

# 4D Recovery

Evaluation Report | 2020



Prepared for  
**4D Recovery**  
3807 NE Martin Luther King Jr Blvd  
Portland, OR 97212

Prepared by  
**Comagine Health**  
650 NE Holladay Street | Suite 1700  
Portland, OR 97232

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4D Recovery is a Recovery Community Organization (RCO) in the greater Portland, Oregon, area whose mission is providing a variety of substance use recovery support services to young people ages 18 to 35.

4D Recovery partners with systems, communities, and individuals to deliver age-specific recovery services that are sensitive to race, ethnicity, culture, and gender identity.

4D Recovery supports all pathways to recovery and offers a variety of services to support consumer needs, including peer mentoring, recovery meetings and events, community center spaces, leadership development, and housing supports.

## 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**





## PRIMARY SERVICES

COVID-19's impact on substance use disorders is yet to be understood, but preliminary reports paint a devastating picture. The social isolation and economic distress have been linked to **increased substance use, overdose, and relapse** among those in recovery.

IN 2020, DESPITE THE PANDEMIC, 4D RECOVERY

**expanded** from **1** recovery center **program** to **3**  
**served 285 clients** and met with them **2,295 times**  
and **increased peer-delivered services**

4D Recovery hosts various meetings, including 12-Step, LGBTQ, Men's, Open Recovery, SMART, and Medication Assisted Recovery. Meeting attendance ranges from 5 to 100 participants. Before COVID-19 stay-at-home orders went into effect in March 2020, 4D Recovery hosted over 200 meetings with more than 10,000 participants in January and February.

4D Recovery's pandemic response included digital recovery meetings; street outreach; and education and advocacy efforts. Meeting and participation numbers have not yet rebounded but 4D Recovery continues to be culturally and situationally responsive to serve clients and benefit the community during the ever changing pandemic and substance use disorder landscape.

4D Recovery has contributed to the expansion of peer-delivered services through the development of the following best practices manuals created in partnership with the Metro Association of Addiction Peer Professionals:

**SUD Transition Age Youth Peer Delivered Services manual**, which details a series of competencies programs providing peer services to young adults.

**SUD Recovery smartphone app**, which outlines an e-recovery technology demonstration project conducted through 4D Recovery.

**Reopening Community Recovery Center**, which was developed during COVID-19 to ensure safe recovery support operations during the pandemic.

## FINDINGS

Participants described **8 factors** that facilitated engagement and satisfaction with 4D Recovery services

- ★ Opportunities to engage in **fun, healthy recovery activities**
- ★ A **welcoming, nonjudgmental** space
- ★ A focus on providing recovery services **targeted to youth and young adults**
- ★ Opportunities to start a career at 4D Recovery and build **paths to employment opportunities**
- ★ Staff who promote **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 community advocacy efforts

“

My feedback to any agency that is considering partnering with [4D Recovery]: they have nothing to lose. It will only make your program better.

STAKEHOLDER AGENCY STAFF

“

The 4D means hope for young people in recovery to find a way to recover together and to learn how to be young in recovery while having a social life.

4D RECOVERY CONSUMER

“

[My peer mentor] helped me get my life back in order by first teaching me how to set realistic goals, getting me into sober housing, and then provided transportation to enroll into school. . . . I think having a mentor keeping me accountable and pushing me to achieve my goals was the best tool I've had in my recovery.

4D RECOVERY PEER CLIENT

RESPECT

# IMPACTS

## Participants described 3 ways 4D Recovery is unique compared to other organizations

More flexible, less punitive approach to supporting consumers and clients

Ability to leverage time and resources across staff and organizations

Focus on empowerment and diversity

## Other agencies described 3 ways 4D Recovery impacts other treatment and recovery agencies

Opportunities for consumers and clients to build community-based supports

Facilitation of a network of organizations to provide unique supports for consumers and clients

Promotion of cross-organizational learning opportunities

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

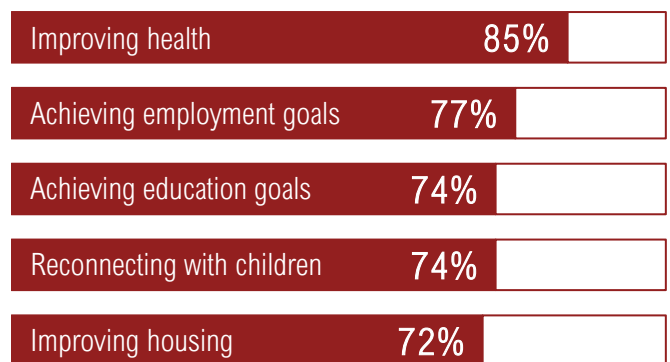


**recovery capital** is the combined total of resources and skills needed to support long-term sustained recovery— especially during occurrences of heightened stress

### RECOVERY OUTCOMES



### RECOVERY CAPITAL



Participants who responded “Not Applicable” were not included in the percentage for that goal

127-216

# BACKGROUND

4D Recovery, formerly 4<sup>th</sup> Dimension Recovery or 4<sup>th</sup> Dimension Recovery Center, is a Recovery Community Organization (RCO) with locations in Portland, Oregon (Multnomah County) and Hillsboro, Oregon (Washington County). 4D Recovery's mission is to provide substance use recovery support services to young people between the ages of 18 to 35. 4D Recovery partners with systems, communities, and individuals to deliver age-specific recovery services that are sensitive to race, ethnicity, culture, and gender identity. 4D Recovery supports all pathways to recovery and offers a variety of services to support consumer needs, including peer mentoring, recovery meetings and events, civic engagement opportunities, community center spaces, and housing supports.

RCOs, like 4D Recovery, are growing rapidly and are the second most common community recovery supports available after residential recovery homes (e.g., Oxford Housing).<sup>1,2</sup> RCOs aim to provide individualized personal, social, environmental, and cultural resources and services to build “recovery capital”. Recovery capital is the total of resources and skills combined needed to support long-term sustained recovery, especially during occurrences of heightened stress.

4D is a “recovery-led” organization, meaning that it is governed and operated by people in recovery from substance use. The foundation of 4D’s service model is lived experience: one person in recovery helping another one recover. To build recovery capital, RCOs focus on using this lived experience to improve quality of life and empowerment clients in real life settings.<sup>3</sup> This differs from the focus of substance use disorder (SUD) treatment agencies, which concentrate on diagnoses and acute care of use disorders in clinical settings. **RCOs are able to extend services and retain clients outside the scope of discrete SUD treatment episodes.**

Recovery Organizations, like 4D, are the next evolution in treating substance use disorders. They combine lived-experience, community-based support, and evidence-based peer mentoring services. Add in that they complement traditional treatment services and what you got is a comprehensive approach to helping people recovery from substance use disorders.

**Tony Vezina**  
4D Recovery Executive Director

Studies have shown that every dollar invested in the treatment of substance use disorders can save up to \$12 in associated costs and every dollar invested in recovery services can save up to \$2.92 in avoided costs.<sup>4</sup> In 2021, 4D will spend around 2.6 million which could save Oregon well over 6 million in associated costs. Given the goals and purposes of these organization types, SUD treatment agencies and RCOs are in a unique position to work collaboratively as part of Recovery-Oriented Systems of Care (ROSC) to provide complementary and continuous services based on consumer needs.

*A **Recovery-Oriented System of Care** is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol*

4D Recovery is committed to a ROSC approach and as such partners with community-based service organizations to expand recovery services available within the community and serves as a hub to connect individuals to needed services, including between public and private insurance sectors. 4D Recovery celebrates diversity and is dedicated to social justice efforts within the community. 4D partners with organizations providing culturally specific services and shares space and resources with growing organizations. 4D Recovery also provides services using a person-centered and community-centered approach. Specifically, 4D Recovery staff are focused on helping consumers and clients\* build recovery capital by:

- Building self-esteem and efficacy by supporting goal development and completion
- Gaining understanding of their personal pathway to recovery
- Navigating different sectors, including behavioral treatments, healthcare, Department of Human Services, criminal justice, and housing
- Participating in advocacy efforts to inform treatment and recovery focused policy
- Engaging in community service and giving opportunities
- Achieving success in various social determinants of health, including housing, employment, and education
- Achieving remission from substance use (abstinence)

4D Recovery targets service delivery to transition age youth and young adults and focuses on best practices to providing services to this population. Research has demonstrated that building a strong recovery community with this population requires a greater focus on affiliation, social influences, and sense of community. 4D Recovery's age-specific services are guided by The Regional Facilitation Center's "Substance Use Disorder Transition Age Youth Peer Delivered Services Best Practice Curriculum", which outlines ways to empower individuals through "shared responsibilities, leadership development, and respect for diverse pathways".<sup>5</sup>

## COVID-19 Impacts

Data from this report were collected from May 2020 to December 2020. On March 13, 2020, daily life at 4D Recovery shifted to virtual interactions as the community centers closed to align with social distancing measures to reduce virus transmissibility. All 4D Recovery meetings and events transitioned to digital platforms. In June 2020, 4D Recovery reopened for limited in person services in accordance with the Governor's executive orders. Data collected during this time reflects the impacts of this context.

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\*At 4D Recovery, clients refer to individuals receiving peer mentoring services and consumers refers to individuals participating in other 4D Recovery services (e.g., attending meetings and events, hanging out at community center) but not receiving peer mentoring services. The language used in this report reflects that distinction.



# EVALUATION DESIGN

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To evaluate 4D Recovery services, Comagine Health conducted a mixed-methods evaluation that included frequent consultations with 4D Recovery staff. Comagine Health conducted an implementation and outcome evaluation tailored to the unique goals, activities, and outcomes of the 4D Recovery and guided by the questions displayed in Exhibit 1. To address each of the evaluation questions Comagine Health gathered program data and information from 4D Recovery clients, consumers, and key staff and from stakeholder agency staff from May 2020 to December 2020. All data collection was completed online or via phone in adherence with public health guidelines to limit the spread of COVID-19.

## Data Sources and Evaluation Questions

**Client/consumer, staff, and stakeholder agency staff interviews.** Comagine Health conducted phone interviews with two 4D Recovery clients/consumers, two 4D Recovery staff (including 4D Recovery's executive director), and two staff from stakeholder agencies. Interviews were conducted over the phone and lasted about 30 minutes. 4D Recovery clients/consumers and staff, excluding the executive director, received a \$20 gift card for participating in the phone interviews.

**Consumer quickfire survey.** Consumers that attend meetings and events at 4D Recovery were invited to complete a brief 3-minute online survey about their experiences at 4D Recovery. Eighteen consumers completed the brief survey.

**Photovoice activity.** Consumers, clients, and staff invited to participate in the photovoice activity were instructed to take a picture and provide a caption that represents how 4D Recovery has made them feel welcomed. Twelve people submitted pictures and captions.

**Client satisfaction survey.** 4D Recovery clients receiving peer-delivered services were invited to participate in an online survey to assess client satisfaction. The survey items were adapted from the Brief Assessment of Recovery Capital (BARC –10) Scale. Ninety-two clients total completed the survey: 55 who received services in 2019 and 27 who received services in 2020. 4D Recovery staff plan to administer the Client Satisfaction Survey every 3 months to continue to assess peer mentor services.

**Drop-in center survey.** Consumers and clients that engage in drop-in center activities were invited to participate in an online survey about services and resources received at 4D Recovery or because of connection with 4D Recovery. Two-hundred and forty people participated in the survey.

**Program data.** Program data were collected to examine reach of 4D Recovery services related to peer support services, recovery support meetings, and community drop-in center usage. Client-reported outcomes in housing, education, employment, and recovery goals were also collected.

## Exhibit 1: Evaluation Questions

Evaluation Question	Data Sources
1. What are the primary services offered by 4D Recovery?	<ul style="list-style-type: none"> <li>▶ Staff interviews</li> <li>▶ Program data</li> </ul>
2. What aspects of 4D Recovery facilitate client/consumer, staff, and stakeholder agency engagement and satisfaction?	<ul style="list-style-type: none"> <li>▶ Client/consumer, staff, stakeholder agency interviews</li> <li>▶ Consumer quickfire interviews</li> <li>▶ Photovoice activity</li> <li>▶ Client satisfaction survey</li> </ul>
3. What challenges have 4D Recovery clients/consumers, staff, and stakeholder agencies encountered and what are their suggestions for improvements?	<ul style="list-style-type: none"> <li>▶ Client, staff, stakeholder agency interviews</li> <li>▶ Drop-in center survey</li> </ul>
4. In what ways are 4D Recovery services different than services received by other organizations?	<ul style="list-style-type: none"> <li>▶ Client/consumer, staff, stakeholder agency interviews</li> <li>▶ Program data</li> </ul>
5. To what extent has 4D Recovery demonstrated successful client outcomes?	<ul style="list-style-type: none"> <li>▶ Program data</li> <li>▶ Drop-in center survey</li> </ul>
6. In what ways do 4D Recovery services impact other treatment and recovery agencies in the community?	<ul style="list-style-type: none"> <li>▶ Stakeholder agency interviews</li> <li>▶ Program data</li> </ul>

## Human Protections Administration Committee Review

Comagine Health's Research and Evaluation Team requires that all projects undergo either an external institutional review board (IRB) or internal human protections administration (HPA) committee review. The evaluation of 4D Recovery did not necessitate an external IRB review because it did not meet criteria for a research study. Therefore, Comagine Health's HPA Committee conducted a review of the evaluation and determined that the data collection procedures and instruments established the appropriate protections for human subjects.

# FINDINGS

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The implementation evaluation addressed Evaluation Questions 1 through 4. Participants were asked questions about services provided and received, facilitators to engagement and satisfaction, challenges experienced, and ways in which 4D Recovery is different than other similar treatment and recovery organizations. The outcome evaluation addressed Evaluation Questions 5 and 6 and focused on individual client outcomes and ways in which 4D impacts the community.

Qualitative data from interviews and open-ended responses were analyzed using an inductive approach to identify emerging themes and then summarized to provide a point-in-time picture of program implementation. Survey and program data were analyzed descriptively.

## Consumer and client background

Demographic data were collected for this report via consumer survey (N=240) and client intake (N=285). Participants most often reported being aged between 26 to 35 (45%), female (53%), Participants reported living in Multnomah County (46%) and Washington County (27%), living with other individuals (47%), and working full-time (72%). Most participants have been convicted of a misdemeanor (45%) or felony (44%). Participants reported methamphetamine (39%), heroin (27%), and alcohol (21%) as their substance of choice when using, and almost half of participants (48%) reported experiencing an overdose in their life. Most participants have insurance through the Oregon Health Plan (75%) and 41% had at least one child. See [Appendix 1](#) for more detailed demographic and background information.

Our model is great, we have evidence-based practices, that is all great, but at the end of the day, what makes 4D remarkable is not me, it is the people that go to 4D.

**Tony Vezina**  
4D Recovery Executive Director

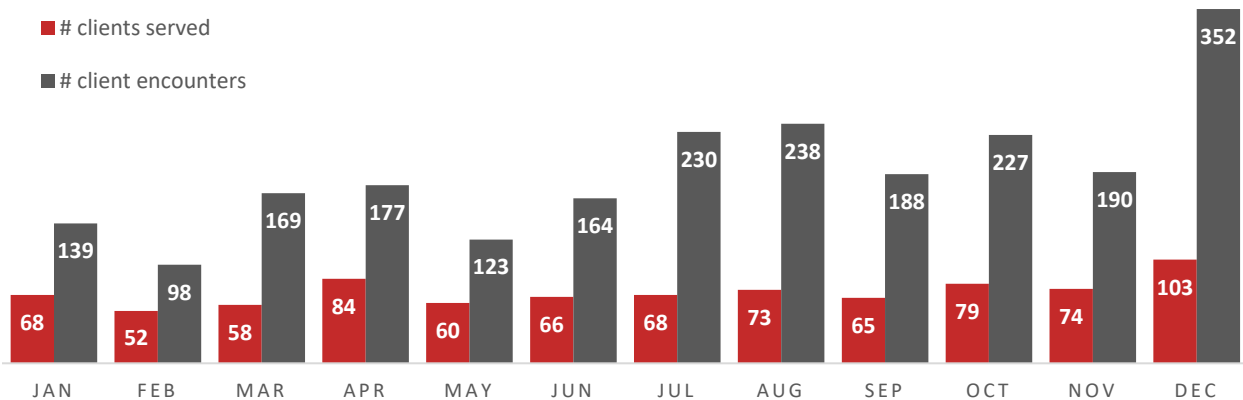
## How do people hear about 4D Recovery?

4D Recovery engages and recruits service participants, consumers and clients, through partnerships with various agencies and outreach into community-based events, such as recovery meetings and street-level engagements. Participants reported several ways in which they first heard about 4D Recovery, such as friends/family (54%), recovery groups and mutual-aid meetings (46%) and treatment agencies (34%).

## Primary Services

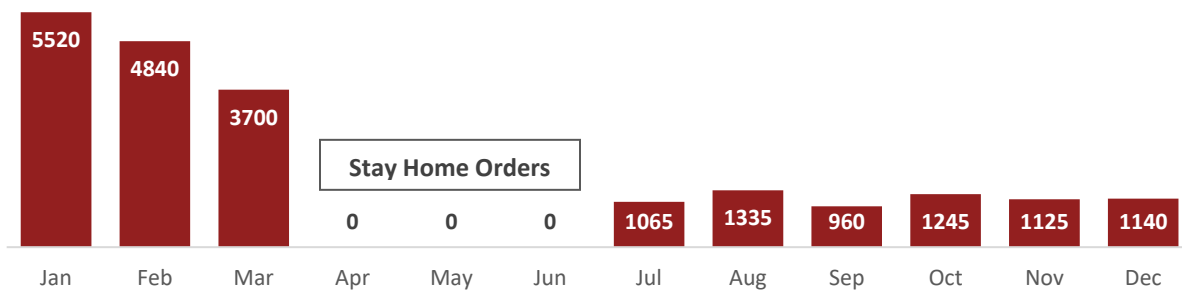
During 2020, 4D Recovery expanded peer recovery support services from one recovery center program to three and added a special project working with patients at Providence Health. 4D Recovery staff served 285 clients and met with clients 2,295 times in 2020. See Exhibit 2 for an overview of client engagement by month.

## Exhibit 2: 2020 4D Recovery Client Engagement by Month



4D Recovery hosts a variety of meetings, including 12-Step, LGBTQ, Men's, Open Recovery, SMART, Medication Assisted Recovery meetings. Meetings attendance ranges from 5 to 100 participants. In January 2020, 4D hosted a total of 138 meetings with an estimated 5,520 participations. Due to the governor's COVID-19 stay at home order, 4D Recovery closed its operations from March 13<sup>th</sup> to July 1<sup>st</sup>, 2020. 4D Recovery has not reached normal meeting volumes since the stay at home order went into effect, but since reopening has averaged 76 meetings a month with 1,145 participations. See Exhibit 3 for an overview of meeting participation by month.

## Exhibit 3: 2020 Meeting Participation by Month



In response to the stay-at-home orders, 4D shifted to tele-recovery support and direct street outreach to people experiencing homelessness. 4D Recovery's pandemic response include:

- **Digital Recovery Meetings.** Thousands of people participated in 4D Recovery's daily open recovery meetings during the first few months of the stay-at-home orders.
- **Street Outreach.** As behavioral health services digitized and access shifted, 4D collected updated information on a variety of mental health and substance use disorder services and distributed that information to people experiencing homelessness.

- **Organizing, Education, and Advocacy.** 4D Recovery worked with other recovery community organizations to influence Measure 110, a historic decriminalization measure, and the HereTogether Bond, a bill designed to eliminate homelessness in the Portland-metro area. 4D Recovery also worked to engage the legislature in several recovery bills, including Oregon Recovers Addiction Crisis Recovery Act. In addition, 4D Recovery, Miracles Club, Northwest Instituto Latino Addicciones (NWIL), WomenFirst Transition & Referral Center, and Painted Horse Recovery developed a recovery organization coalition in 2020 aimed to increase recovery support through organized an coordinated efforts.

### **Contributions to the Peer Field: Best Practice Development**

4D Recovery has contributed to the peer-service sector through the development of best practices manuals. 4D Recovery has partnered with the Metro Association of Addiction Peer Professionals to develop the following resources:

- SUD Transition Age Youth Peer Delivered Services manual, which details a series of competencies programs providing peer services to young adults
- Smartphone SUD Recovery App, which outlines a e-recovery technology demonstration project conducted through 4D.
- Reopening Community Recovery Center, which was developed during COVID-19 to ensure safe recovery support operations during the pandemic.

These, along with several other peer best-practice manuals, can be downloaded for free at [www.maapp.org](http://www.maapp.org).

### **Community Recognitions**

Tony Vezina, 4D Recovery's executive director and co-founder, serves on several councils, commissions, and non-profit boards and provides a variety of training and consultation to individuals, communities, and organizations. His contributions to Oregon have led to him receiving the Willamette Week Skidmore Prize, the Portland Business Journals Forty Under 40 as a Top Executive, and a Portland Trail Blazer Hometown Hero acknowledgement. Tony contributes his success to his mentors and his community, and he considers everyone at 4D a leader.

### **Facilitators to engagement and satisfaction with 4D Recovery services**

4D Recovery clients, consumers and staff, and stakeholder agency staff described 8 factors fostered by 4D Recovery that facilitated engagement and satisfaction with services:

- 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

**4D Recovery provides opportunities to engage in fun, healthy recovery activities,** including opportunities to make connections with other consumers and clients through recovery meetings and other events. Participants described 4D Recovery providing opportunities to increase recovery capital through building a sense of community and strong social networks through connections with others in recovery. Participants noted the informal spaces to build **“fellowship hanging out with people and having a blast getting to know people.”** Some participants noted that 4D Recovery helped them realize **“you can still have fun in recovery.”**

Stakeholder agency staff also commented on the social benefits of sending their clients to 4D Recovery meetings and events. As one stakeholder agency staff noted **“[4D Recovery has] a pool table and space for people to hang out for a bit and kind of do more than just attend a meeting but also do some socializing. That fits in really well and we like to encourage our clients to stick around after the meetings for up to 30 minutes and be a part of the recovery community.”**

**4D is a welcoming, non-judgmental space,** including people from diverse racial backgrounds, gender identities, and sexual orientations. Many participants referred to 4D Recovery as a “safe space” with “no judgement”. Several participants mentioned appreciating the welcoming atmosphere and open meetings for people at different stages of their recovery journeys. Some participants noted the 4D Recovery was welcoming of people from all backgrounds regardless of race, gender, and sexual identity and others reported appreciating the diversity of the 4D Recovery staff. In an interview with a 4D client, they reported: **“I really like the way that you can just be yourself there without any judgement. If you want help, you can just ask for it and they will not think of you any less no matter what you are going through. There are just there to help you.”**

I enjoy the open, fluid recovery atmosphere. The sex positivity, and openness and support to the LGBTQ community as well.

**4D Recovery Consumer**

When I was in early recovery and bored a lot and when you are bored and in recovery, you automatically want to go back and do other stuff that you are not supposed to but... [4D Recovery] just really helps me realize you can still have fun in recovery.... just seeing everyone that is there that has been there a while, just seeing how their lives have grown and how much they have grown as people motivates me to want to keep coming around.

**4D Recovery Consumer**



"I've always had a good experience at the 4D center. The mentors are great and welcoming, it doesn't matter what race or background you come from or what gender you identify as they don't care about any of that they see us as human beings who need help."

– Photovoice participant



"4D showed me how to accept myself by accepting me when I first came into the rooms. No judgment, no shame, no guilt just pure love and acceptance. They made me feel at home and that I was ok to have hope again."

– Photovoice participant



"I took this picture because rapping is one of my biggest passions. I've been doing it for years and 4D has a great sound system This picture makes me feel like I did when I was writing music. Comfortable knowing I have a safe way to express my emotions. 4D has always provided me with a safe place that I can be myself without any judgement."

– Photovoice participant

## 4D Recovery focuses on providing recovery services targeted to youth and young adults

Many participants reported that the focus on services for transition age youth and young adults was important to them. Specifically, participants noted that the younger focus helped them identify appropriate social activities and networks for their age, made them want to spend time at 4D Recovery because they enjoyed the lively atmosphere and artwork, and created opportunities to relate to and be motivated by other young people in recovery. Some participants also mentioned appreciating that the 4D Recovery staff was young, which was helpful for building connections.

The 4D means hope for young people in recovery to find a way to recover together; and to learn how to be young in recovery while having a social life.

**4D Recovery Consumer**

Stakeholder agency staff also commented on the value of 4D Recovery focus on providing recovery services for youth and young adults. They noted that building the network of people in recovery was especially helpful for their younger clients. One stakeholder staff shared “[4D Recovery] introduces them to a whole network of people in recovery and that is really helpful for us to have, especially for folks on the younger end of the age spectrum. We have certainly seen an uptick in that with the opioid epidemic, our treatment population becoming younger.”

#### 4D Recovery provides opportunities to start careers at 4D Recovery and build paths to other employment opportunities

Many participants commented that they or other people they know started as consumers or clients at 4D Recovery and now work there. Participants reported appreciating this pathway to employment because “**people get a second chance at life working at the 4D.**” Those interested in this path noted that it was an opportunity for them to help others and they wanted “**to be a part of other people’s journeys.**” Some participants noted that working at 4D Recovery provides a good entry point for getting into work in the field of recovery and opportunity to become a Certified Recovery Mentor.

If I stay connected with 4D I can be part of something bigger than myself first helping myself and then coming back and helping others who may be struggling like I was.

4D Recovery Staff

Stakeholder agency staff also noted that many of their former clients are now peer mentors volunteering or working at 4D Recovery. They noted their appreciation for these opportunities for their “**clients to become more immersed in the recovery community, especially if they can turn it into a job or career.**”

#### 4D Recovery staff provide client-tailored supports to foster goal attainment,

including helping clients navigate other complex systems (e.g., housing, employment, criminal justice, DMV). Several participants mentioned receiving supports from 4D Recovery staff that were specific to their needs and goals. These supports included attending court dates; helping with completing paperwork to get an ID, searching for jobs, applying for housing, and enrolling in school; providing transportation, and teaching how to set realistic goals.

[My peer mentor] helped me get my life back in order by first teaching me how to set realistic goals, getting me into sober housing, and then provided transportation to enroll into school... I think having a mentor keeping me accountable and pushing me to achieve my goals was the best tool I’ve had in my recovery.

4D Recovery Peer Client

**4D Recovery staff stay connected with clients and are available to talk when needed**



Many participants reported that 4D Recovery staff **“was always available for me when I needed someone”**. Some participants reported that a 4D Recovery staff member was one of the few or only person they could call to help them navigate their recovery. Participants also noted 4D Recovery staff would frequently reach out to talk, provide encouragement, and check in on what the client needed.

When I’m struggling and can’t relate to any of the people close to me or can’t figure out how to navigate this completely different lifestyle, [peer mentor]’s literally the only person I can call who gets it.

**4D Recovery Peer Client**

#### **4D Recovery staff have lived experience and are positive role models.**

Participants reported the importance of 4D Recovery staff having lived experience. Participants shared that 4D Recovery staff with lived experience provided positive examples and motivated clients and consumers in their own recovery. One participant said **“[4D Recovery staff] was someone I could connect with and related to on a real level because I know he had been where I was and made it through to the other side.”**

They have been in the same struggles as you, rather than an older professional counselor who you feel like doesn’t understand you at all.

**4D Recovery Consumer**

#### **4D Recovery provides opportunities to be innovative within the organization and participate in advocacy efforts within the community.**

Some participants report that 4D Recovery provided clients and staff opportunities within the organization to be creative and innovative, such as creating murals on the recovery center walls or starting a new meeting on a unique topic. Some participants also noted that 4D provides opportunities to be innovative and involved in projects and advocacy efforts within the community, such as community service projects, talking with city and state legislatures about recovery funding and local laws, and participating in Oregon Recovers Summit. Stakeholder agency staff also noted appreciating this role that 4D Recovery has in the community and felt that it benefitted their clients to be involved in these efforts.

4D has really done a nice job of being on the forefront of public ballot initiatives and advocating for more treatment services. It has been a natural way for our clients to be involved and kind of do their own advocacy and advocacy for the recovery community.

**Stakeholder Agency Staff**

### **Differences between 4D Recovery and other organizations**

4D Recovery clients, consumers, and staff and stakeholder agency staff described 3 factors that make 4D Recovery unique compared to other organizations:

- More flexible, less punitive approach to supporting consumers and clients
- Ability to leverage time and resources across staff and other organizations
- Focus on empowerment and diversity

## 4D Recovery has a more flexible, less punitive approach to supporting clients.

Several participants reported that 4D Recovery's approach of encouragement and support rather than punishment was helpful for their recovery. Participants noted that there are no minimum abstinence time requirements to participate in any activities. One participant shared, **"There isn't a criteria about how long they have been sober so they can participate in stuff. As long as people want to be clean and sober, they can come and have a safe place to be. I think that is really important to have places like that in every town and every city because drug addiction is everywhere."** Others mentioned that there are not limits to the amount of time they can receive services or attend meetings or events at 4D Recovery, which is helpful for maintaining long-term recovery.

[4D Recovery] is a lot less judgmental. They don't have a reprimand system there, so you don't feel pressure to have to be a certain way. Like a lot of other places, if you mess up, they will drug test you and kick you out and stuff like that. And 4D is not like that. They know that we struggle and it is hard and they work with you and they don't pressure you to be a certain way. They just encourage you.

4D Recovery Consumer

## 4D Recovery can leverage time and resources across staff and other organizations.

Some participants noted how 4D Recovery staff work together to ensure consumer and client needs are met. These participants shared that 4D Recovery staff collaborate to facilitate connections for clients and provide any available supports. 4D Recovery staff and stakeholder agency staff also noted that 4D Recovery's willingness and ability to collaborate across systems and organizations allows 4D Recovery to provide better, more efficient services by offering **"streamlined experiences in systems so that [consumers and clients] have the best chance of recovering"** and provides opportunities for organizations to learn from 4D Recovery's approach and vice versa to deliver effective services. One stakeholder agency staff noted, **"The collaboration with 4D creates opportunities on so many levels. We are doing similar work but different work, so the collaboration gives us an opportunity to kind of glean ideas or new or best practices off of one another."**

[[4D Recovery staff] definitely have more time... Here they all band together and they have other clients, you know, get connections with and that helps and motivates.

4D Recovery Consumer

Where there is a kinship, a partnership around a common goal, there is going to be that crossover. There is going to be that very small element of competition. It is just not the case with 4th Dimension because, like I said, there is just nothing else out there like it. And the things that they do are the things that we don't and to be able to add the things that they do to what we provide, it just makes our program better, so it has been a pretty beautiful partnership.

Stakeholder Agency Staff

## 4D Recovery focuses on empowerment and diversity.

Some participants noted that 4D Recovery's focus on empowerment and diversity of staff, consumers, clients, and partner organizations set it apart from other organizations. This aligns with the goals set by 4D Recovery's director who shared, **"I would say that what makes 4D different is our focus on young people, of course, but that we really have this philosophy and culture of empowerment and believing in people and recruiting people to participate in our organization to have real diversity."**

## Impacts on other treatment and recovery organizations

Stakeholder agency staff described 3 ways in which 4D Recovery impacts other treatment and recovery agencies:

- Opportunities for consumers and clients to build community-based supports
- Facilitation of a network of organizations to provide unique supports for consumers and clients
- Promotion of cross-organization learning opportunities

My feedback to any agency that is considering partnering with [4D Recovery], they have nothing to lose. It will only make your program better.

**Stakeholder Agency Staff**

## 4D Recovery provides opportunities for consumers and clients to build community-based recovery supports.

Stakeholder agency staff shared that a benefit of having 4D Recovery in the community was it provided a space for their organization's clients to go to build recovery supports outside their organization. Specially, stakeholder agency staff noted the peer mentorship program, support group meetings, club house, and community service and advocacy efforts as important connections for their clients. One stakeholder agency staff said, **"[4D Recovery] has been a huge boost for us because it kind of provides a natural conduit for our clients to connect with peers in the community that have strong and stable recovery."** Stakeholder agency staff noted that building this community is especially helpful for clients receiving inpatient treatment services, so they can have a supportive network built up by the time they graduate treatment.

## 4D Recovery facilitates a network of organizations to provide unique supports for consumers and clients.

Stakeholder agency staff described 4D Recovery as **"a very unique thing"** and noted that 4D Recovery has become a part of a network of agencies that are focused on providing adequate treatment and recovery services for consumers and clients. Specially, stakeholder agency staff noted that they appreciate that

[4D Recovery] just makes us a more well-rounded program where clients come in and they are receiving clinical services but also addressing the real life stuff, and they are building a community, a recovery community by going to the recovery meetings at 4D, hanging out in the club house, spending time with the peer mentors, doing all those things. It takes what we do and it enhances it.

**Stakeholder Agency Staff**

4D Recovery staff can focus on external barriers to long-term recovery (e.g., housing, employment, building community), which cannot often be addressed in traditional treatment environments. As one stakeholder agency staff said, **“There are only so many hours in the day and insurance companies want to see us spend the overwhelming majority of those hours providing clinical services.”**

#### **4D Recovery promotes cross-organizational learning and growth.**

Stakeholder agency staff noted that their collaboration with 4D has been beneficial for both groups as they draw from each other's experiences. Specially, stakeholder agency staff reported learning from 4D Recovery's policy and advocacy efforts and experience with hosting sober events, and stakeholder agency staff's organizations have been able to share their familiarity with fundraising and working within the medical model of care. These opportunities to share resources has led to opportunities to cosponsor fundraising activities and promote cross-organizational growth.

I think that is how the partnerships is really maintained, by staff members getting to know each other and just understanding what each other does and being at the table together and getting to know one another. I think that is an important piece for the longevity, the continuity of a relationship.

**Stakeholder Agency Staff**

#### **Challenges and suggestions for improvements**

4D Recovery clients, consumers, and staff and stakeholder agency staff described 5 factors that created challenges participating in events or meetings or receiving services at 4D Recovery:

- COVID-19 impacts
- Limited space
- Distracting consumer, client, and staff behavior
- Experiences of feeling unwelcome
- Limited resources across service sectors

**COVID-19 impacts.** Several participants reported experiencing challenges related to the regulations put in place to limit COVID-19 transmission. Participants mentioned experiencing challenges due to no or limited in-person interactions; cancellations of meetings, events, and speakers; and other consumers, clients, and staff not adhering to mask mandate requirements when at the recovery center.

**Limited space.** Participants mentioned that the limited space at the 4D Recovery centers was a challenge. Participants noted that the space was small and had only one meeting room, which created scheduling and privacy challenges.

**Distracting consumer, client, and staff behavior.** Some participants reported that the behavior of other consumers, clients, and staff could be distracting at times. Participants mentioned that sometimes the noise in the lobby is so loud that it **“carried over very easily into the meeting room”** and another participant noted **“[4D is a place where there's loud music, loud cars, people not respecting meetings, and a staff member being rude.”**

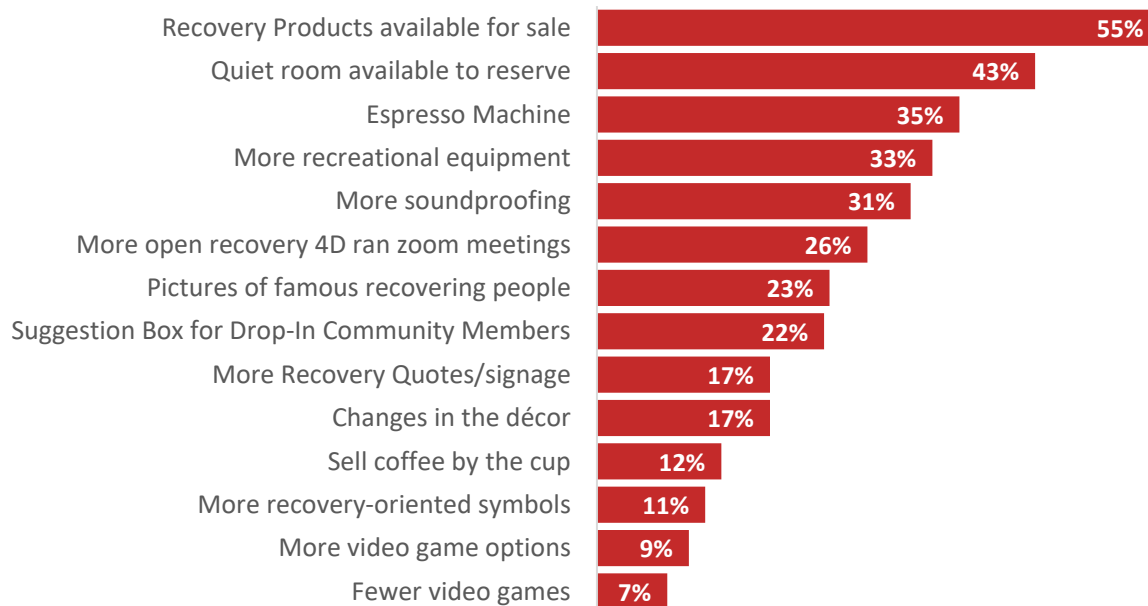
**Experiences of feeling unwelcome**, which participants attributed to their gender identify, race, age, and time in recovery. Some participants reported not feeling welcomed at 4D Recovery meetings or events. Specifically, participants noted the environment was unwelcoming to women of color, individuals that identify as transgender, individuals older than 35 years old, and individuals with longer recovery time. A few participants referred to 4D Recovery as a **“Boys club”**.

**Limited resources across service sectors**, which creates competition instead of collaboration across sectors. 4D Recovery staff and stakeholder agency staff identified limited resources as a core challenge of 4D Recovery’s work. Participants noted that limited resources impact collaboration because everyone is too busy to reach out across sectors. As one stakeholder agency staff noted, **“We all just have our hands in so many things that we are just trying to function day-to-day. I would say funding challenges play into that because we are spending time trying to secure funding on both ends, both organizations. Then there is less time for open-ended dialogues or conversations like this or sitting down together.”** 4D Recovery staff also noted it has been difficult building collaborations with certain service sectors (e.g., healthcare), which has limited potential impact of 4D Recovery’s work.

### Suggestions for drop-in center improvements

Consumers and clients that completed the Drop-In Center Survey were asked what kinds of improvements they would like to see at 4D Recovery. The most frequently reported improvements were having recovery products available for sale (55%), quiet spaces for sponsorship or recovery support sessions (43%), and an espresso machine (35%). In addition, some participants suggested having more culturally specific meetings and events, images, and décor. Exhibit 4 lists the top drop-in center improvements selected.

**Exhibit 4. Drop-In Center Survey Improvements**



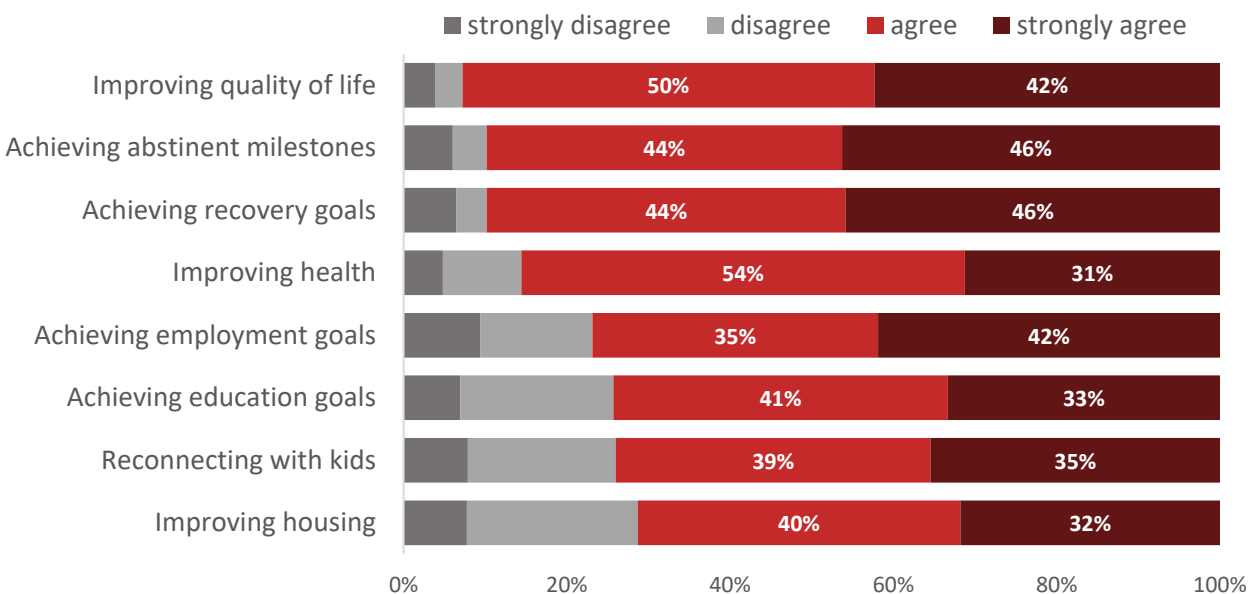
N = 189; Percentages do not equal 100% because participants could select multiple responses.

## Consumer and client outcomes and impacts

Consumers and clients that completed the Drop-In Center Survey were asked in what ways 4D Recovery supported their progress toward achieving recovery goals, abstinent milestones, employment goals, and education goals; and improving housing, health, relationships with children, and quality of life. The greatest number of participants reported that they agree or strongly agree that 4D Recovery helped with improving quality of life (93%), achieving abstinent goals (90%), and achieving recovery goals (90%). The least number of participants reported that they agree or strongly agree that 4D Recovery helped with improving housing (71%), reconnecting with children (74%), achieving education goals (74%). Exhibit 5 lists self-reported outcomes across all items.

### Exhibit 5. Drop-In Center Survey Outcomes

Participants reported **agreeing** or **strongly agreeing** that 4D helped them make progress on improving their quality of life and achieving abstinent milestones and recovery goals.



Ns = 127 - 216; If a participant selected "Not Applicable" for a goal, they were not included in the percentage for that goal.

### Client satisfaction with 4D Recovery peer mentor services

The Clients that received peer mentor services from 4D Recovery in 2019 and 2020 reported high levels of satisfaction with services. Of the 92 clients that completed the Client Satisfaction Survey, the following percentages agreed or strongly agreed with each statement:

- 97% ▶ I can talk to my mentor without feeling judged.
- 97% ▶ My mentor explains things to me in a way that I can understand.
- 93% ▶ My mentor helps me believe that I can set and accomplish the goals I set for myself.
- 92% ▶ My mentor improves my ability to cope with my drug use issues.
- 90% ▶ My mentor and I collaborate on setting goals.
- 89% ▶ My mentor spends enough time with me.
- 89% ▶ My mentor helps me understand my own recovery.

- 87% ▶ My mentor helps me use services that will help me in my recovery, such as addiction/mental health treatment, physical health, parenting classes.
- 83% ▶ My mentor helps me with other needs, such as housing, finances, work, school.

See [Appendix 2](#) for more detailed data from the Client Satisfaction Survey

#### 4D Recovery’s meaning in the lives of consumers and clients

Consumers and clients that completed the Drop-In Center Survey were asked what 4D means to them and to describe 4D Recovery in one word. Almost all responses were positive. Many participants reported that 4D Recovery is a supportive, safe space and plays a big part in their recovery. As one participant noted “[4D Recovery] is a whole new culture and I love being a part of it.” Many participants noted the focus on providing recovery supports targeted to a younger community. As one participant noted, they appreciate 4D Recovery’s “focus strictly on a youth-based recovery community with phenomenal ideas to reach a younger community in recovery.” Another said 4D Recovery means, “Young people building each other up for a good purpose!”. Exhibit 6 is a word cloud of the responses to describing 4D Recovery in one word.

#### Exhibit 6. One Word To Describe 4D Recovery

The bigger the word in the word cloud, the more frequently the word was used to describe 4D Recovery. Recovery, hope, and amazing were used most frequently.



# CONCLUSION AND RECOMMENDATIONS

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4D Recovery clients, consumers, staff, and partnering stakeholder agencies identified numerous facilitators, various challenges, and several recommendations for improvements to support 4D Recovery continued work in the community. Overall, participants had positive experiences receiving services at 4D Recovery and those experiences are reflected in several successful client outcomes, most notably improving quality of life, achieving abstinent milestones, and achieving recovery goals. In addition, 4D Recovery's collaborative approach expands beyond their organization to other treatment and recovery agencies in the community and the community as a whole.

4D Recovery, and other RCOs, are positioned to have a high level of impact on individuals in recovery and the communities in which they live. 4D Recovery has the potential to support cost savings for the community, improve the effectiveness of delivery of human services across sectors (e.g., healthcare), bolster treatment and recovery outcomes, and influence policy through collaboration and elevating the lived experience perspective. 4D Recovery implements programming to foster strong social supports and build a lasting recovery community, which is especially important for young people in recovery. Through their service delivery and partnerships, 4D Recovery is working to shift recovery supports from a criminal justice intervention to a peer-based intervention and use community resources and community-based supports to encourage and sustain long-term recovery. Future evaluation and research will be imperative to examining 4D Recovery's long-term impacts.

Based on the data shared in this report and relevant literature on RCOs, we recommend the following efforts to maximize and sustain impacts of 4D Recovery services:

- **Formalize relationships with other treatment and recovery agencies and other community partner organizations**, including through regular, recurring meetings with other organizations; community outreach efforts; and collaborations on programming, advocacy, or research-focused efforts.
- **Continue to expand established welcoming environment to include more marginalized and vulnerable groups**. Some suggestions include implementing more culturally specific and diverse meetings, events, and speakers; establishing and enforcing guidelines for appropriate and respectful interpersonal interactions and guidelines for respecting the shared space, especially when meetings are occurring; and encouraging collective adherence to COVID-19 guidelines for the duration of the pandemic.
- **Continue to model and advocate for cross-sector collaboration** to ensure client and consumer needs are more efficiently met across sector and various pathways to recovery are available.

If investors, community members, and politicians want to solve the addiction pandemic and all of the consequences that come along with it, then they need to invest in recovery centers like 4D and other recovery centers like the Miracle Club, which is a Black run community center, and Northwest Latino, which is a Hispanic run community center. You need to invest in community-run recovery-based services that directly reflect the community and the needs of the community. Until we do that, we are not going to solve this addiction crisis. There needs to be free, long-term support for people.

**Tony Vezina** | 4D Recovery Executive Director



# LETTER FROM THE EXECUTIVE DIRECTOR

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## Tony Vezina

Executive Director and Co-Founder of 4D Recovery

### Why did 4D Recovery want an external evaluation completed?

In 2018, Oregon Governor Kate Brown declared addiction a public crisis, stating "We all know that addiction is blind to circumstance," she said. "But its highest costs are borne by our children, whose parents are unable to care for them by struggling with addiction. It is the No. 1 driver of placements in our foster care system."



This momentous point in Oregon's history was created in part by 4D Recovery's advocacy efforts in partnership with Oregon Recovers. These recovery organizing efforts brought addiction front and center in Oregon politics, highlighting the devastating impact of untreated substance use. According to the 2017 National Survey on Drug Use and Health, Oregon ranked 3rd in prevalence of substance use disorder and 49th in access to treatment (people needing but not receiving treatment).

A growing consensus among subject matter experts call for several improvements in treating substance use, including harm-reduction, the usage of peers, a collective effort, and development of long-term supportive services. 4D Recovery, and similar organizations, are well-positioned to improve the effectiveness of treating substance use disorders. We wanted to conduct this evaluation to assess the 4D Recovery's model to better understand its value to the community and individuals being served. This evaluation found that 4D Recovery's model is valuable as it provides free long-term peer-based recovery support services that increase recovery capital among a diversity of young adults and improve treatment success and the quality of life of its participants. Additionally, 4D Recovery's influence on policy and its technical support of other programs demonstrate its utility to the substance use system as a whole.

### What were 4D Recovery's reactions to the evaluation findings?

Comagine Health organized evaluation findings into 6 categories:

- Consumer and client background
- Primary services
- Facilitators to engagement and satisfaction with services

- Difference between 4D Recovery and other organizations
- Impacts of 4D Recovery on other treatment and recovery organizations
- Challenges and suggestions for improvements

Below I provide reaction to findings from my perspective as a champion of a recovery-oriented system of care.

## Consumer and client background

4D makes participation attractive through branding, service satisfaction, and by modeling real life recovery. 4D is culturally responsive, and that is exemplified in its participant demographics. Oregon is widely known as the “whitest” state in America. Since its inception, 4D has worked to be culturally responsive by continuously reviewing participant data, hiring diverse staff, and listening to the community. Generally, compared to Oregon, 4D clients and consumers represent more diverse populations. One example was demonstrated through race. While Oregon is 84% white, 4D consumers were 68% and clients were 61%. Another example is LGBTQ+ status. While San Francisco has the most LGBTQ+ per capita city population in American (6%), with Portland at second (5%), 4D consumers were 31% and clients were 23%.

## Primary Services

4D's model is growing quickly, both in Oregon and across America. 4D was founded in 2013 as a 12-Step Clubhouse, and shortly later added peer services through a small county contract of \$80,000. 4D's projected revenue for 2021 is \$2.5 million, and its services have grown from providing 12-Step meetings in a warehouse, to operating 3 recovery centers, one recovery house, and employing over 20 peers that work in various capacities, including healthcare settings. 4D's peer service model began in 2014 with a set of volunteers and now employs 19. Just as 4D's peer service programs have expanded, so has recognition of the value peers bring in supporting substance use disorder recovery success.

This evaluation was conducted during the COVID-19 pandemic. The necessity to social distance uprooted much of the community-based recovery infrastructure (meetings/social activities) and disrupted access to behavioral health services. The gravity of this disruption was not well highlighted politically, but a report by the [National Institute of Drug Abuse and Addiction Policy Forum](#) highlighted that access to 12-Step Meetings and other recovery supports like recovery centers were of top concern during a substance use survey of over 1000 participants.

In total, 4D served 285 clients and met with those clients 2,295 times. Both total clients and total encounters increased during the pandemic, demonstrating how 4D's outreach model is highly effective.

I envision an Oregon where recovery community organizations expand their reach, becoming central hubs in the process of helping people achieve remission from substance use disorders. As Oregon shifts from a criminal justice paradigm, we must develop new intervention and engagement systems led by peers and that are rooted in facilitation, incentivization, consumer satisfaction.

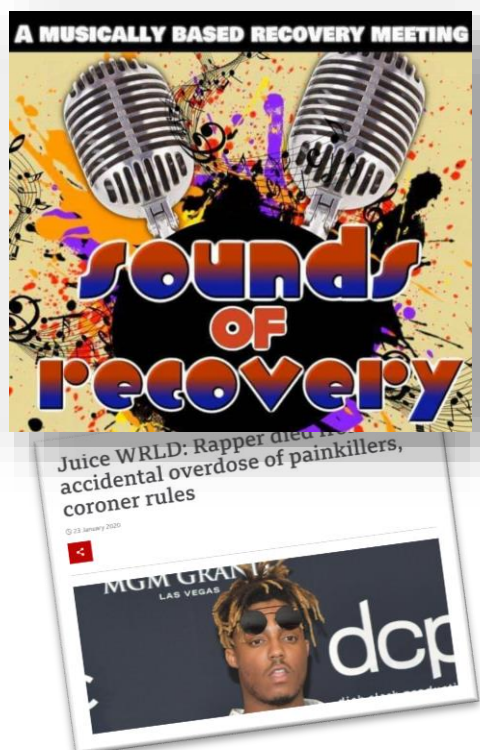
## Facilitators to engagement and satisfaction with 4D Recovery Services

Engagement in long-term recovery support services like 4D can lead to better long-term recovery outcomes. In fact, according to the [Surgeon Generals Facing Addiction in America report](#), those with severe substance use disorders should be receiving service modalities like that of other chronic health conditions such as diabetes. It can take up to 4-5 years for a person with a severe substance use disorder to achieve a state of recovery where their likelihood to relapse drops to 15%, the same level of risk people in the general population have in developing a substance use disorder and 4D prioritizes engagement and satisfaction to recruit and retain clients and consumers.

The evaluation found that 8 factors that are fostered by 4D Recovery that facilitated engagement and satisfaction with services.

### 1. Opportunities to engage in fun, healthy recovery activities.

Each of 4D's Recovery Centers employ Recovery Support Services Coordinators who organize and facilitate a variety of social recovery supports (SRSs). SRSs are designed and operated by local recovery communities and include a diversity of activities. Activities promote recovery and increase participation engagement through attraction. It's the social connectivity that many participants describe as giving them a sense of belonging and community. 4D promotes and facilitates affiliation as a best practice to increase overall recovery outcomes. 4D works with various entities to bring people to its centers, including routine pick ups with residential treatment providers. 4D uses youth recovery centric branding via swag, social media, and service marketing. Participants noted that 4D's informal vibe gave them an opportunity to have fun and build social support.



### 4D Recovery Innovations Support Artists in Recovery

A group of young people approached 4D one day stating the art community needed a venue to express themselves in sobriety and Sounds of Recovery (Sounds) was born. Sounds is an all recovery meeting where people share their experience, strength and hope through artistic expression. Before Covid-19, it was the most popular meeting at 4D's Portland location, with upwards of 100 people attending the meetings. On any given night, a person attending sounds would witness dancing, poems, singing, monologs, paintings, stand up comedy, hip hop and more.

Drug use, erratic behavior, and tragic overdoses are very common among the artist community. From Kurt Cobain, to Ray Charles, Britney Spears to Whitney Houston, celebrities and artists often make front page news. Recently, the death of upcoming rap artist Juice World shocked the hip hop community. After his death, Jarad A. Higgins, was featured on Enimem's billboard topping track Godzilla. Eminem is a person in long-term recovery who celebrated 12 years. **4D's community-centric philosophy leads to unique and innovative recovery support approaches that cast wide nets that treatment services do not typically offer.** In this instance, 4D is directly supporting artists, showing them that art is possible even after you stop using.



### **2. A welcoming, non-judgmental space.**

4D recognizes that the disease of addiction does not discriminate by intentionally working on inclusivity, and its participants reflect a rich diversity because of it. 4D's maintains its cultural richness by incorporating SAMHSA's trauma-informed care practices, critical race theory concepts, restorative justice reconciliation, and 12-Step principles. Recognizing that everyone has a right to recover at 4D looks like taking the time and energy required to making people feel welcomed, wanted, and needed. 4D goes the extra mile for people because people often need that.

### **3. A focus on providing recovery services targeted to youth and young adults.**

4D makes recovery attractive for young people, and this attraction results in voluntary engagement. Targeted prevention, treatment, and recovery services for young people date back to the early 1800's with Dr. Samuel Woodward advocating for youth specialty services in inebriate asylums. As America's recovery response evolved, so did its focus on young people. In the 1950's "35 and Under" groups began sprouting in Alcoholics Anonymous as more young people attended meetings, and soon after the International Conference of Young People in Alcoholics Anonymous was formed.

4D was formed in an industrial warehouse in NE Portland in 2012 by a group of young people in early recovery. The focus then was 12-Step meetings and social events, but in 2015 4D secured its first peer service contract with Multnomah County Health Department. The small grant of \$80,000 was the beginning of 4D's expansion. 4D has maintained its youth centric culture through its expansion, including branding and service provision.

### **4. Opportunities to start careers at 4D Recovery and build paths to other employment opportunities.**

Many of 4D staff were formerly consumers or clients. 4D provides several volunteer opportunities, including leadership development through its civic engagement program, where participants can "get a feel" for working in peer services.

## 5. Staff who provide client-tailored goals to support goal attainment.

Cody Roberts oversees 4D's operations and states that 4D supports participants in building efficacy, actualization and autonomy through the understanding of their recovery pathway and achieving self-identified goals. The first question I ask people when we meet: "hey man, what is that you're trying to do?" He states that motivational interviewing is a great tool in helping people set and achieve positive goals.

4D supports people in developing their own recovery pathway, even lifestyle by embracing the multiple pathways of recovery concept. 4D staff review different kinds of recovery and use that knowledge to inform clients on the many different options they can choose. In 2019, 4D launched an initiative to destigmatize opioid disorder medication use in partnership with the Oregon Health Authority after a consumer survey revealed that 73.64% of people believe recovery meant abstaining from all drugs, including prescription medication. The project consisted of developing medication assisted recovery groups (MAR) and education activities, including recovery community forums and a short documentary highlighting personal medication assisted treatment success testimonies.

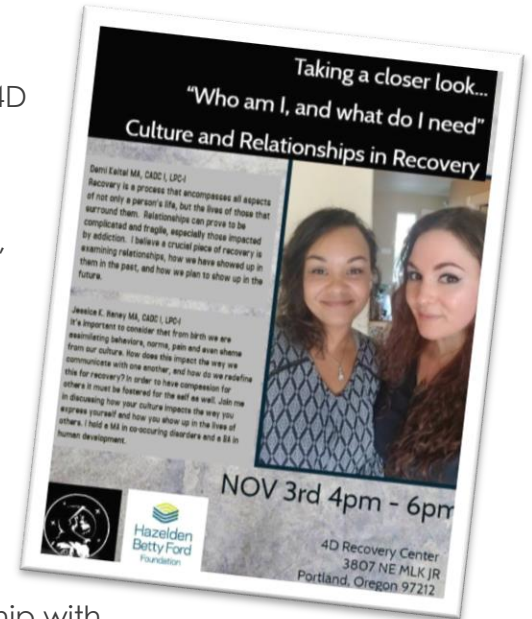
Navigating recovery can be onerous for many people, and 4D supports a recovery-oriented system of care by both partnering with agencies and helping clients navigate various systems. 4D acts as a medium between all these systems.

4D's system navigation support is especially helpful for young people, who are generally more inexperienced than older adults.



4D's Ronald Ross (left) works with a lot of clients on developing personal financial plans, something that many people don't get. He says helping guys budget, save, and plan, shows them they can accomplish anything if they start with little goals.

4D also provides skill building events that help people achieve collective goals. For example, several young people expressed the need to develop skills in relationships. As a result, two skill building workshops were held at the community. This is just one example of 4D's intention to develop personalized skills that help participants become efficacious.



## Why is this so important?

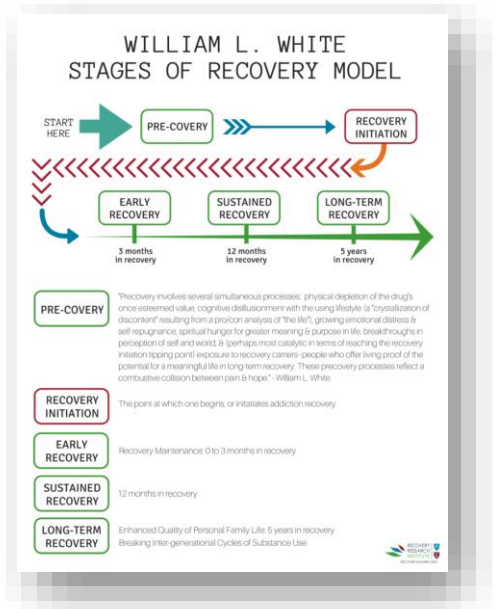
Many people entering recovery have low self-esteem and many of them are trying to radically change their life. 4D helps young build their esteem while they develop a new lifestyle. This takes time, and its extremely personal, and our service model allows us to meet people where they're at and support them over the long-term. That is why I am so glad our funders keep us non-clinical, client centered and community based. Our funding drives our services, and our services support our clients.

### 6. Staff who stay connected and are available to talk when needed.

Many people report that reaching out for help is hard in early recovery. As people learn to deal with their cravings and triggers their recovery becomes stronger. Substance use cravings typically reduce in frequency and intensity as a person progresses in their recovery.

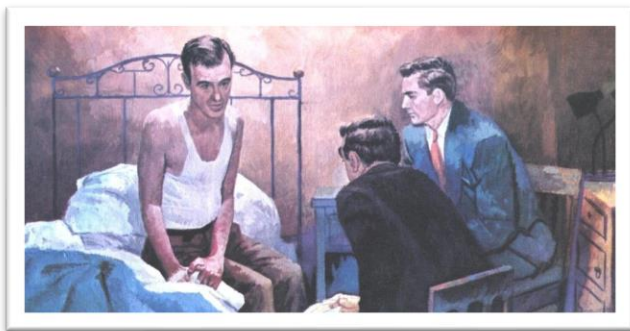
4D's long-term service model provides young people access to support when they need it, helping them move along the stages of recovery. In 2020, 4D peer mentors engaged with clients 352 times, totaling approximately 5535 hours.

William White's stages of recovery model (right) shows that it takes 12 months to sustain a person's recovery, with long-term recovery coming at the 5-year mark. 4D's current funding model allows a person to engage with a mentor for as long as they need, and 4D has supported a few clients for years as they work towards long-term recovery.



### 7. Staff who have lived experience and are positive roles models.

4D's outreach and engagement focus is similar to Alcoholics Anonymous (A.A.) 12-Step interventions, it uses one person in recovery to help another person recover. The famous A.A. Man on the Bed photo (right) depicts two A.A. members (Bill Wilson and Dr. Bob)



visiting an alcoholic, Bill D., well know Akron, Ohio attorney and councilmen in the hospital. Bill Wilson and Dr. Bob came to provide their personal experience in finding recovery from alcoholism, commonly known as sharing their experience, strength, and hope, in hopes of motivating Bill D. in to join them in recovery.

## Data Supporting Peer Based Interventions

As society shifts to a healthcare approach to substance use disorder, peers can play an important role in engaging people in various settings and motivating them to participate in treatment. A study from Barnabas Health Institute (left) showed that peers were 70% successful at motivating recent opiate overdose patients in going to detox or treatment services. **4D is currently launching street outreach to homeless populations and partnering with healthcare providers as forms of intervention and engagement.**

## Expert Opinion About Peers



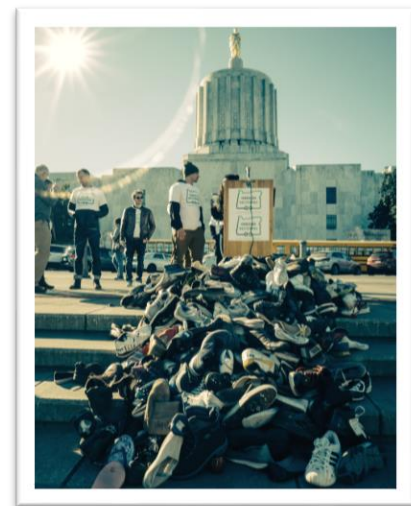
“Not only are peer services extremely effective in helping clients with their recovery, when people get into peer services, it constantly reinforces their commitment to recovery. As they help others build their recovery life, their own recovery becomes stronger. It’s one of the cornerstones of Alcoholics Anonymous, we have a spiritual awakening in recovery, and we keep what we have by giving it away.”

**Eric Martin**, Mental Health and Addiction Certification Board of Oregon

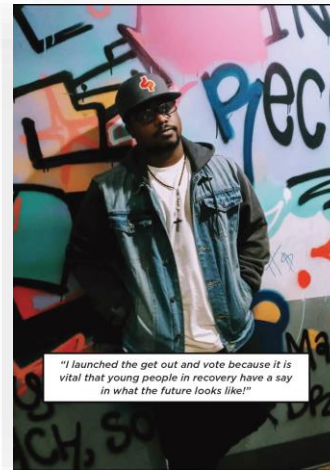
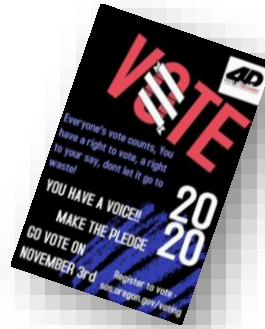
### 8. Opportunities to be innovative within the organization and participate in advocacy efforts within the community.

4D Recovery uses various means of outreach to engage people in recovery. These eight indicators demonstrate that its services are positioned well to motivate people in the recovery process. With Oregon’s recent decriminalization of drug possession, 4D’s model could be an effective supplementation to the criminal justice systems long-standing role in motivating people towards recovery.

In 2017, 4D co-organized Oregon Recovers first Recovery Advocacy Day at the Oregon Legislature. The event had over 300 participants, many of which brought shoes (see picture to the left) that represented someone they knew who died from substance use. 4D is reshaping substance use disorder services at the local, state, and national level through public education efforts and advocacy.



I also facilitate a leadership development program where young people develop self-efficacy through various forms of civic engagement. The program is really designed to teach young people in recovery that they can accomplish anything they put their mind to. Since the launch of the program, the civics team has organized harm-reduction outreach services, public education, engaged in policy influence, and organized a get-the-vote-out during the get the vote out.



The picture to the left showcases a meeting between Susheela Jayapal, Multnomah County District 2 Commissioner, and the 4D leadership development participants. The purpose of the meeting was to educate the commissioner on the importance of long-term recovery support, and behavioral health services.



## What makes 4D Recovery different than other organizations?

### Advancing the Science on Recovery Community Centers

NIDA-funded project on recovery community centers (RCCs) and how these RCCs can support persons treated with medications for opioid use disorder





Recovery Community Organizations are growing in number across the nation. The Association of Recovery Community Organizations (ARCO) has 140 members, and its membership is growing. Additionally, Recovery Centers like 4D have sparked the interest of national scientific research. In 2020, The Recovery Research Institute launched an

initiative to Advance the Science on Recovery Community Centers through a grant from the National Institute on Drug Abuse. While overall research in Recovery Centers is lacking, [preliminary studies](#) show that longer engagement with recovery centers is significantly linked with increased quality of life, higher recovery capital, and lower psychological distress.

4D is the only RCO registered with ARCO in Oregon – the vast majority of RCO's are on the east coast – and is using its influence to expand the service model through organizing, advocacy and education. 4D's executive director is working closely with the Native, African American, and Latino/a communities to rapidly expand access to this emerging and unique service model.




"Miracles has been around for over 26 years. It has been able to barely keep its doors open through limited county funding, donations and membership dues. We deeply appreciate OHA's two-year funding commitment through these federal dollars, and we hope sustained funding will be created to continue our life-saving work in the Black community for 26 more years."  
— Julia Mines, Executive Director of Miracles Club



**4D extends a special thank you to the Oregon Health Authority and Washington County Behavioral Health for providing funding and support for 4D Recovery to do this work.**

"One only needs to follow the numbers to see the struggle the Latino community has in addressing COVID, Addictions, and Recovery Support. We are praying that the scales on the eyes drop enough to provide more funding like this to bring balance to the inequity occurring in our state."  
— Miguel Tellez, Executive Director of Northwest Instituto Latino Adicciones



**In 2020, Oregon State's Addiction Department make considerable investments into RCO's, helping to launch 4 new Recovery Centers, three of which are owned and operated by BIPOC communities.**

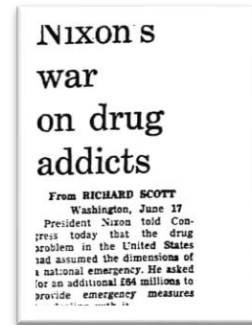


4D

The evaluation found that 3 factors that participants reported about what makes Recovery different than other organizations.

### 1. 4D Recovery has a more flexible, less punitive approach to supporting clients.

In 2020, Oregon voters passed BM 110, a measure decriminalizing the possession of small amounts of drugs. The initiative was funded by the Drug Policy Alliance, an organization fighting to upend the draconian laws instituted during the War on Drugs. The measure signaled a shift in community attitudes towards substance use, calling for a public health approach to the issue. 4D's Executive Director stated, "while the passage aligns with my philosophical stances on treating this issue, the policy presents challenges. For example, while the criminal justice system is the most punitive means to deal with substance use, many people in recovery report positive feelings towards it, even attributing it to saving their lives. So, my main concern is that we might see a drop-in treatment utilization due to less criminal justice referrals to services. In fact, according to national [Treatment Episode Data Sets](#), 6.6% of all treatment referrals came from another healthcare provider and 34.6% came from the criminal justice system. I think the next step is to expand client centered, flexible, outreach driven models like 4D. We need to meet people where they are at and inspire them to change their lives for the better. We need to assertively sell recovery to people."



### 2. 4D Recovery can leverage time and resources across staff and other organizations.

4D is an open system that participants can access support 365 days a year, all someone needs to do is walk into a center and ask for recovery support. 4D's staff work as a team and some participants noted how 4D Recovery staff work together to ensure consumer and client needs are met. These participants shared that 4D Recovery staff collaborate to facilitate connections for clients and provide any available supports.

### 3. 4D Recovery focuses on empowerment and diversity

4D's culture focuses on empowerment and professional development. Staff with potential are recruited, and 4D ensures it has multicultural representation. 4D's director stated that his philosophy is rooted in servant leadership. 4D focuses on the delivery of its service, the sharing of power and opportunity, and the elevation of its participants, staff, and community partners.

4D's services are community driven and professionally supported, with consumers designing and operating many of the recovery supports. Each recovery center is supervised by a program director, and they act similarly to a point guard on a basketball team. 4D's program director, Adrian Burris, said this: "The special thing about running a recovery center at 4D is that my job is to facilitate the supports, like point guard. I get to meet people, see their strengths, passions, and allow them to help make 4D effective. Every person who walks into 4D has the potential to participate in our mission, and it is my job to facilitate it. It reminds me of playing ball, cause we are all just a team, each of us bring our own skills and contributions. I think that is what really sets us apart."

## 4D Empowerment Strategies

- ❖ Recruit participants to create recovery support meetings, events, and activities
- ❖ Consumer participation in governance, including board of directors
- ❖ Volunteer opportunities, staffing the center and internships
- ❖ Multiple public education and advocacy opportunities
- ❖ Partnerships with culturally specific organizations
- ❖ Participants feedback opportunities, surveys and listening sessions

## Impacts on other treatment and recovery organizations

The evaluation found several ways in which 4D Recovery impacts other treatment and recovery agencies.

**4D Recovery provides opportunities to build community-based recovery, giving people more holistic and long-term support.**

4D's model can complement and enhance the effectiveness of traditional substance use disorder treatment systems by making the overall system of care more analogous with the treatment of other chronic health conditions, like hypertension and diabetes.

Traditional SUD Treatment and 4D Recovery: Key Differences and Benefits of 4D Model		
SUD Treatment	4D Recovery	Benefit of 4D
Service episode is short-term	Service episode is long-term	Establishes a chronic care model that helps people maintain remission from substance use issues
Outcomes focus on reduction of acute symptoms and disease management skills	Outcomes focus on life-long skill development and recovery pathway understanding	Participants gain introductory skills while in treatment and deepen those while learning other life-long skills at 4D Participants stabilize their health while learning to manage cravings during treatment, then focus on building life-long skills and establishing an understanding of how they will stay in recovery over the lifespan
Clinical assessment required for service access	Self-assessment required for services access	SUD treatment can have wait times and complicated accessibility requirements that can leave individuals without services or waiting for service availability. 4D is simple and easy to access, allowing individuals to start, restart, and continue their recovery journey.

In addition to complementing tradition SUD treatment, the evaluation uncovered other benefits of 4D within the overall substance use system of care.

Stakeholder agency staff noted that building this community is especially helpful for clients receiving inpatient treatment services, so they can have a supportive network built up by the time they graduate treatment. Individuals with chronic substance use disorders are highly likely to relapse during and/or after treatment episodes, this is higher

among younger people and 4D's partnership with treatment agencies can decrease relapse and reengagement with treatment following a relapse.

4D program staff stated that partnering with treatment organizations, especially residential providers, could spell the difference between long-term recovery and losing the progress they made. With a push towards a long-term care approach, 4D is well positioned to enhance the efficacy of treatment by extending client engagement in recovery-oriented services. Strong linkage between treatment and 12-Step participation is widely accepted as a good practice and 4D's model bolsters it for young people.



"The thing that makes 4D different is that they are out here to do more than raise resources for their mission, they are out in the community with a real intention to make the community better. They use their power and influence to bring people together and advocate on-behalf of those who need it the most. You just don't see that kind of leadership very often."

- JERROD MURRAY, PAINTED HORSE

### **4D Recovery promotes cross-organizational learning and growth.**



4D's community-centric philosophy was easy visible during this evaluation through its collaboration, advocacy, and technical support efforts. 4D's executive director stated that the people deserve the utmost opportunity to recovery, and that happens when systems, communities, and individuals work together.

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utmost opportunity to recovery, and that happens when systems, communities, and individuals work together.

4D is currently working on partnerships with the Q-Center, developing a cross-mission relationship that will benefit both organizations. The Q-Center is a community organization supporting the LGBTQ+ community, and 4D will have a mentor stationed parttime at their location. The project is slated combine the organizations missions to better serve their participants.

### **Challenges and suggestions for improvements**

4D Recovery staff are often conflated with the behavior of people in meetings. We will continue to listen to the community and work hard to make everyone feel welcome, wanted and needed.

# REFERENCES

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# APPENDIX 1: DEMOGRAPHICS & BACKGROUND

Category	Responses	N (%)*
Race and ethnicity (N = 236)	Native American	28 (11.9)
	African	0 (0.0)
	Black or African American	23 (9.7)
	Hispanic or Latino/a	35 (14.8)
	Caucasian (white)	161 (68.2)
	Asian	6 (2.5)
	Native Hawaiian or other Pacific Islander	1 (0.4)
	Middle Eastern	4 (1.7)
	Slavic	4 (1.7)
	Prefer not to say	10 (4.2)
Age (N = 229)	12-17	1 (0.4)
	18-25	39 (17.0)
	26-35	102 (44.5)
	36 or older	87 (38.0)
Gender identity (N = 234)	Male	100 (42.7)
	Female	124 (53.0)
	Transgender male	0 (0.0)
	Transgender female	0 (0.0)
	Genderqueer/gender non-conforming/non-binary	9 (3.8)
	Two-spirit	1 (0.4)
Sexual Orientation (N = 236)	Heterosexual (attracted to the opposite sex)	163 (69.1)
	Gay or lesbian (attracted to the same sex)	17 (7.2)
	Bisexual	41 (17.4)
	Queer	7 (3.0)
	Pansexual	8 (3.4)
	Sapiosexual	3 (1.3)
County (N = 236)	Multnomah	111 (46.3)
	Washington	64 (26.7)
	Clackamas	31 (12.9)
	Other	30 (12.7)
Housing	Alone	29 (12.5)

Category	Responses	N (%)*
(N = 232)	With others (in private house, apartment, hotel)	110 (47.4)
	Institution (e.g., hospital, jail, prison)	3 (1.3)
	Recovery supported housing (e.g., Oxford house, Sober living)	89 (38.4)
	Homeless shelter	1 (0.4)
	Homeless (i.e., on the street, in an abandoned building, in a car)"	0 (0.0)
Work/School (N = 196)	Work full-time	142 (72.4)
	Work part-time	31 (15.8)
	Go to high school	1 (0.5)
	Go to college part-time	17 (8.7)
	Go to college full-time	15 (7.7)
	I am working on GED	0 (0.0)
	Trade school (e.g., electric, beauty, mechanics)	10 (5.1)
	Volunteer	0 (0.0)
	I receive social security benefits	0 (0.0)
	Other	10 (5.1)
Criminal History (N = 230)	I have been convicted of a felony	102 (44.3)
	I have been convicted of a misdemeanor	103 (44.6)
	I have no criminal history	48 (20.7)
	I prefer not to say	9 (3.9)
Number of children under 18 (N = 231)	0	108 (46.8)
	1	48 (20.8)
	2	40 (17.3)
	3	13 (5.6)
	4	14 (6.1)
	5 or more	8 (3.5)
History with DHS case (N = 232)	Never had DHS case	100 (43.1)
	Has had DHS case	76 (32.8)
	I do not have children	53 (22.8)
	Prefer not to say	3 (1.3)
Nicotine Use (N = 231)	No	68 (29.4)
	Yes	163 (70.6)
Experience with SUD treatment	I am currently in residential treatment (when you live there)	10 (4.4)

Category	Responses	N (%)*
(N = 227)	I am currently in outpatient treatment (when you don't live there)	38 (16.7)
	I am currently in a DUI or Diversion Program	5 (2.2)
	I graduated treatment within the last 90 days	9 (4.0)
	I graduated treatment between the last 90 days to 6 months.	11 (4.8)
	I graduated treatment between the last 6 months to 1 year.	14 (6.2)
	I graduated treatment over 1 year ago.	113 (49.8)
	I have been to detox but not treatment.	1 (0.4)
	I have never been to treatment.	16 (7.0)
	I went to treatment but did not graduate in the last 2 years.	10 (4.4)
Substance of choice (N = 240)	Marijuana Leaf	36 (15.0)
	Dabs	16 (6.7)
	Crack	14 (5.8)
	Cocaine	23 (9.6)
	Heroin	64 (26.7)
	Methamphetamine	94 (39.2)
	Prescription opiate or pain pills	21 (8.8)
	Benzodiazepines	13 (5.4)
	Prescription stimulants	11 (4.6)
	Alcohol	51 (21.3)
	Over the counter medications	9 (3.8)
	Inhalants	7 (2.9)
	Hallucinogens	12 (5.0)
	Ecstasy	13 (5.4)
Experiences of overdose (N = 233)	Yes	112 (48.1)
	No	98 (42.1)
	Not sure	23 (9.9)

\*Percentages may not equal 100% because participants could select multiple responses.



## APPENDIX 2: CLIENT SATISFACTION SURVEY RESULTS

Item (N)	Strongly disagree		Disagree		Somewhat disagree		Somewhat agree		Agree		Strongly agree	
	N	%	N	%	N	%	N	%	N	%	N	%
My mentor spends enough time with me. (92)	2	2.2%	3	3.3%	2	2.2%	3	3.3%	33	35.9%	49	53.3%
My mentor and I collaborate on setting goals. (92)	2	2.2%	0	0.0%	1	1.1%	6	6.5%	25	27.2%	58	63.0%
I can talk to my mentor without feeling judged. (92)	2	2.2%	0	0.0%	1	1.1%	0	0.0%	15	16.3%	74	80.4%
My mentor helps me understand my own recovery. (92)	2	2.2%	1	1.1%	2	2.2%	5	5.4%	25	27.2%	57	62.0%
My mentor explains things to me in a way that I can understand. (92)	2	2.2%	0	0.0%	1	1.1%	0	0.0%	22	23.9%	67	72.8%
My mentor helps me use services that will help me in my recovery, such as addiction/mental health treatment, physical health, parenting classes. (92)	2	2.2%	1	1.1%	1	1.1%	8	8.7%	23	25.0%	57	62.0%
My mentor helps me with other needs, such as housing, finances, work, school. (90)	2	2.2%	3	3.3%	2	2.2%	8	8.9%	19	21.1%	56	62.2%
My mentor improves my ability to cope with my drug use issues. (91)	2	2.2%	0	0.0%	1	1.1%	4	4.4%	20	22.0%	64	70.3%
My mentor helps me believe that I can set and accomplish the goals I set for myself. (89)	3	3.4%	0	0.0%	1	1.1%	2	2.2%	17	19.1%	66	74.2%