and Advanced.

- All EASA staff- regardless of role- are required to attend the EASA Introductory Training early in their work with the program, and whether or not they intend to follow the Certification Process.
- A CEU certificate will be awarded to staff after completing each level, with the number of units equal to the number of hours spent in consultation. CEUs for training time are awarded separately at the trainings.
- The Core level of certification must be met before the Advanced level of certification can be awarded.
- Staff who complete both the Core and Advanced levels are eligible to:
  - Present EASA Center for Excellence trainings (Intro, MFG, SCID, etc.)
  - Conduct EASA Fidelity Reviews at other sites
  - Provide consultation, review, and feedback for other staff’s work in the Certification Process
  - Work with the EASA Center for Excellence in knowledge-based project capacities

Please see full descriptions and measurements of the Certification Process below.
Core EASA Certification:

- **Introduction to EASA Philosophy & Practice Training**
  - In-person option: attend a two-day in-person training
  - Web option: join a live webinar series (12hrs over 3 sessions) and complete homework assignments between sessions, or watch a recording of a webinar series and pass an online knowledge retention quiz

- **Multi-Family Group Psychoeducation (MFG) Training**
  - In-person option: attend a two-day training
  - Web option for non-facilitators: join a live 4-hour webinar Overview session or watch a recorded session and pass an online knowledge retention quiz
  - Web option for facilitators: join a live 4-hour webinar Overview session (or recording with quiz) AND attend a one-day in-person Skills Training

- **Structured Interview for DSM-5 Disorders (SCID) Training**
  - Attend a two-day in-person training

- **Pass EASA Medication Guide Exam**
  - Study guide and exam can be found on the EASA website Resources for Professionals page under “Basic Information” (www.easacommunity.org/resources-for-professionals.php)

- **Review of Community Education Demonstration**
  - Submit video or schedule a live presentation of a Community Education Demonstration to be reviewed by Center for Excellence or Certified staff. Feedback will focus on elements within the EASA Practice Guidelines and Certification Rubric.

- **12 cumulative hours of General Consultation** via:
  - Attendance at consultation calls or meetings
  - Individual calls or meetings with Center for Excellence or Certified staff
  - Interactive portions of Fidelity Reviews
  - Time spent reviewing Competence Demonstrations with Center for Excellence or Certified staff

- **Competence Demonstration Assignments** (4 total)
  - To be completed independently then submitted to Center for Excellence or Certified Staff, then receive feedback from and/or review with Center for Excellence or Certified Staff
    - 1 Treatment/ Service Plan related to staff role on team
    - 1 Strengths Assessment
    - 1 Relapse Prevention Plan
    - 1 EASA Comprehensive Risk Assessment
Advanced EASA Certification:

*All of the trainings described below must be a minimum of 6-hours, in the form of a workshop, online training, or combination of these. A certificate of completion must be obtained.*

- **Structured Interview for Psychosis-Risk Syndromes (SIPS) Training**
  - **NOTE:** In order to use the SIPS in your practice you MUST complete a full, two-day SIPS Certification training

- **IPS Training**
  - Supported Employment/Education or Community Integrated Services (CIS)

- **Psycho-social Practices Trainings (5)**
  - Differential Diagnosis
  - Client Outcomes
  - Motivational Interviewing
  - Cognitive Behavioral Therapy (CBT / CBTp)
  - Strengths Based

- **Competence Demonstration Assignments (17 total)**
  - To be completed independently then submitted to Center for Excellence or Certified Staff, then receive feedback from and/or review with Center for Excellence or Certified Staff. The review will focus on the assessment meeting EASA fidelity guidelines and/or related to specific fidelity practice.
    - 3 Assessments related to staff role on team
      (mental health assessment, SCID, OT, supported employment, psychiatric, etc.)
    - 3 Transition Plans
    - 2 Treatment Plans
    - 2 Strengths Assessments
    - 2 Relapse Prevention Plans
    - 2 Risk Assessments

- **10 Case Presentations**
  - Can be presented via person or electronic attendance at consultation meetings, individual consultation, feedback/interactive elements of fidelity review, or assignment review when an individual is presented. The presentation can be based on a differential diagnosis, treatment interventions, engagement issues, etc. To earn credit, the staff must present a case and not just present to provide feedback on the case.
• **14 cumulative hours of General Consultation** via:
  o Attendance at consultation calls or meetings
  o Individual calls or meetings with Center for Excellence or Certified staff
  o Interactive portions of Fidelity Reviews
  o Time spent reviewing Competence Demonstrations with Center for Excellence or Certified staff

• **36 cumulative hours of Differential Diagnosis Consultation**
  o Via the methods listed above, these can also be part of other consultation in which both differential diagnosis and general consultation can count.

• **15 cumulative hours of MFG Consultation**
  o Via the methods listed above, pertaining to discussions around MFG/SFE
Conference Call Instructions

There are recurring monthly or bi-monthly phone discussions concerning different aspects of the EASA program and areas of EASA staff’s work. See the call-in instructions and schedule below, and group/area definitions on the following page, to find out when to join in. You can also view updates for the call(s) you participate in, and even copy them to your own Google Calendar, by visiting the EASA Google Calendar on the website.

Participants join a conference call by:

- To join with no long distance charge from your computer, tablet or smartphone go to https://global.gotomeeting.com/join/945020277
- Use your microphone and speakers (VOIP) for audio. You’ll sound best with a headset. You can also call in using your telephone. To join the conference call by phone
  - United States (Long Distance): +1 (805) 309-0033

  **Access Code:** 945-020-277

  **Audio PIN:** You will receive an audio PIN if you are joining by phone and also logged onto computer. To call in by phone without the computer, just dial # after the access code.

**EASA Conference Call Schedule:**

1st Tuesday **Bi-monthly** 10am-11:30am: Mid-Valley MFG Consultation Call  
*January, March, May, July, September, November*

1st Tuesday **Bi-monthly** 12pm-1:30pm: Mid-Valley Clinical Call  
*January, March, May, July, September, November*

1st Wednesday Monthly 3pm-4pm: EASA Nurses Call

2nd Tuesday **Bi-monthly** 10am-11:30am: Metro Clinical Call  
*February, April, June, August, October, December*

2nd Tuesday **Bi-monthly** 12pm-1:30pm: Metro MFG Consultation Call  
*February, April, June, August, October, December*

2nd Wednesday Monthly 11:30am-12:30pm: All EASA OTs Call  
(Different call-in number!! See page 3)

4th Monday Monthly 1pm-2pm: EASA Strategy Call

4th Tuesday **Bi-monthly** 9am-11am: Southern OR Clinical/MFG Consultation Call  
*February, April, June, August, October, December*

4th Tuesday Monthly 4pm-5pm: All EASA Screeners Call
EASA Conference Call Areas of Inclusion:

EASA Call Definitions and Invited Participants:

Clinical Calls: A discussion of successes and challenges of working the EASA model with participants and support systems. We will focus on areas where you are stuck or have questions with implementing the model. This may also include review of assessments & plans.

This call should include all EASA clinicians.

MFG Consultation Calls: A discussion of successes and challenges of working the MFG model. We will also review videos of groups as they are available.

This call should include all EASA clinicians who facilitate the MFG.

Screeners Call: A discussion and review of challenging screenings and referrals to EASA. This call will also focus on working with referents.

This call should include all EASA screeners.

OTs and Nurses Calls: A discussion and review of these specific roles with EASA.

The OT call should include all EASA OTs and the Nurses call includes all EASA Nursing roles, statewide.

Strategy Call: A discussion around larger EASA developmental goals and updates at the national and state level.

This call should include all EASA supervisors and/or directors.
All EASA OTs Call:

- To join with no long distance charge from your computer, tablet or smartphone go to https://global.gotomeeting.com/join/912708965

- Use your microphone and speakers (VOIP) for audio. You'll sound best with a headset. You can also call in using your telephone. To join the conference call by phone
  - United States (Long Distance): +1 (646) 749-3122

**Access Code:** 912-708-965

**Audio PIN:** You will receive an audio PIN if you are joining by phone and also logged onto computer. To call in by phone without the computer, just dial # after the access code.
Eastern Oregon and Statewide
Conference Call Instructions

Specific to EASA teams in Eastern Oregon, consultation with the EASA Center for Excellence takes place through recurring monthly video/conference calls and regional in-person meetings. The video/conference calls each concern different aspects of team members’ work. Please read the definitions below to discern which calls you ought to join, and take note of the schedules on the following pages.

You can view updates for the call(s) you participate in, and even copy them to your own Google Calendar, by visiting the EASA Google Calendar on the website.

**EASA Recurring Consultation Calls/Video meetings**

**Definitions and Invited Participants:**

**General EASA and Family Psychoeducation (MFG/SFG) Consultation Call:**
A discussion of successes and challenges of working the EASA model with participants and support systems. We will focus on areas where you are stuck or have questions with implementing the model. This may also include review of assessments & plans.
Call lead: Katie Hayden-Lewis PhD LPC: haydenle@ohsu.edu
*This call should include at least one EASA team member and a team member facilitating single or multi-family format problem-solving interventions.*

**Screeners Call:**
A discussion and review of challenging screenings and referrals to EASA. This call will also focus on working with referents.
Call lead: Katie Hayden-Lewis PhD LPC: haydenle@ohsu.edu
*This call should include all EASA screeners, regardless of caseload size or current enrollment numbers in EASA.*

**Nurses Call:**
A discussion and review of nursing practices, procedures, resource sharing, and problem solving.
Call lead: Tamara Sale MA: salet@ohsu.edu
*This call is for RNs or other medical provider team members fulfilling Nursing functions.*

**Medical Providers Call:**
LMPs, NPs, FNPs, all EASA medical providers’ case consultation, discussion of current research, best practices, and discussion. Meeting notes, resources, and information shared via a listserv for those who join the email group.
Call lead: Dr. Craigan Usher: ushercr@ohsu.edu
*This call is for LMPs focus on psychiatry serving EASA participants.*
**EASA Conference/Video Call Schedule 2019:**

3rd Monday of every month, 3pm-4pm PST: Eastern OR Screener’s Consultation call
4th Monday of every month, 3pm-4pm PST: Eastern OR General Consultation/MFG call
4th Monday of every month, 1pm-2pm PST: Statewide EASA Strategy Group call
1st Wednesday of every month, 3pm-4pm PST: Statewide EASA Nurses Group call

**Participants join a conference call by:**

*Medical Providers Call has a different number- see below*

**Meeting Title: EASA Recurring Calls**

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/945020277

You can use your computer microphone & speakers
or dial in using your phone: **+1 (872) 240-3311**
Access Code: **945-020-277 #**
Audio Pin: *(shown after joining the meeting) #*

You can do a quick system check before a meeting: [https://link.gotomeeting.com/system-check](https://link.gotomeeting.com/system-check)
See the schedule and other details on the next page to find out how and when to join in.

**Medical Providers Call Schedule 2019:**

Monday, February 18, 12-1pm PST
Monday, April 15, 12-1pm PST
Monday, June 18, 12-1pm PST
Monday, August 19, 12-1pm PST
Monday, October 22, 12-1pm PST
Monday, December 16, 12-1pm PST

**Medical Providers join this call by:**

**Meeting Title: EASA+Med Conference Calls**

Choose your best option to join as a guest below:

1. Web/Mobile Audio and Video Conferencing
   [https://nexus.ohsu.edu/index.html](https://nexus.ohsu.edu/index.html)
   Click the “Join meeting as a guest” button
   Meeting ID: 495810083
   Passcode: 531478
2. iPhone One-Touch Audio Call
   503-444-9598, 495810083#, 531478#

3. Room-Integrated Videoconferencing System Address
   easa.medical.consult.calls@ohsu.edu (do not click)
   Passcode: 531478#

Visit https://www.ohsu.edu/onlinemeetings for regional/international dial-in numbers and support information.

Regional In-Person Consultation Meetings 2019
(*use GOBHI reimbursement vouchers for per diem, travel, and lodging. Contact Karissa Reed kreed@gobhi.net to submit vouchers and with voucher questions):

April 22, 2019 in Ontario, OR @ Lifeways Malheur County
   – 9am-12pm PST: Training presentation: Community Education and Outreach, trainer TBD
   – Lunch on your own
   – 1pm-2:30pm PST: Family Psychoeducation: MFG and SFG
   – 2:30pm-4pm PST: General EASA case consultation

June 17 & 18, 2019 in Umatilla County, OR @ Location TBD
   – ALL DAY REQUIRED both days: 8:30am-4:30pm PST: Applied Suicide Intervention Skills Training (ASIST) courtesy Umatilla County Health Department, the Garret Lee Smith Memorial Youth Suicide Prevention Grant, and GOBHI.
   – Lunch on your own

August 5, 2019 in Enterprise, OR @ Wallowa Valley Center for Wellness
   – 9am-12pm PST: Training presentation: SIPS overview and treatment recommendations for the Clinical High Risk Group with Ryan Melton PhD LPC ACES
   – Lunch on your own
   – 1pm-2:30pm PST: Family Psychoeducation: MFG and SFG
   – 2:30pm-4pm PST: General EASA case consultation

October 28, 2019 in Heppner, OR @ Community Counseling Solutions
   – 9am-12pm PST: Training Presentation: Sensory Processing and the Environment with Tania Kneuer OT-L
   – Potluck Lunch
   – 1pm-2:30pm PST: Family Psychoeducation: MFG and SFG
   – 2:30-4pm PST: General EASA case consultation
Data Collection

Each EASA team collects data for research and evaluation by the EASA Center for Excellence in partnership with OHSU.

We record each referral and whether the individual is screened in or out. For each participant screened in, we track hospitalizations and quarterly outcomes throughout their time in the EASA program.

We also keep track of each EASA team’s participation in Community Outreach efforts.

EASA Data Collection Quarters Schedule:

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Months Reflected</th>
<th>DUE DATE</th>
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<tbody>
<tr>
<td>Quarter 1</td>
<td>January - March</td>
<td>April 10</td>
</tr>
<tr>
<td>Quarter 2</td>
<td>April - June</td>
<td>July 10</td>
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<tr>
<td>Quarter 3</td>
<td>July - September</td>
<td>October 10</td>
</tr>
<tr>
<td>Quarter 4</td>
<td>October – December</td>
<td>January 10</td>
</tr>
</tbody>
</table>

If you are identified as a “data person” for your EASA team, the process to gain database access is as follows:

1. Watch the REDCap Data Orientation video on the Resources for Professionals webpage under the “Data Collection” sub-heading.

2. Have your EASA Supervisor email Halley at dohertyg@ohsu.edu to confirm that (1) you have watched the training video, (2) you are authorized for access, and (3) what type of access you need:
   - Data Entry Only
   - Data Export/Reporting Only
   - Data Entry AND Export/Reporting

3. Within 1-2 days you will have access to the REDCap Data system.
The EASA website (www.easacommunity.org) has tons of great resources for young people experiencing mental health issues such as psychosis, their families and friends, and for mental health professionals. While it’s worthwhile to take time to explore the whole site, here are some of the most useful resources for you as an EASA team member, and how to access them.

About EASA

There are currently 28 EASA sites in Oregon, together serving all 36 counties! You can navigate to a full list on the website to find updated contact information for each site and its staff. This is a great resource for getting to know the “who’s who” of EASA statewide.

Click on the name of any EASA program to see program and staff contact information, including referral and crisis numbers.

If you have a question or are curious about how other sites are implementing the program, try sending an email to your counterpart or another colleague in a different county. This is also a great resource to connect EASA participants to a new team if they are planning to move to a different part of Oregon.

If you get a referral inquiry from someone outside Oregon, or want to connect an EASA participant with services in another state, you can find programs like EASA all over the United States in the National Early Psychosis Directory, which the EASA Center for Excellence updates in real-time.
Crisis Resources

It can be quite disturbing to experience a mental health crisis or watch someone we care about have that experience. During a crisis—lived or observed—it is not uncommon to want to help but not know where or how to start.

This section of the website includes a basic guide to coping with a crisis and direct contact information links to EASA staff who can provide support. Information is available regarding a person’s legal rights, what to expect when you call for help, and how to plan for possible crises in the future. There are also direct links to the county crisis lines within the EASA Programs pages.

Resources for Family & Friends

Supporting a young person experiencing psychosis is a learned skill for family members and other allies. It is important to realize that it’s okay not to know where to start; whether that means dealing with personal emotional reactions towards the young person’s diagnosis or behavior, or negotiating responsibilities among the family and professional care team.

In this section you’ll find helpful resources for families and allies to process their own feelings in a healthy way, and to become an effective support person for their loved one in the long term. Resources here offer education about psychosis, communication and problem solving skills, and how the family can play an essential role in a team of advocates.
Resources for Professionals

This section may be the most useful for you as an EASA staff member. Here you can always find the most current version of EASA tools to download and all kinds of materials that can help you do your job. You’ll want to check back in this section often for new & updated items.

Under **Basic Information** you can find a current digital copy of the practice guidelines, brochure for referents, and conference call information. You can also access an overview of the history of EASA and a printable version of the EASA and EASA Center for Excellence factsheet.

The use of forms is not required by EASA, however **Other Forms and Tools** has lots of great worksheets, checklists, and other tools to use with clients, and especially in multi-family groups.

**Resources for EASA Administrators and Clinicians** include some additions to your professional toolkit and tons of examples and work samples from your colleagues to reference.

This section is also a good place to look for information you may not use every day, such as materials in non-English languages, and psychosis in relation to specific factors, such as trauma, stigma, or the criminal justice system.

If you ever have questions, edits, or contributions regarding the website, please contact Halley Knowles (dohertyg@ohsu.edu).
Are you family, friend or other ally to someone who is currently or previously an EASA participant? Would you like to share your experiences and thoughts on what might improve the EASA experience and how families and friends get to be involved?

Join the Family & Friends Leadership Council to do just that!

The FFLC discusses ideas for improvement on how EASA involves and supports those who care about an individual in the program. Our current work involves the following areas:

- How EASA involves families and friends during the service period.
- How individuals and their loved ones find out about EASA.
- Improvements in the process of transitioning out of EASA.
- Ways in which the community may better support people and their allies.

The FFLC may guide the development of tools and handouts for families and friends, inform programs on what families and friends want and need during and after EASA, develop lists of other community resources you’ve found valuable, and other initiatives that will fortify EASA in offering the best support possible.

If any of this interests you, please let us know by filling out this Interest Form and sending it via email to magersj@ohsu.edu or by US Mail to:

Julie Magers, OHSU Mail Code TPC1, 3355 SE Powell Blvd, Portland, OR 97202

We will call you to discuss details and answer any questions you may have.

(if you would like to complete the form over the phone, please feel free to call)

If you have questions, contact Julie at 503-915-5314
## Contact Information

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## EASA Involvement

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<tr>
<td>Is your loved one:</td>
<td>Currently in EASA ___ For how long? ___ County: ______________</td>
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<tr>
<td>Graduate of EASA</td>
<td>Year completed: ___ County: ______________</td>
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Please check all you’ve attended:

- __ EASA Multi Family Group
- __ EASA Educational Seminar
- __ NAMI Support Group
- __ Other Family/Friend support resource: ________________________________

## Logistics

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<td>Is there any assistance that will help you to participate?</td>
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<td>Would you be able to make a 6-12 month commitment?</td>
<td>____ 6 month  ____ 12 month</td>
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Do you speak any language(s) other than English? ________________________________

Would having an interpreter help to make your participation a better experience for you?

Yes ___  No ___

Meetings will likely take place every other month or more frequently if the group chooses. As we aim to achieve statewide participation, we plan two initial kick-off meetings this fall (one in Portland metro area and one in Grant County). Additional locations will be organized later next year. Please check which location is closest to you:

- ____ Portland Metro
- ____ Central Oregon (Grant County)
- ____ North Eastern Oregon
- ____ Northern Coast
- ____ Southern Coast
- ____ Columbia Gorge
- ____ South Eastern Oregon
Interests

1. What interests you about being a part of the EASA Family & Friends Leadership Council?

2. What would you have liked to see different about your experience with EASA (either during the program, before or after)?

3. In what ways was EASA most helpful to you?

4. What skills or interests do you bring to the group?

Please complete this Interest Form and return it no later than September 1st

Email to magersj@ohsu.edu

US Mail to: Julie Magers, OHSU TPC1, 3355 SE Powell Blvd, Portland, OR 97202

If you would like to complete the form over the phone, please feel free to call Julie at 503-915-5314
The Young Adult Leadership Council

The Young Adult Leadership Council is a group of young people with lived experience and their allies. It is helping to shape the direction of EASA, emphasizing participatory decision-making and peer support. They seek to guide the direction of the EASA programs by:

- providing an experience of healing and growth
- creating an outlet for expression
- educating and supporting EASA participants and graduates
- responding to/gathering and using feedback
- advocating for change

The Council has recently released a housing policy which provides recommendations for policymakers and state/local program developers that are focused on how best to support the experiences of young adults transitioning into independent housing situations. They also have recently released a National Policy Platform advocating for key goals in early psychosis intervention programs like EASA as they are developed in other areas of the US.

The Council is currently working to launch a high school outreach campaign to raise awareness for psychosis among teens, and to advocate for early intervention programs like EASA and other support services for youth experiencing mental health challenges and their peers and allies. The Council plays an important role in working to destigmatize mental health conditions and the mental health care system for young people through community education.

The handout they designed, with insight and advice on how to support teens and young adults experiencing psychosis, is on the page following this description, followed by an open letter to offer support and companionship to future young adults in the EASA program.

The Young Adult Leadership Council allows young people to work with peers on creative projects, to begin networking with other advisory groups, and to get involved with their interests.

The council is always recruiting new members. Interested parties can contact the Young Adult Participation Coordinator, Christina Wall (cwal2@pdx.edu)
HOW TO SUPPORT TEENS AND YOUNG ADULTS WHO EXPERIENCE PSYCHOSIS

**ADVICE FROM EASA’S YOUNG ADULT LEADERSHIP COUNCIL**

HELP THEM SEE BEYOND THE STIGMA:

“A label is not an identity.”

“Highlighting stigma. People may have negative reactions because of stigma. Acknowledge the fear they may have experienced.”

“Stigma comes from ignorance and stereotyping. Once you realize stigma is just an ignorant state it allows you to look past and say, hey, this is interesting.”

“What’s my diagnosis - ‘What’s WRONG with me?’ Nothing’s wrong. You’ve experienced this. It might evolve, change. That’s why it’s a 2 year program.”

“Stigma is worse than reality.”

“Just because we have a certain diagnosis doesn’t mean that we’re different or can’t lead a normal life.”

MAKE THE PERSON FEEL COMFORTABLE:

“Approach them as a friend, not business. Seem like you care.”

“Peer support.” - - “Know that everyone has a struggle.”

HELP THEM FIND HOPE:

“This is not where you’re going to stay. It can get better.”

“I can’t believe I am where I am right now. I’m working again and I never thought I would be. I’m better now than I was before. They gave me so much knowledge.”

“Beyond what this might be, there’s more out there.”

HELP PLAN FOR RELAPSE:

“Once I had a relapse prevention sheet I was able to see the early signs, and the later signs. Visually you can see.”

LET THEM KNOW THEY ARE NOT ALONE.

“Being able to hear other stories. I wasn’t the only one. Hearing others’ stories – at the conference, in the groups helped spark something. I was in a dark place and it gave me hope that maybe things would be better.”

LISTEN AND OFFER OPTIONS:

Make sure the person knows they can choose and give them a voice. Make sure they know the options.

HELP THEM REGAIN CONFIDENCE:

“Now I am in charge. I got my confidence back.”

KEEP IT SIMPLE:

Don’t use huge words.

BE FLEXIBLE AND PERSISTENT:

Everyone is different. “I was terrified. It took a year. Keep talking!”
JOIN THE NEW NATIONAL NETWORK!

The Prodrome and Early Psychosis Program Network (PEPPNET) is a national network of programs providing services to those at risk for or experiencing early psychosis by promoting communication, collaboration, and best practices so that individuals and families experiencing early psychosis have timely access to specialized, appropriate, and affordable care.

Why Become A Member?

With your free membership, you gain access to:

• A national listserv of clinicians, educators, policymakers and researchers.
• A national directory of treatment experts and community-based program staff.
• Technical assistance for training, treatment, outcome measures and more.
• Summaries of scientific literature and latest news from the early psychosis field.
• Webinars, resource libraries, program directories and more!

How Do I Join?

• Visit the PEPPNET website: med.stanford.edu/peppnet.html
• Complete the enrollment form: https://www.surveymonkey.com/r/3RD6DN7
• Email vickih@stanford.edu for more information
Greetings!

Welcome new EASA participant! We are the Young Adult Leadership Council. We understand your situation and have been in similar shoes. EASA is a statewide program and has served a variety of ages and people of all kinds. Although we may not have experienced the exact same things, we are here to help. We understand this may be a scary or dark time. This program is awesome and has helped us tremendously.

We offer comfort and support and we can also advocate for you. We have group activities, share our experiences and promote the well-being of participants. We are here to build a thriving community and create a revolution of hope.

We understand you may be skeptical or unsure about joining the program, but we are here no matter what situation you’re in. This program enhanced our lives. The recovery and healing process can be gradual and sometimes frustrating, but your efforts and patience will make the difference.

_Easa Young Adult Leadership Council_

A person to contact is:
Christina Wall
Young Adult Participation Coordinator
Christina.Wall@pdx.edu
503.545.3672 text
503.725.9606 phone

Connect with EASA/YALC
www.easacommunity.org
www.facebook.com/easacommunity
Twitter: @easacommunityOR
“When I got out of the hospital, I thought I was alone, but the people at EASA were there for me, and they will be there for you.”
--N. EASA Graduate & Young Adult Leadership Council member

“A diagnosis is scary but this isn’t the end of the road. Think of it more as a detour and know that other people have been in a similar place. Don’t be afraid to lean heavy on your support system because that is what they are there for.”
--M. EASA graduate, Peer Support Specialist & Young Adult Leadership Council member

“I remember being in a dark and confusing place after my diagnosis. Your diagnosis does not define who you are. EASA changed my life and they will help you too!
--N. EASA Graduate & Young Adult Leadership Council member