

Adolescent and Family Recovery Services

Presenters

Tony Vezina

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What is 4D Recovery

Vision: 4D envisions a future where systems, communities, and individuals work together to ensure all people can access the resources necessary to find sustained recovery from alcohol and substances.

Mission: To provide—in partnership with systems, communities, and individuals—a variety of recovery support services to adolescents and young adults between the ages of 14 and 35.



A RECOVERY COMMUNITY ORGANIZATION 4 YOUNG PEOPLE

- 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

Public Health

Recovery
Centers

Youth and
Young Adults

Inclusion and
Empowerment

Public
Education

Advocacy

Policy
Development



Recovery Community Services Project

Investments Start

1998: RCSP initiative launches

Peer Service Focus


2002: 2nd cohort focuses on peer delivered services

Center Focused

2004: 2 day skill building session to start RCCs in El Paso.

Recovery
Community
Centers

specifically named to distinguish them from Treatment Services

A woman with curly hair, wearing a black vest over a white and black striped shirt and black pants, is smiling and holding a large white sign. The sign contains text about recovery centers.

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 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



Comagine
Health

Prepared for

4D Recovery

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Portland, OR 97212

Prepared by

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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

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

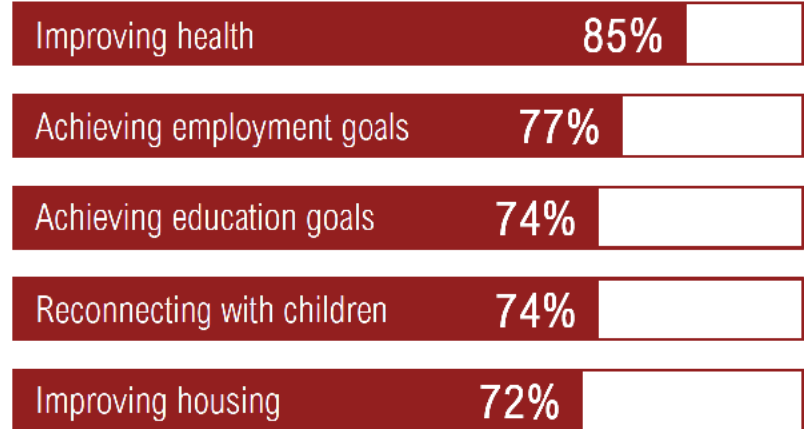


recovery capital is the combined total of resources and skills needed to support long-term sustained recovery— especially during occurrences of heightened stress

RECOVERY OUTCOMES



RECOVERY CAPITAL



Young "A.A.s"
Found Sober Club

2013

Standardizing Operations

Raising Awareness

Data Collection/Reporting

Fundraising

2015-2017

Open Second RCC

Expand Advocacy

More Data Collection

Fiscal Support

2018-2020

Open 3rd/4th RCC

Expand Fiscal Support

Addition of public health
initiatives

Adolescent services

2021-2023

4D Recovery 10 Year Growth Timeline 2013 – 2023

4D Growth 2018 - 2023

Service

- 10 to 80 staff
- 1 to 4 recovery centers
- Diversifying programs

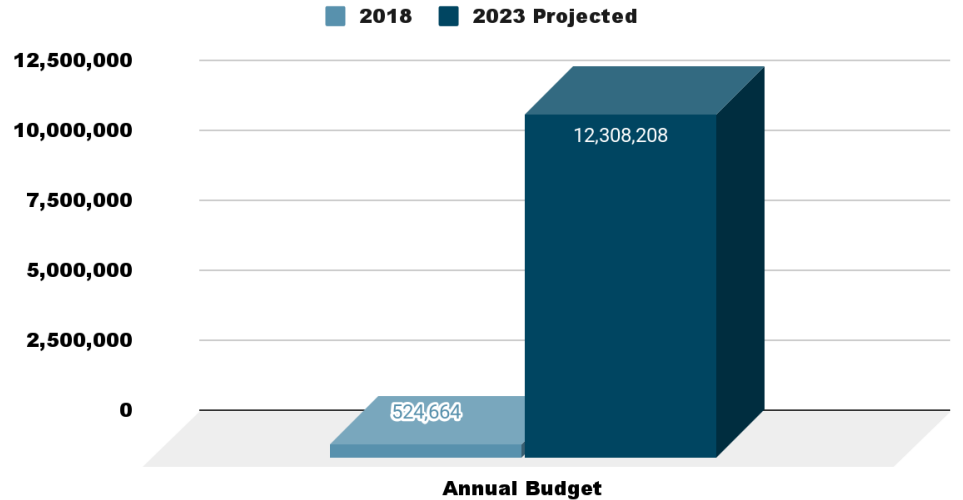
Policy

- Serve on many boards
- Working closely with Governor
- Supported Medicaid reimbursement

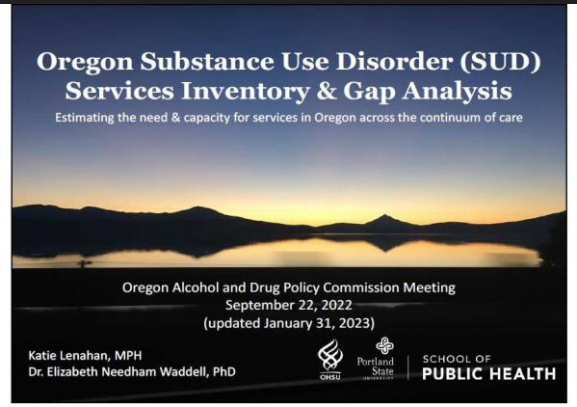
Community

- Co-founded Oregon Recovers, Harmony High, Painted Horse Recovery, TrueColors
- Support various organizations with TA
- Increased awareness of community need

Financial Growth



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.

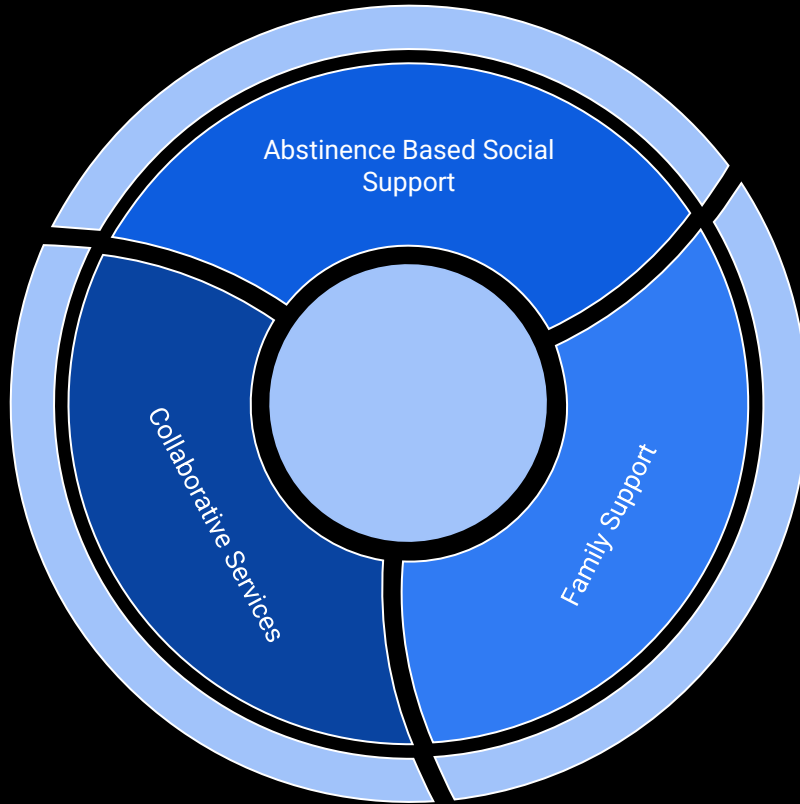
Service Type	Need (n)	Actual (n)	Gap in services (n)	Percent Gap
Facilities – Statewide (average gap)		54%		
Outpatient	586	383	203	35%
Inpatient	470	187	283	60%
Residential Detox	103	75	28	27%
Recovery Residences	7,078	3,219	3,859	55%
Recovery Community Centers	145	8	137	94%

4D Expands Services to Adolescents and Families

	Recovery Center	Adult	Very Similar to Young
02	Peer Support	Adult	Very Similar to Young

03	Family Support		New Endeavor
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Adolescent and Family Recovery Service Model Continued



Goals:

- **Social Support**
 - Help Youth Develop a Recovery Identity
 - Help youth form bonds with other youth in recovery
 - Create a space that promotes abstinence for bonding
 - Provide various skill-building activities
- **Family Support**
 - Help Families develop a recovery identity
 - Provide Parents with tools to manage teen substance use
 - Normalize
- **Collaborative Service Goals**
 - Help youth and families secure resources needed for success
 - Fill gaps in services
 - Establish relationships between service providers

Community Partnerships



Skyla Harrison, CRM-II



Initial Perspectives from our Mentors



Harlo Haynes, CRM



Marisa Barral, CRM

Parents and Families



Robert Sanders (CRM-II, CADC-I)



Outcomes (7/1/2023-8/31/2023)

61%

Reported
Improved Family
Relations

16 out of 26
participants

73%

Improved their
education
situation

19 out of 26
participants

Clients Served: 26

Engagements: 178

Hours of Service: 602

Abstinence is really hard to achieve for our clients, weed is a big issue.

1 Event Per Week

5 Recovery Meetings Per Week

Open Daily from 2PM-10PM

In August; We facilitated 15 Group Activities ranging from Arts and Crafts to Exploring Waterfalls.

Getting Active and Finding Interests.

Moving Forward



- Cultivating Youth and Family Leadership
- 4D Adolescent Treatment Services
- Working with ADPC for state plan and priorities
- Expanding access via OHA and Legislature
- Convening community leaders

Tony Vezina (*BSW, CRM-II, CADC-I*)
Executive Director - 4D Recovery