



Opening Doors

Achieving Access, Belonging &
Connection Across Oregon

Oregon's Comprehensive Plan to
Address Substance Use Disorder
2026-2030

Opening Doors: Achieving Access, Belonging, & Connection Across Oregon 2026–2030 Comprehensive Plan

Executive Summary (Plain Language)

Introduction

Oregon’s Alcohol and Drug Policy Commission (ADPC) is a state group that works to help more people in Oregon get help for alcohol and drug problems. The ADPC makes plans to help prevent drug and alcohol use, treat people who have problems, and support people recovering from addiction. The plan covers many areas, from stopping problems before they start, to helping people get better and stay healthy.

The 2026–2030 Plan, called “*Opening Doors*,” is about helping everyone in Oregon feel welcomed and supported. Many groups worked together on this plan, including people from the state, local communities, and people who have personal experience with addiction. The plan wants to make it easier for people to get help and make sure the programs can change quickly when needed.

Vision and Guiding Principles

The ADPC made this plan by focusing on helping each person and listening to what people in the community need. The plan is based on ideas that have worked before, and it includes clear steps that can be checked to see if they work.

With [access](#) as the overarching theme, the comprehensive plan is organized around three primary goals:

1. Lower the number of people with drug and alcohol problems: In 2022–2023, about 1 in 5 people in Oregon had a problem with drugs or alcohol. This is more than the national average. For young people ages 12–17, 1 in 10 had a problem. To help, Oregon wants to offer more ways to prevent problems, provide treatment, and help people recover.

2. Reduce substance use-related deaths: 1,833 people died from drug overdoses in Oregon in 2023. There were more than 3,000 alcohol-related deaths in Oregon in 2022. Increasing delivery of risk reduction and other services can reduce preventable deaths.

3. Close the gaps in care: Some groups in Oregon have much higher rates of overdose deaths than others. For example, American Indian and Alaska Native people, and Black or African American people, are affected the most. Some areas and groups do not have enough care or the right kind of care. The plan wants to make sure everyone has a fair chance to get help, no matter where they live or who they are.

Community-Driven Development

The 2026-2030 Plan was made with help from many different people and groups. This includes experts, community members, people with personal experience with substance use disorder, youth, families, and leaders from different backgrounds across Oregon. People in jails, service providers, and government officials also gave input. From 2024 to 2025, hundreds of Oregonians helped shape this plan.

The Commission and its committees include members from all over Oregon and many backgrounds. This helps make sure the plan meets the real needs of people across the state.

System Challenges and Opportunities for Impact

By talking with the community and working in groups, the ADPC found some big problems:

- Not everyone in Oregon can get the help they need to prevent or treat substance use disorder, or to support their recovery.
- Money for services is split up in ways that make it hard to use well for the people who need it.
- There isn't enough information to help leaders make good choices.
- There is stigma, which means some people feel ashamed or are treated differently because of substance use disorder. This stops people from getting help.
- Services for people with substance use disorder are not well connected, so it can be hard to move from one type of help to another.
- Youth services are sometimes more about punishment than support, and they do not always meet the needs of young people.

To fix these problems, the ADPC wants to:

- Make sure state rules allow for better use of money and teamwork between agencies.
- Give more support to local groups working on substance use disorder in their towns and cities.
- Help people get care that respects their language and culture by making rules and funding easier to understand and use.
- Keep a team of experts who can guide and support all the state agencies and programs that help with substance use disorder.

Strategic Focus Areas

The ADPC has five main groups: Prevention, Harm/Risk Reduction, Treatment, Recovery, and the Oregon Youth Addiction Alliance (OYAA). Each group has made a plan with clear steps and goals. Together, they help Oregon respond to substance use disorder in a strong and organized way.

1. Prevention

To help stop substance use disorder before it starts, the ADPC will:

- Create a Prevention Hub to train people, share ideas, and help schools and communities use programs that work.
- Give schools and colleges better tools and support to teach students about the risks of drugs and alcohol.
- Make sure prevention programs include people from different cultures and ages, and offer programs outside of schools too.

These actions will help keep kids and teens from using alcohol and drugs, and make sure every Oregon community can use prevention programs that fit their needs.

Why these actions matter:

- Fewer people will get substance use disorder if they learn about the risks early and have support.
- Most young people who use drugs or alcohol start between ages 12 and 18. The plan wants to help them before problems start.
- Some groups and areas do not have enough prevention programs. The ADPC wants to make sure everyone can join, no matter who they are or where they live.

2. Harm/Risk Reduction

The ADPC wants to make sure everyone in Oregon can get help that is fair and free from shame. Some of their main ideas include making it easier for communities to get naloxone (a medicine that can stop an overdose), giving people more ways to stay safe and healthy, and teaching everyone about these tools. The goal is to lower the number of overdoses and make sure these services are available everywhere in Oregon.

Why these strategies were chosen and how they impact our goals:

- Helping people stay safe and healthy lowers the number of people with substance use disorder. For example, making it easy to get naloxone and other medicines, checking drugs for dangerous things, and helping people find care can all reduce harm. These actions can also help people start their recovery when they are ready.
- Making naloxone easier to get will save lives. Opioid overdoses have gone up in Oregon, and naloxone can help stop them. The ADPC wants to make sure people in every community know where to get naloxone and how to use it.
- Close the gaps in care: Many parts of Oregon, especially rural areas, do not have enough programs to help people stay safe. The ADPC wants to bring more services to these places, like mobile programs and help from local health centers, so everyone can get the support they need.
- Drug harms disproportionately affect [communities of color in Oregon](#). By prioritizing streamlined naloxone purchasing at the state and local level, as well as sharing evidence-based distribution guidance, the ADPC hopes to demystify the naloxone acquisition process and increase the amount of naloxone in communities who are most at risk for overdose.

3. Treatment

The ADPC wants to make it easier for people all over Oregon to get treatment for substance use disorder. Some parts of the state have good programs, but there are still long waits and it can be hard to move between different services. The plan will help by updating rules, making it easier for providers to work together, and using data to see what works best. This will mean faster, fairer, and better care for everyone.

Why these strategies were chosen and how they impact our goals:

- Fewer people will have substance use disorder if they can get help quickly. Right now, about 1 in 5 Oregonians ages 12 and up have this problem. Getting care sooner can stop problems from getting worse, like losing a job, having health problems, or not having a safe place to live. The ADPC wants to make it easier to start treatment and move between services, so people get the right help at the right time.
- Treatment saves lives. In 2023, more than 1,800 [people died from overdose](#) in Oregon. That number is much higher than just a few years ago. Many who died lived in places with fewer resources or had more needs. The ADPC wants to offer life-saving medicine and make sure people can move easily between different types of care, so fewer lives are lost.
- Some people have a harder time getting treatment for substance use disorder because of where they live or other reasons. The ADPC wants to bring more treatment options to every part of Oregon, including rural areas and jails, and help make sure everyone can get the help they need, no matter their situation.

4. Recovery

Recovery takes time, and people do best when they have a safe place to live, a job that supports them, and friends or peers to help. The ADPC wants to open more recovery centers, create more safe homes for people in recovery, and help workplaces support workers with substance use disorder. These actions will help the whole community understand and support people in recovery.

Why these strategies were chosen and how they impact our goals:

- People who have lived through substance use disorder can help others recover. Peer support helps people start and stay in treatment. The ADPC wants to make sure that peer workers are trained well and can focus on helping others, so more people can get better.
- Safe housing helps people recover and saves lives. There are different kinds of recovery homes, like ones run by peers or with special rules. People living in these homes are less likely to start using drugs or alcohol again. The ADPC supports more recovery housing because it helps people stay healthy and reach their goals.

When people have a safe place to live with support from peers, they are more likely to stay healthy, find jobs, and avoid going back to substance use disorder. The ADPC

wants to make it easier to build and support these homes for adults, youth, and families across Oregon.

- Not everyone has the same access to support for recovery, especially young people, people in jail, or those from different backgrounds. The ADPC wants to open more peer-led centers and programs that fit the needs of every community, so everyone has a fair chance to recover.

5. Youth and Young Adults

The Oregon Youth Addiction Alliance (OYAA) listens to young people and lets them help make plans for prevention, treatment, and recovery. OYAA wants more help in schools, more places where young people can recover together, more help for families at home, and better ways to support youth in the justice system. These changes will help keep youth out of trouble, support families, and let youth lead the way.

Why these strategies were chosen and how they impact our goals:

- Most adults with substance use disorder started using between ages 12 and 18. Almost all youth with this problem are still in school. The plan wants to bring more help to schools and families, so young people can get support early and avoid bigger problems later. Helping families and youth together is important because family issues can affect young people.
- Many young people with mental health or substance use disorder end up in the justice system. The plan wants to give better treatment to youth in these places, like special medicines that can save lives. More support in these settings will help youth get better and stay safe.
- Some groups of young people have a harder time getting help because of where they live or who they are. The ADPC wants to create more youth recovery centers and programs that respect each community's culture and needs. These programs will help youth stay in school, avoid substance use disorder, and find the support they need.

Implementation and Accountability

The plan includes clear steps for each group and agency to follow during the next five years. The ADPC will check progress with data and regular reviews, including a big review in 2028. By working with the community and using real information, Oregon can make sure more people get the help they need for substance use disorder.

More detail, including opportunities to partner with the ADPC and regular updates on implementation, may be found on the [ADPC website](#).

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The ADPC Commissioners

Tony Vezina
Caroline Cruz
Eric Davis
Erica Fuller
Frankie Hupy
Kati Jokinen
Debra Jones
Monta Knudson
Dr. Moxie Loeffler
Julia Mines

Kelley Minty
Vanessa Nordyke
Zachary Myque Obiero
Fernando Peña
Jill Archer
Ebony Clarke
Clara Rigmaiden
Sen. Lisa Reynolds
Sen. Janeen Sollman
Rep. Tawna Sanchez

ADPC Committee Members

Culturally Responsive Leaders Group

Commissioner Tony Vezina
Commissioner Zachary Myque Obiero
Commissioner Fernando Peña
Debra Buffalo Boy Bigelow
Bo Brinson
Salvador Amezola

Oregon Youth Addiction Alliance

*Co-sponsored with Anna Williams and
Joyleen Carter of the System of Care Advisory
Council*

Co-Chairs Kaleb Gambia & Kamryn Berk
Vice Chair Commissioner Erica Fuller
Araceli Granados
Ashlie Kangas
Giovanny Emmanuel Dillanes
Kayla Culp
Maddie Dunn
Commissioner Kati Jokinen
Commissioner Tony Vezina
Commissioner Vanessa Nordyke
Martin Lockett
Annette Majekodunmi
Miranda Steward

ADPC Committee Members

Harm/Risk Reduction Committee

Chair Commissioner Eric Davis

Dharma Mirza
Blue Valentine
Mariah Wright
Genine Tuifua
Eric Swakhammer
Stacie Andoniadis
Juliana DePietro
Haven Wheelock
Naomi Hunsaker
Jenna Nevills
Adam Caba
Scott Jones
Claudia Wilcox
Amy Zamudio

Treatment Committee

*Co-chairs Dr. Bradley Bucheit &
Commissioner Kati Jokinen*
Commissioner Jill Archer
Commissioner Moxie Loeffler
Commissioner Zachary Myque Obiero
Commissioner Fernando Peña
Commissioner Clara Rigmaiden
Joe Bazeghi
Heather Jefferis
Kristi McKinney
Alison Noice
Elizabeth Waddell
Lisa Weigum
Mike Winer
Katrín Yount
Art Zamudio

Prevention Committee

Chair Commissioner Debby Jones
Commissioner Caroline Cruz
Commissioner Frankie Hupy
Commissioner Tony Vezina
Pam Pearce
Dwight Holton
Luis Pimentel
Jessica Neuwirth
Lyndi Petty
Beth Stormshak
Darin Dale
Shauna Tominey
Alexis Drakatos
Aimee Zimmerman
Zebuli Payne
Ami Muilenburg

Recovery Committee

*Chairs Commissioner Monta
Knudson/Commissioner Tony Vezina*
Jerrod Murray
Eric Martin
Sharon Dursi Martin
John Karp Evans
Frank Mondeaux
Stephanie Cameron
Amanda Esquivel
Steve Sanden
Stephanie Mendenhall
Julie Hartford
Todd Nicholson
Shawn Hudson
Stephanie Castaneda
Cody Roberts

ADPC Staff

Annaliese Dolph
Will Burchard
Stephanie Condon
Carolyn Wiens

Mitch Doig
Wes Rivers
Mara Sargent
Corina Vasquez

Consultants and Community-based Partners**Third Horizon**

Tym Rourke
Elveena Fareedi
Lindsay Reeves
Greg Williams
Moses Gur
Alex Hryhorczuk

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