

Governing Body: MARION COUNTY COMMUNITY AND PROVIDER SERVICES (CAPS)	Function: INTEGRATED DELIVERY SYSTEM (IDS) HANDBOOK	
Subject: Early Assessment and Support Team (EAST)	Prepared By: CAPS	Original Date: 10/01/2007 Revised Date: 01/01/2009

PURPOSE AND SIGNIFICANCE:

The Early Assessment and Support Team is an early intervention program for individuals, age 12-25 who are experiencing new symptoms of psychosis or prodromal symptoms. The goal of the program is to identify individuals in the earliest possible stage of illness in order to prevent long-term disability associated with schizophrenia or bipolar disorder with psychotic features. Mid-Valley Behavioral Network has a clinical team that provides services in Marion County. In addition, EAST provides regional services in Linn County, Polk County, Tillamook Family Counseling Center and Yamhill County.

EAST is available regardless of funding source or ability to pay. Services include community education/professional training, outreach, assessment, counseling, case management, supported employment, education and psychiatric care. All families involved with EAST are encouraged to participate in multi-family psycho-education (multi-family groups). Assessment uses a specialized tool designed to detect less obvious forms of psychosis. All individuals accepted into the program have access to occupational therapy assessment, supported employment and supported education. EAST is a two year program, with the goal of transitioning participants into ongoing supports at the end of that time.

PROCESS AND/OR PROCEDURE:

Refer to EAST if, in the last few months, the person has had a major change in two or three of the following areas. The change cannot be attributable to a known medical condition or short-term drug use:

1. Behavior changes
 - Extreme fear for no apparent reason
 - Uncharacteristic and bizarre actions or statements
 - New, bizarre beliefs
 - Incoherent or bizarre writing
 - Extreme social withdrawal
 - Decline in appearance and hygiene
 - Dramatic changes in sleeping or eating

2. 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

3. Perceptual changes

- Fear that others are trying to hurt them
- Heightened sensitivity to sights, sounds, smells or touch
- Making statements like "my brain is playing tricks on me"
- Reporting visual changes (colors more intense, faces distorted, lines turned wavy)
- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

EAST does not serve individuals with an IQ under 70, have a history or treatment for a psychotic disorder going back further than a few months, or have had long-standing acute psychotic symptoms that have gone untreated. EAST provides problem solving and advocacy for individuals who are determined not a good fit for the program. For more information, please see their flyer in Section IV(8).

For consultation, training, or to make a referral;

Call the EAST Clinical Coordinator (503) 480-5122, or (888) 327-8817

Fax: (503) 584-4837

www.eastcommunity.org