

Oregon Health Authority  
Addictions and Mental Health Division  
May 5, 2011

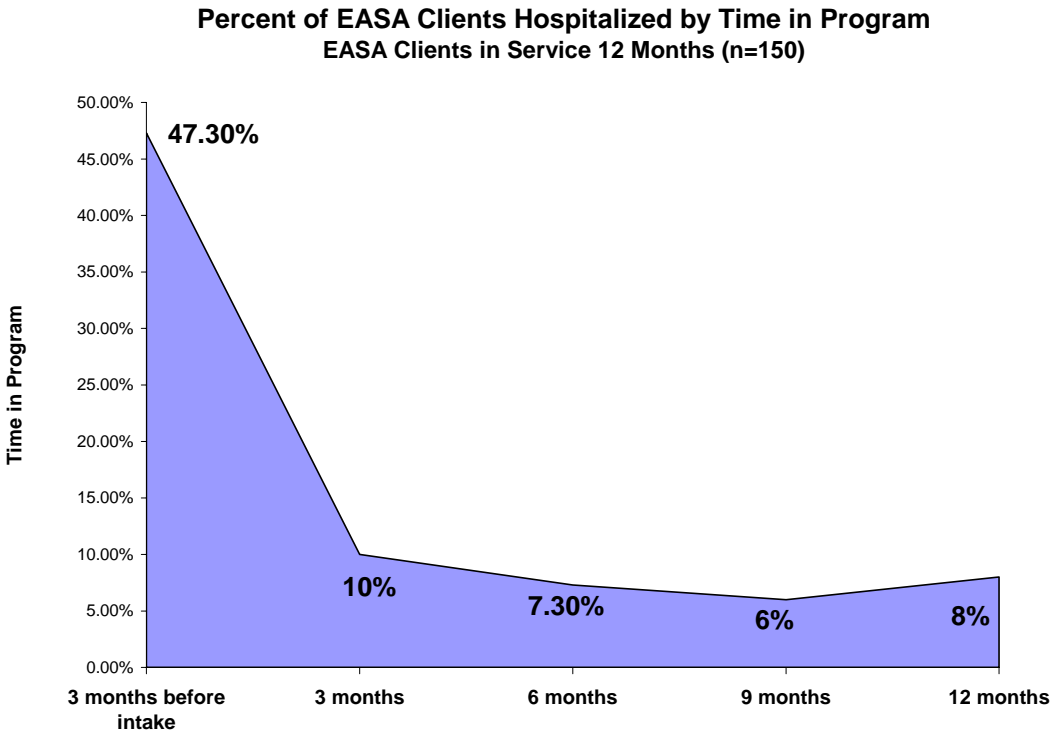
**Early Assessment and Support Alliance (EASA)**

In Oregon, there is a program for youths showing early signs of serious mental illness that is pointing the way to how early intervention creates better health and lower costs.

- Three in 100 individuals develop psychosis, usually between the ages of 15 and 25. With early treatment and support, most young people will succeed in school, work and life.
- Oregon's Early Assessment and Support Alliance (EASA) teaches communities how to identify early signs of psychosis in young people and steer them into appropriate treatment services, so young people can recover and move on with their lives.
- Research shows that young people who use EASA's services have reduced involvement with the legal system, fewer hospitalizations, and a higher rate of employment after participating in the program.
- **The EASA program prepares young people for independence.** After twelve months in the program, two thirds of EASA clients say they do not intend to apply for public assistance through the disability system. For clients who need the support of the disability system, EASA approaches it a short-term bridge to self-sufficiency.
- **All EASA clients receive support and encouragement to identify and pursue a career.** Among EASA clients 18 and over, 19 percent were employed at the time they entered the program. Within 90 days, this figure increased to 28 percent, reaching 33 percent after nine months.
- **EASA's family support groups give families the tools to help their loved ones recover.** 91 percent of all EASA participants maintain active family involvement in treatment.
- **Among EASA clients, arrests, incarcerations and other legal involvement drop dramatically.** Among EASA clients 18 and older, 23 percent had legal involvement in the 90 days prior to their entry into the program, and 13 percent had been arrested or incarcerated. In the first three months of participation in EASA, these figures dropped to 13 percent with any legal involvement and 1.9 percent with any arrest or incarceration. These reductions are sustained over time.

Oregon Health Authority  
Addictions and Mental Health Division  
May 5, 2011

- **EASA keeps people out of the hospital.** Since 2008, 47 percent of EASA clients had been hospitalized in the three months prior to entering the program. Within 90 days, hospitalizations drop dramatically and continue to decrease over time.



**EASA at glance:**

- EASA provides evidence-based early intervention for psychosis in 16 of Oregon's 36 counties.
- The Oregon Health Authority provides strategic planning, fiscal monitoring, and assures program fidelity to the EASA model.
- EASA services include outreach and community engagement; assessment and treatment using a multidisciplinary team; vocational and educational support; cognitive behavioral therapy; prescribing medication using a low-dose protocol; and support for individuals in home, community, school and work settings.
- 28 percent of EASA clients are under 18. The average age at which people enter the program is 20.
- Approximately 40 percent of EASA clients are enrolled in high school or college.