

EASA ESSENTIAL PHILOSOPHY AND PRACTICES

1. Focus on facilitating developmental progression at system, practice and individual levels
 - a. Systemic change
 - b. Evidence-based (evidence-based practice, feedback-informed)
 - c. Focus on developmental progression (moving toward adult identity, milestones, skills, attitudes)
2. Proactive identification and engagement
 - a. Community education, consultation and coaching
 - b. Flexible outreach and engagement
 - c. Rapid and proactive response
 - d. Comprehensive risk assessment and crisis planning
 - e. Relapse prevention planning/ understanding cyclical nature
3. Partnership and transparency
 - a. Family partnership, transparency and shared decision making
4. Person-centered approaches
 - a. Strengths-based
 - b. Shared empowering explanatory model (Strengths vulnerability)
 - c. Focused on person's and family's goals
5. Holistic
 - a. Transdisciplinary
 - b. Addressing multiple life domains (school, work, family/friends, recreation, psychological, health, economic, spiritual)

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6. Fostering capacity and resilience

- a. Psychoeducation (teaching knowledge, skills and attitudes to support recovery and goals)
- b. “Start low go slow” antipsychotic prescribing with careful attention to side effects
- c. Rapid support for school and work based on preference rather than symptoms
- d. Relapse prevention

7. Learning and feedback

- a. Feedback-informed treatment
- b. Participatory decision making
- c. Research-informed
- d. Data-informed

8. Gradual transition

- a. Planful and gradual
- b. Holistic connection to ongoing supports
- c. Ongoing check-ins and relationship
- d. System development and improvement