

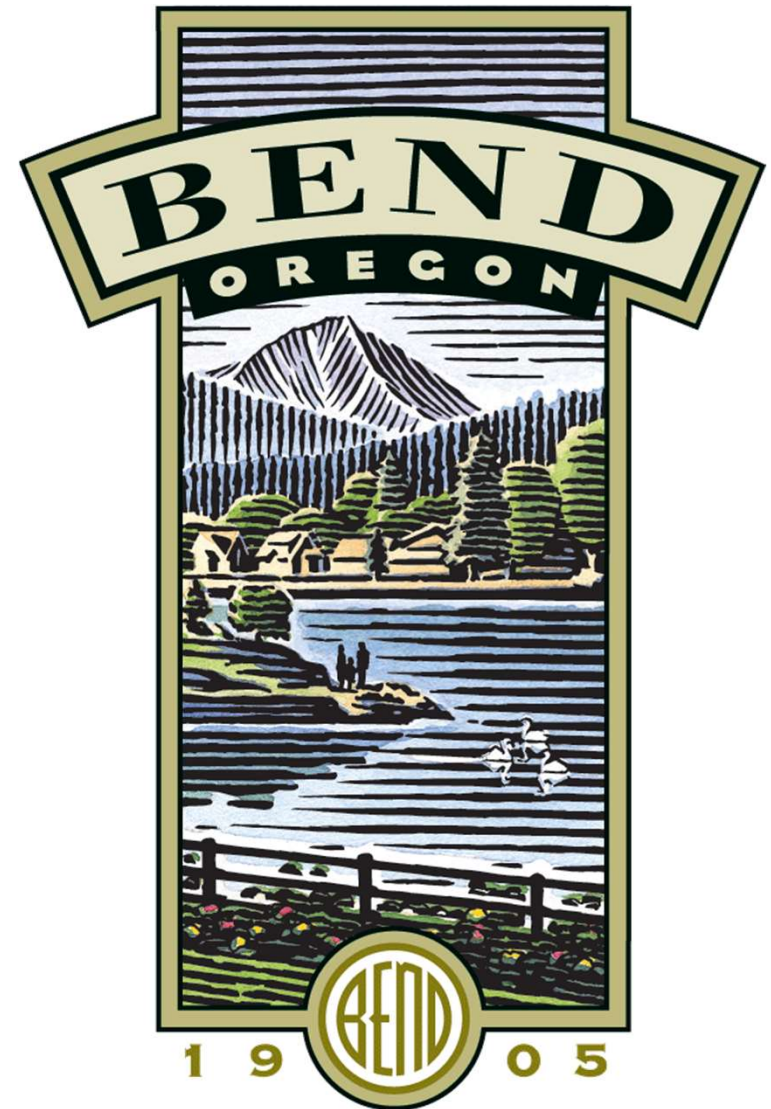
A photograph of a group of young people laughing together. In the foreground, a young woman with long dark hair and a nose ring is laughing heartily, her eyes closed and mouth open. To her right, another young woman with long blonde hair is also laughing, her face partially visible. In the background, another person is partially visible, also appearing to be part of the group. The overall mood is joyful and positive.

4D Recovery

Expanding Youth Recovery Services

4D Recovery Received Funding from Measure 110 to start a Young Adult Recovery Center.

- 3 Staff
- Hired Gabriele Ward
- Looking for Building Now
- Building Community Partnerships
- Target Opening Date: November – January 2025.





- Founded in 2013 by young people in recovery
- Supported by A.A. of timers
- Small county peer grant started the engine
- Focuses on Recovery for Youth and Young Adults

4D RECOVERY SERVICE DOMAINS

Peer Support

Housing

Recovery
Centers

Youth and
Young Adults

BH Services

Public
Education

Advocacy

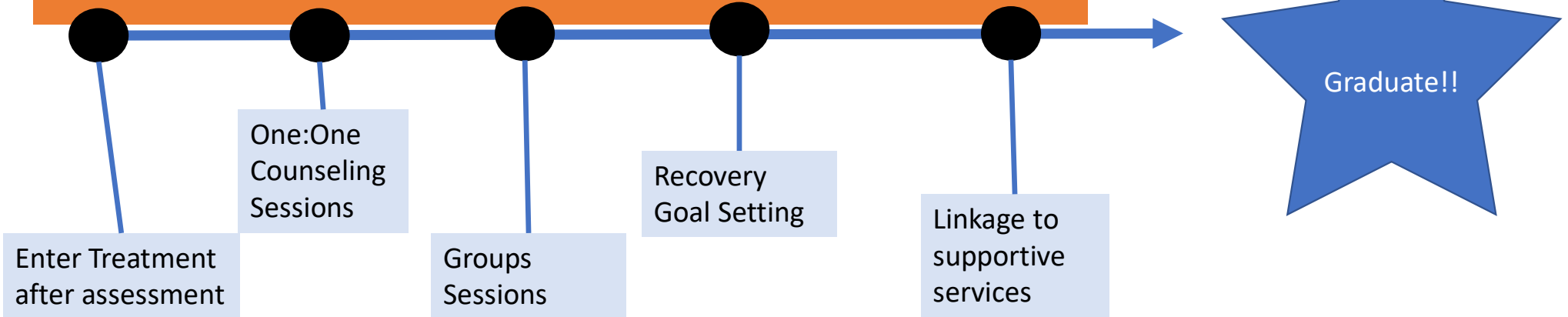
Policy
Development

4D RECOVERY CURRENT CAPACITY

- Tri-County Area
 - 40 Unit Post Residential Sober Living
 - 3 Sober Living Residential Units
 - 1 Young Adult Outpatient Treatment Facility (Mental Health and Addiction Treatment)
 - 1 Adolescent Outpatient Treatment Facility (Mental Health and Addiction Treatment)
 - Street Outreach and Intervention Teams for Young Adults, including Deflection.
 - 4 Recovery Drop-in Centers (more later)
 - Soon to open Adolescent and Family Recovery Campus (residential, outpatient, detox, recovery drop-in, family programming, educational services with Sober High Schools).
- Marion County: 1 Adolescent Outpatient clinic/drop-in center co-located with recovery high school.
- Jackson County: 1 Young Adult Drop-in Recovery Center
- Deschutes County: 1 Young Adult Drop-in Recovery Center

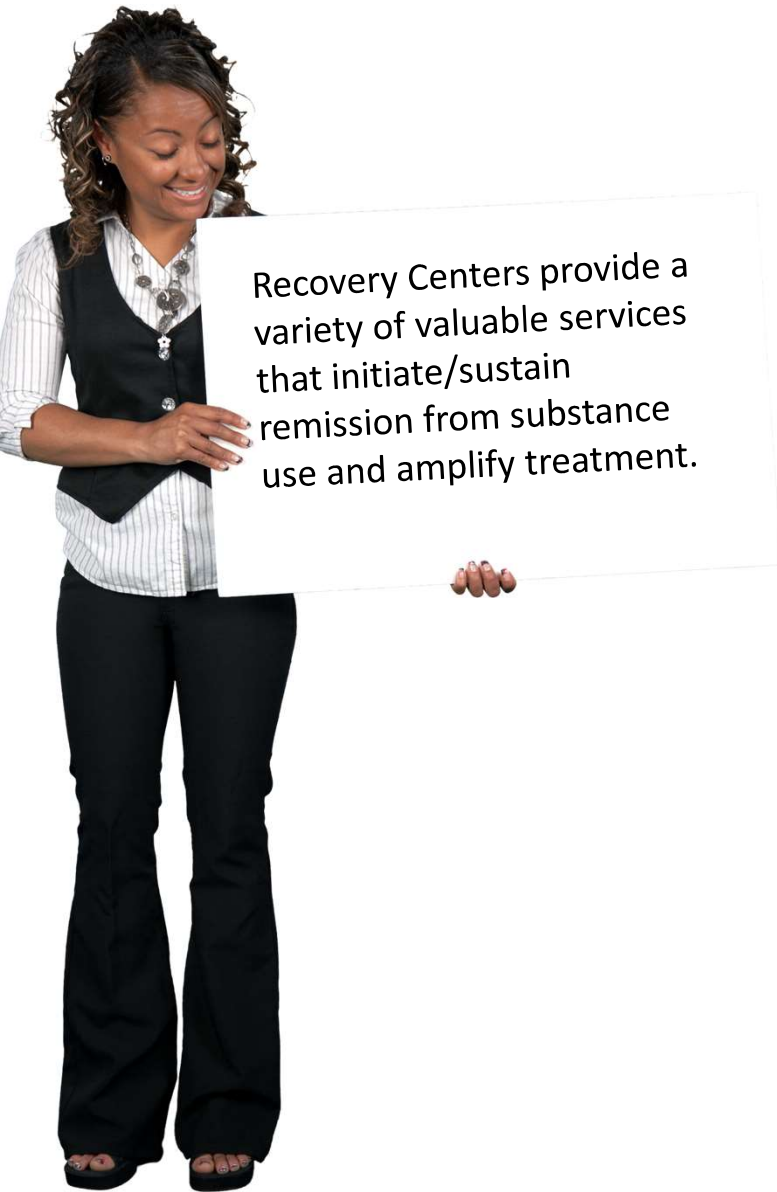


Addiction Treatment Process (Linear)



Pros:

- Stabilization
- Structured
- Regulated Environment
- Focus on getting people to meet certain criteria
- Short-term
- One way in
- Focus on developing the individual

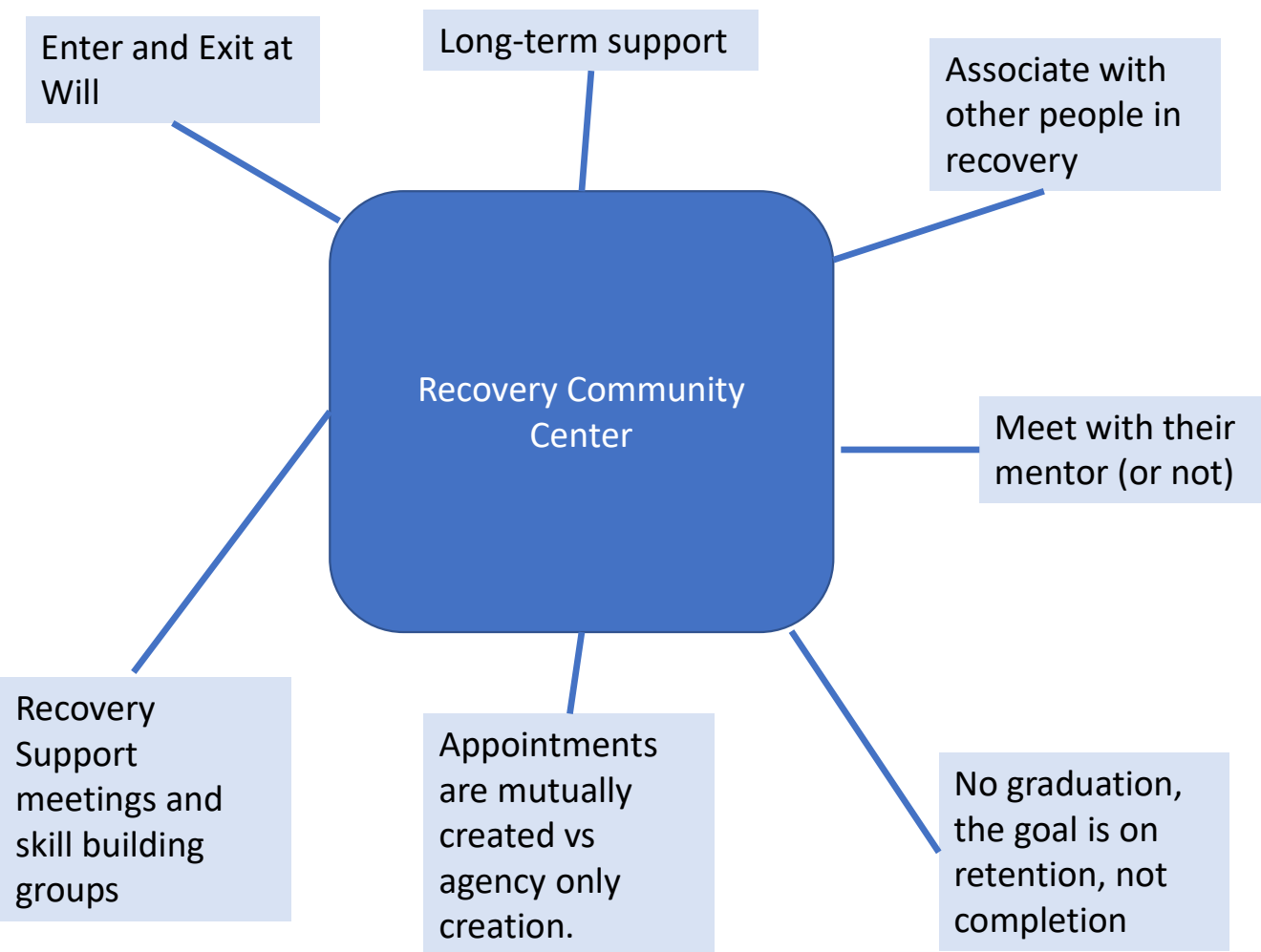


Recovery Centers provide a variety of valuable services that initiate/sustain remission from substance use and amplify treatment.

Recovery Centers

- Put a face on recovery
- Assemble recovery communities
- Respond to community needs
- Work in partnership with mental health and substance use treatment organizations
- Provide social activities
- Work as a safety net

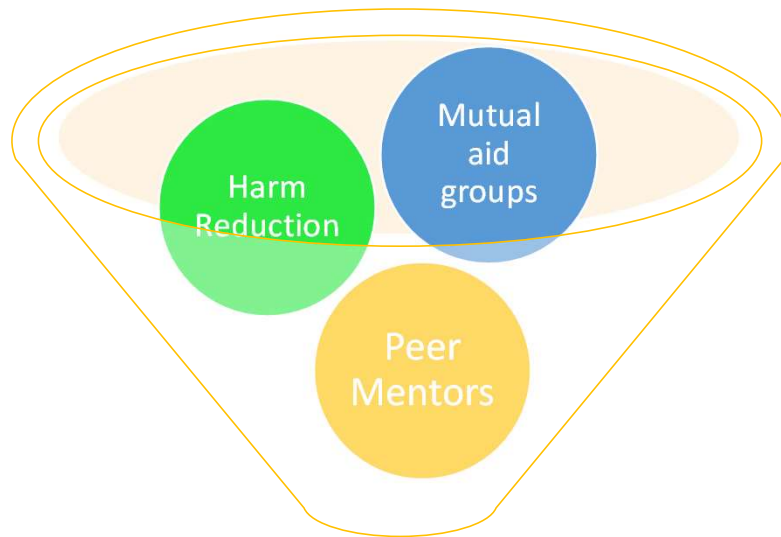
Recovery Community Centers



Pros:

- On-demand access
- Long-term support
- Uses strength of recovery community
- Access isn't dependent on service enrollment
- Mutually created services
- More rich diversity

COMMUNITY CENTER +
RECOVERY PEERS = Recovery
community center



**RCC
Model**

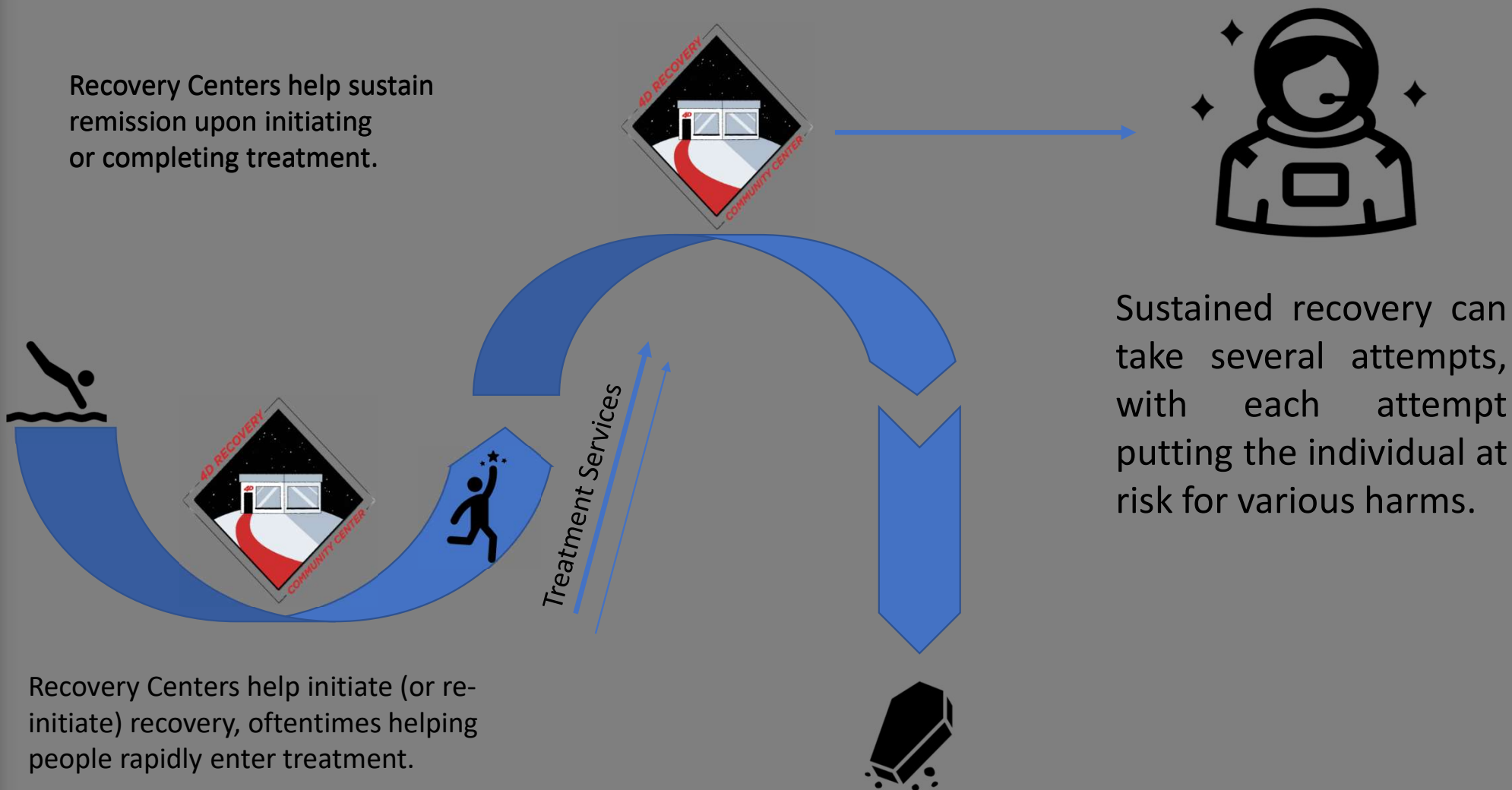
AA, NA, Refuge
Yoga, Mindfulness, Sweatlodge, Spanish
Speaking, etc

**RECOVERY EVENTS
CIVIC ENGAGEMENT
OUTREACH
SKILL BUILDING
SOBER RAVES
HIKING, TRIPS TO RECOVERY EVENTS,
ETC, ETC, ETC, ETC.....**

Peer Services

System Navigation, Recovery Building,
Networking, Parental Support, Life Skills,
Emotional Support, Fun in recovery,
Connect Culturally, Client Centered Directed,
Trauma Informed, Advocate, Educate,
Support

Recovery Centers help sustain remission upon initiating or completing treatment.



Recovery Centers help initiate (or re-initiate) recovery, oftentimes helping people rapidly enter treatment.



The Recovery Research Institute is a leading nonprofit research institute of Massachusetts General Hospital, an affiliate of Harvard Medical School, dedicated to the advancement of addiction treatment and recovery.



Advancing the Science of RCCs



Steering Committee Members



The Steering Committee is made up of scientists, clinicians, RCC leadership and persons with lived experience from multiple organizations and institutions from across the US.

Principal Investigators:



John F. Kelly



Bettina B. Hoepfner



Robert D. Ashford



Patty McCarthy



Julia Ojeda



Philip Rutherford



Brandon G. Bergman



Lauren A. Hoffman



Vinod Rao



Amy A. Mericle

Recovery Community Center Program Outcomes 4D

4D Recovery Evaluation Report | 2020



EVALUATION TAKEAWAYS

- ★ 4D Recovery services help young people make progress on recovery outcomes and improve recovery capital.
- ★ 4D Recovery complements traditional treatments for substance use disorder.
- ★ Investments in recovery services, like 4D Recovery, saves avoidable costs for communities.

untreated substance use
costs Oregonians
\$6.7 billion a year
and causes
6 deaths every day



Prepared for

4D Recovery

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Comagine Health Report – Deeper Dive

From 2020-2021 4D partnered with Comagine Health to complete a comprehensive evaluation of its services.

The evaluation captured perspectives from client/consumers , staff, and stakeholder agencies.

Data was collected via testimonials, quickfire survey, photovoice activity, client satisfaction questionnaire, community center consumer survey, and program data.



Consumers, Staff and Stakeholders described 8 factors 4D fostered that facilitated engagement and satisfaction:

- Opportunities to engage in fun, healthy recovery activities
- A welcoming, non-judgmental space
- A focus on providing recovery services targeted to youth and young adults
- Opportunities to start careers at 4D Recovery and build paths to other employment opportunities
- Staff who provide client-tailored goals to support goal attainment
- Staff who stay connected and are available to talk when needed
- Staff who have lived experience and are positive roles models
- Opportunities to be innovative within the organization and participate in advocacy efforts within the community

Comagine Health Report – Consumer Outcomes

Participants **agreed** or **strongly agreed** that 4D Recovery services helped them **make progress on recovery outcomes** and **improve recovery capital**.

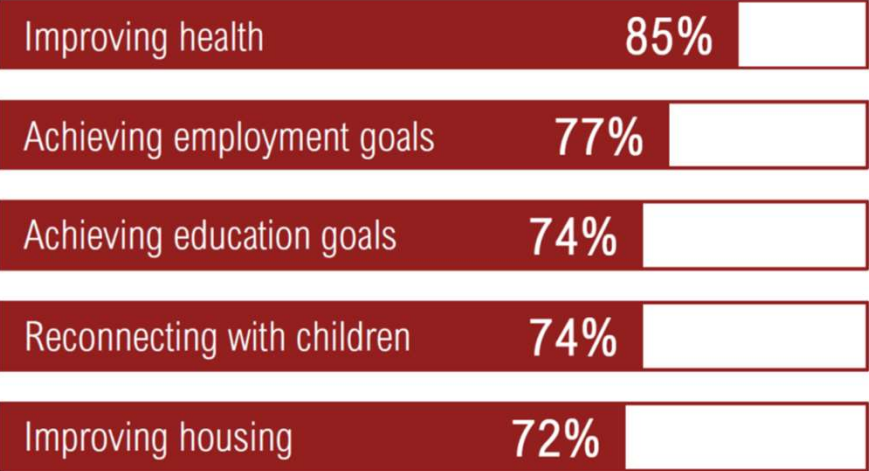


recovery capital is the combined total of resources and skills needed to support long-term sustained recovery— especially during occurrences of heightened stress

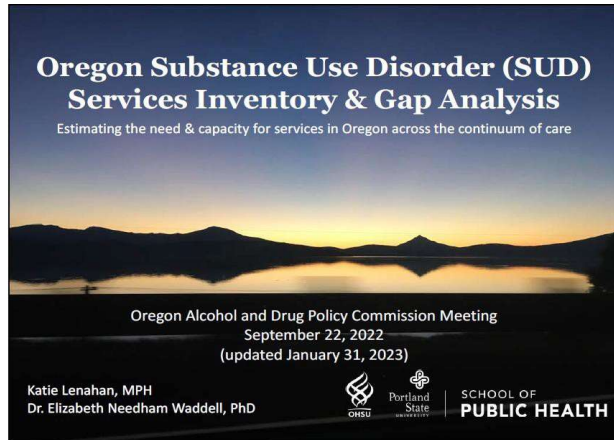
RECOVERY OUTCOMES



RECOVERY CAPITAL



Important Policy: ADPC/OHSU SUD Gaps Analysis



The Alcohol and Drug Policy Commission issued a landmark report detailing the shortcomings of Oregon's SUD System of Care – 49% Overall GAP, included a 94% gap for RCCs.

Service Type	Need (n)	Actual (n)	Gap in services (n)	Percent Gap
Facilities – Statewide (average gap)			54%	
Outpatient	586	383	203	35%
Inpatient	470	187	283	60%
Residential Detox	103	75	28	27%
Recovery Residences	7,078	3,219	3,859	55%
Recovery Community Centers	145	8	137	94%

Gabrie Ward Comes Home

