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www.easacommunity.org
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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 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
Meet the team — we’re here to help!

**Tamara Sale, MA**  
Center Director, tsale@pdx.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, rymelton@pdx.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.

**Janet Walker, PhD**  
Research Director, janetw@pdx.edu  
Dr. Janet Walker’s research focuses on exploring how individuals and organizations acquire capacity to implement and sustain high quality practice in human service settings. Her work is guided by a commitment to collaborating with stakeholders, particularly including young people who have received services and supports intended to meet their mental health and related needs, and the families of these young people.

**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.

**Katie Hayden-Lewis, MA, LPC, PhD**  
Rural Services Director, kah@pdx.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.
**Christina Wall**  
Young Adult Participation Coordinator, cwal2@pdx.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.

**Mary Bryant, MS**  
Senior Research Assistant, bryant3@pdx.edu

Mary is currently working on several national projects with the EASA Center for Excellence and Now Is the Time-Healthy Transitions that contribute to the process of developing, implementing and testing interventions in child/youth/young adult mental health. She comes to her work as a person with lived experience of psychosis and the mental health and disability services systems. Please feel free to contact Mary if you need feedback on messaging or advocacy or to inquire about any of her projects.

**Ellie Taylor, MS**  
Research Associate, elinic2@pdx.edu

Ellie develops and manages a variety of projects with the EASA Center for Excellence. These include social media and the Early Intervention for Psychosis Program Directory. Recently, she wrote a manual for the WA State Division of Behavioral Health and Recovery: “Every School Professional Needs to Know About Psychosis.” She is currently co-developing a series of national resources. Feel free to contact Ellie with questions or suggestions for social media or the directory.

**Sara Jade Webb, MS**  
Data Analyst/Research Associate, sjwebb@pdx.edu

Sara Jade has been a part of the EASA Center for Excellence team since 2013. She manages data collection and data analysis for the Center. Feel free to contact Sara Jade with any questions about the EASA data forms, or any other data related inquires.

**Halley Doherty-Gary**  
Support Staff, hal7@pdx.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 website, staff changes, publications and brochures requests, and EASA in general.
**Early Assessment and Support Alliance (EASA)**

**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.

**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,
- Enter rewarding careers and adult roles,
- Live in a healthy and safe environment, 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 32 of Oregon’s 36 counties, reaching 94 percent of Oregon’s population. The Oregon Health Authority, with support from the Oregon Legislature, is working to ensure that EASA becomes available in all counties.

**How are EASA teams different?**

- One local team serves teens and young adults
- Team integrates psychiatry, nursing, counseling/social work, occupational therapy, and supported employment and peer support
- Focus on community education and early identification
- Outreach to engage young people regardless of funding or other barriers
- Integration of participatory decision making
- 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

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 Oregon's service development and sustainability
- Coordination of statewide shared action

What are the outcomes of the EASA Center for Excellence's work?
- **Community**: 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
www.rri.pdx.edu/Project/761
Tamara Sale, Director
EASA Center for Excellence
tsale@pdx.edu, 503-725-9620
You can help someone find services, no matter where they are!

The EASA Center for Excellence collaborates with Partners for Strong Minds and PEPPNET at Stanford University to have updated contact information for early intervention programs nationwide.

Use this Google Map to find EASA teams in Oregon, similar treatment programs at mental health agencies in other states, and training sites for professional development and community education. You can also use the Program Directory of Early Psychosis Intervention Programs.

<Click on this map to go to the interactive version>

Or copy/paste the following into your browser:
https://med.stanford.edu/content/dam/sm/peppnet/documents/PEPPNET_directory-earlypsychosis.html

Don’t forget to bookmark it!
Welcome to the EASA Community!

Help us get to know you better by completing this form and sending it ASAP to:

Halley Doherty-Gary
Administrative Staff
EASA Center for Excellence
email: hal7@pdx.edu
fax: (503) 725-4180

Regional Research Institute
for Human Services
1600 SW 4th Ave. Suite 900
Portland, OR 97201

Name: _______ ______________________ ______________________ _______
(Prefix) First Last Suffix(es)

Position: ________________________________

Organization: ________________________________

County/EASA Site: ________________

Work Email: ________________________________

Work Phone: ________________________________

Please describe any additional info you would like posted on the website with the above, or what you don’t want posted online:

________________________________________________________________________

________________________________________________________________________

Thank you. With this information we will add you to the website, email listserv, and certification program.

(see following pages for more details)
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 list of trainers that the EASA Center for Excellence can reach recruit to assist in the training of The EASA Program Clinicians and other national early psychosis programs.

The EASA certification is not:

1. A profession based certification. 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 three levels of EASA Certification achievement – Preliminary, Intermediate, and Advanced. Once the preliminary level of certification is met, a CEU certificate will be awarded to the clinician for the consultation hours necessary to meet certification. Trainings are awarded separate CEU certificates. The lower level of certification must be met before a higher level of certification can be awarded.

The Certification Rubric contains visually detailed information that highlights the Certification Process elements and the vital qualities of your work as you move through it. Use the Rubric to set personal goals and track your own progress.

You can check the status of your certification records at any time by contacting Halley Doherty-Gary at hal7@pdx.edu.

The full description of the Certification Process is included in the following pages.
Preliminary EASA Certification:

**2-day EASA Intro Training** – This is met when the clinician attends the EASA Intro Training offered by the EASA Center for Excellence.

**26 Hours of Supervision** – These 26 hours are met via the clinical consultation calls, which all disciplines are encouraged to attend or with onsite individual meetings or group consultation meetings with staff from the EASA Center for Excellence or a Certified EASA Clinician (defined as a clinician who has completed the advanced level of certification).

**Differential Diagnosis Training** – This is met when the clinician attends the Differential Diagnosis with Psychosis and (Structured Interview for Psychosis Risk Syndromes) SIPS training offered by the EASA Center for Excellence.

**Community Education** – This is met with a community education demonstration is reviewed and feedback is provided by an EASA Center for Excellence Staff or a Certified EASA Clinician.

**Letter of Support (from supervisor)** – This can be met with a letter of support from any level of supervisor indicating support for the clinician’s role in EASA and the fidelity process. It also can be met with a verbal commitment to the program and its fidelity. Most of the time, this occurs as an EASA team is formed.

**Supervisor Attended Supervisor Training** – This can be met by any level of supervisor attending a specific training offered by EASA for supervisors or attending the EASA Intro Training.

Intermediate EASA Certification:

**Multi-Family Psychoeducation Groups (MFG) 2-day Training** – This is met after a clinician has completed the MFG training offered by the EASA Center for Excellence or another equivalent MFG training.

**36 Hours of Differential Dx Supervision** – This is met after the clinician has received 36 hours of consultation around differential dx issues with EASA clients and/or EASA referrals by staff from the EASA Center for Excellence. The consultation can occur via the EASA Screeners consultation call or during clinical calls where diagnosis is discussed. The consultation can also occur during individual or group consultations outside the consultation calls.

**10 Case Presentations for Differential Dx** – This is met after a clinician either during a consultation call or other consultation presents 10 individual cases for diagnostic clarification or confirmation. This can be for an individual suspected of experiencing a first episode of psychosis or where a Structured Interview for Psychosis Syndromes (SIPS) was completed. For clinicians that do not routinely complete assessments or EASA screenings, this can be met by reviewing an assessment or screening completed by another EASA clinician with a member of the EASA Center for Excellence or Certified EASA Clinician. For example a Supported Employment/Education specialist can meet this by being present during a case presentation.
(one are familiar and/or working with) completed by an EASA screener with a member of the EASA Center for Excellence or Certified EASA Clinician present.

3 Screenings/Assessments Reviewed for Differential Dx – This is met after a clinician reviews and receives feedback of a written assessment and/or EASA screening with a member of the EASA Center for Excellence or another certified EASA clinician. The assessments that can be reviewed to meet these criteria include an EASA Screening, a Mental Health Assessment, a Psychiatric Assessment or an Occupational Therapy Assessment. For clinicians that do not routinely complete assessments or EASA screenings, this can be met by reviewing an assessment or screening completed by another EASA clinician with a member of the EASA Center for Excellence or Certified EASA Clinician. This does include assessments/screening reviewed during an EASA fidelity review.

Assessment and Tx Planning – 3 copies each of:
- Strengths assessments
- Risk assessments
- Recovery Plans
- Relapse Prevention Plans
- Transition Plans

This is met after a clinician reviews and receives feedback of a written above materials with a member of the EASA Center for Excellence or another Certified EASA Clinician. For clinicians that do not routinely complete the above assessments, this can be met by reviewing an assessment by another EASA clinician with a member of the EASA Center for Excellence or Certified EASA Clinician. This does include review of the above materials during an EASA fidelity review.

Advanced EASA Certification:

Psycho-social Practices/Certification –
- Motivational Interviewing (MI)
- Cognitive-Behavioral Therapy (CBT)
- Strengths-Based Treatment Planning (SB)
- Dual Diagnosis (DD)
- Client Outcomes (CO) (examples include Feedback Informed Treatment, ACORN etc.)

Supported Education/Employment –
- Individual Placement and Support (IPS)
- Career Information System (CIS)

This is met when a clinician receives or indicates that they have completed training in the above treatment models. This can be met by either attending a training offered by the EASA Center
for Excellence staff or by another equivalent training. Examples of equivalent training would be a course taken as part of a graduate program or a minimum of a 6 hour CEU training in any of the above areas. Knowledge of the above models is considered essential in the treatment of individuals in the early stage of psychosis.

**Video Review** – This is met when a video is reviewed demonstrating one of the above skill sets by a member of the EASA Center for Excellence or an EASA Certified Clinician. The video can be reviewed by uploading it to the EASA Center for Excellence VCP and notifying the EASA Clinical Director it is uploaded for review.

**Review of 3 Feedback Forms** – This is met when a clinician reviews feedback received by an EASA participant with an EASA Center for Excellence Staff or a Certified EASA Clinician (3x). Ideally this would be done by reviewing feedback and outcome forms from the FIT or ACORN model, however that is not required.

**Review of 3 FACT Meetings** – This is met when an EASA Center for Excellence Staff or a Certified EASA Clinician observes and provides feedback either in person or via video of a FACT meeting where the clinician was present. This does include observation of the FACT meeting as part of the EASA fidelity review.

**15 Hours of MFG Supervision** – These hours are met via the clinical consultation calls, which all disciplines are encouraged to attend or with onsite individual meetings or group consultation meetings with staff from the EASA Center for Excellence or a Certified EASA Clinician.

**Fidelity Review of:**
- Joining
- Workshop
- 3 problem solving groups

The above reviews are met when a video of each of the components of the MFG are reviewed and feedback is provided from an EASA Center for Excellence Staff or a Certified EASA Clinician.

**Passed Medication Exam** – This is met when a clinician completes and passes (80%) the online open book medications exam. LMPS and RNs do not have to complete this exam. The knowledge is assumed as part of their training.

**Data Collections** – This portion of the EASA is certification is suspended as we develop the new EASA database. It may be reintroduced once the new database is completed. It may require training on use of the database and demonstration of entering 5 clients’ information accurately.
Conference Call Instructions
July 2016 – February 2017

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 July 2016 thru Feb. 2017:

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

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

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

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

2nd Wednesday monthly 9am-10am: Rural MFG Consultation Call

2nd Wednesday of Each Month 12pm-1pm: All EASA OTs Call
   (Different call-in number!!! See page 3)

3rd Tuesday of Each Month 10:00am-11:00am: Rural and Eastern Oregon Clinical Call

4th Monday of Each Month 1pm-2pm: EASA Strategy Call

4th Tuesday of Bi-monthly 9am-11am: Southern OR Clinical/MFG Consultation Call
   August-February

4th Tuesday of Each Month 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 Call: A discussion and review of Occupational Therapists’ roles with EASA.

   This call should include all EASA OTs.

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.
The EASA Center for Excellence at PSU collects data from the statewide EASA program sites for research analysis. This data helps us: (1) track program participation and effectiveness, (2) compare EASA to similar programs nationwide, and (3) contribute to new research around Early Detection and Intervention for the Prevention of Psychosis Programs (EDIPPP) and Duration of Untreated Psychosis (DUP).

Those HIPAA certified EASA clinicians who enter data will receive database instructions separately, however all staff who have contact with EASA participants should be acquainted with these data collection forms.

**EASA Forms Short Descriptions & Current Versions**
The most current data forms will always be available on the EASA website, and you can shortcut to them via the hyperlinks below. Forms updates will be announced through the EASA listserv.

**EASA Referral Form**
- This form includes demographics about the client and the referral, and information about the referral decision.
- Please complete this form for all referrals screened in or screened out.

**EASA Intake Form**
- This form contains information about the client and services at the time of intake.
- Please complete this form for all clients screened into the EASA program.

**EASA Outcome Review Form**
- This form contains information about the client and services they have received.
- Please complete this form for all discharges as soon as they happened and at the end of every quarter for all clients that are currently active clients.

**EASA Education and Outreach Form**
- This form captures information about your education and outreach activities. It does not contain PHI and so it can be submitted to PSU via an online form located here: [https://portlandstate.qualtrics.com//SE/?SID=SV_2tRp1VaphSGHQS9](https://portlandstate.qualtrics.com//SE/?SID=SV_2tRp1VaphSGHQS9)
- Please submit information for your Education and Outreach activities via this online form as they occur. Sara Jade Webb ([sjwebb@pdx.edu](mailto:sjwebb@pdx.edu)) will send you a report of your agency data at the end of the quarter for you to check over and add any additional activities.
For clinicians who regularly use these forms, here is some more detailed information about when and how to use and submit them. Please make sure that you are always using the most recent version of the forms.

<table>
<thead>
<tr>
<th><strong>Referral form</strong> is completed for all clients referred to the EASA program. Agency staff begins the form as part of the screening process, and finishes completion of the form after the client is either screened into or out of the program, whichever the case may be.</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the client is screened into the EASA program the <strong>Intake Form</strong> is completed by agency staff.</td>
</tr>
<tr>
<td>Every quarter, agency staff completes an <strong>Outcome Review Form</strong> for each client that was screened in and received services for the quarter. If the client has left the program during that quarter an outcome review form is completed with the discharge information and the client’s episode of care is closed.</td>
</tr>
<tr>
<td>The <strong>Education and Outreach Form</strong> is completed after each community outreach event and entered by program staff into the online form. Quarterly the data is extracted from the online system and sent to each program to verify that all the events they were part of in the quarter have been entered.</td>
</tr>
</tbody>
</table>

**EASA Quarters**

Quarter 1 reflects January, February, and March, and is due April 10,
Quarter 2 reflects April, May, and June, and is due July 10
Quarter 3 reflects July, August, and September, and is due October 10
Quarter 4 reflects October, November, and December, and is due January 10
The recently remodeled EASA website ([www.easacommunity.org](http://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.

It’s worthwhile to take time to explore the whole site, and to connect participants and families to the resources accessible here. To get started, here is a quick view of some of the most useful resources for you as an EASA team member, and how to access them.

### About EASA

There are currently 26 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.

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. Additionally, this section along with the [Google Map](http://google.com/maps) is a great tool to help potential clients reach their nearest program, whether or not they’re in your county.

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

EASA events are always announced to the listserv, but the News & Events page is the best place to check in for the next trainings, conferences, webinars and more. Here you can find a Google Calendar updated live with all events and conference calls, and even copy the schedule to your own calendar! The live EASA Facebook feed is also here so you can find the latest news all in one place.

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. 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.

For even quicker crisis responsiveness, almost every webpage on the EASA site has a yellow sidebar with the 24/7 National Suicide Prevention & Crisis Hotline. The green dropdown buttons show Oregon county crisis lines, EASA program referral numbers, and a quick link to the nationwide early intervention program Google Map.
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.

If your position involves data collection, you’ll want to be sure you’re using the most recent version of the **Data Collection Forms**.

The use of forms (aside from data collection) 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 Doherty-Gary (hal7@pdx.edu).
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 policy makers 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:
“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!”
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**

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Connect with EASA/YALC
www.easacommunity.org
www.facebook.com/easacommunity
Twitter: @easacommunityOR
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**
“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