



4D RECOVERY

ANNUAL REPORT

2022-2023



ANNUAL REPORT

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A LETTER FROM EXECUTIVE DIRECTOR

"HOPE IS REAL, AND SO IS RECOVERY"

4D Recovery is a beacon of hope, a lighthouse leading young people adrift in addiction to the shores of recovery. 4D's light is generated by our dedicated staff who work each day to make recovery possible. The last year was a rollercoaster: as our service capacity grew the scope of the problem did as well. We faced workforce shortages, the emergence of fentanyl, open drug use, and reduced access to treatment. Through each of these challenges 4D showed leadership, staying true to our values, and innovation. I am so proud of what we accomplished and hope the highlights in this report provide a small window into the actual impact we had. Each statistic, outcome, and story cannot possibly capture the metaphysical experiences happening in our recovery services. What I hope is that reading it will inspire you to join us, because tackling addiction requires a community effort.

While there are so many accomplishments in 2023, I am most encouraged by the launch of our adolescent and family recovery program. With help from Multnomah County, Oregon Health Authority, and Measure 110 funding, we opened our first recovery center dedicated to teens and families seeking recovery. In addition to services, we started a conversation to advance treatment support and are engaging various policy makers.

Since I grew up in Camas, Washington, expanding our mission there is nostalgic and fateful. If Recovery has taught me anything, it is to believe in something, and I believe that 4D's mission will have a substantial impact in Washington.

My Goals for 2024

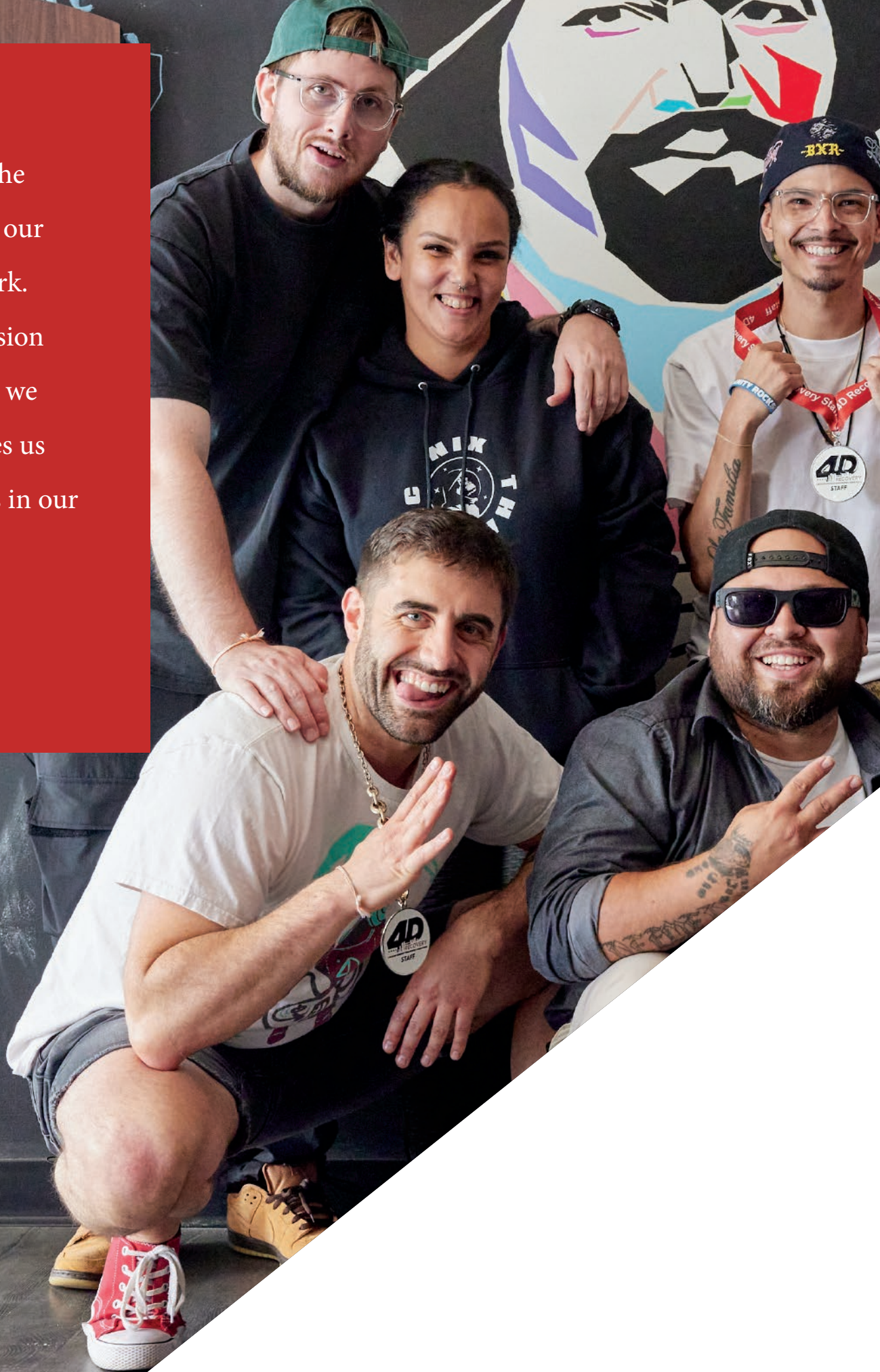
Normalizing recovery and celebrating abstinence. This is especially important for teens and young adults who are at an increased risk for brain damage, chronic addiction, and overdose. We must make sobriety attractive while not shaming those struggling to find a place in recovery. Making recovery the expectation, not the exception. Through advocacy, policy development, and community awareness, we will shatter the stigma of addiction and normalize recovery. Expanding our scope. With the lack of treatment services for youth and young adults, we will embark on a journey to open out-patient services.

Tony Vezina

EXECUTIVE DIRECTOR



We are the
result of our
hard work.
Our passion
for what we
do makes us
pioneers in our
sector.





OUR MISSION / VISION

ADULT AND ADOLESCENT

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

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

ULTIMATE IMPACT



SCOPE OF THE PROBLEM

- 1 in 5 people have a substance use disorder.
- Untreated addiction is associated with poor health, overdose, lost employment, violence, vehicle crash, crime, child neglect, homelessness, incarceration.
- 38.42% of 4D community center participants reported having previously overdosed.
- 79.10% of 4D community center participants reported substances leading them to have unstable housing.
- 39.42% of 4D community center participants reported having children.



SOLUTION TO PROBLEM

- 4D Recovery is a leading factor in addressing the problem through our service delivery, community organizing, and policy influence.
- 93.5% of 4D community center participants reported 4D helping them achieve abstinence milestones. Abstinence of any kind is a major accomplishment for those with substance use disorders. Remaining drug and alcohol free can be especially difficult for youth and young adults due to peer and societal pressures. Many marijuana, alcohol and even illicit drug manufacturers use marketing appealing to younger generations.
- 70.70% of 4D community center participants reported participating in 4D helped them improve their housing situation. Oregon is facing an unprecedented housing crisis, partially driven by untreated addiction and mental health. 4D is proud to help our young people find, secure, and sustain housing through the development of recovery.
- 77.27% of 4D community center participants reported 4D helping them reconnect with their children. With $\frac{1}{3}$ of foster placements involving a parent with substance use and 40% of child maltreatment cases involving drugs or alcohol it is important our clients reconnect with their children during the recovery process.
- 96% of 4D community center participants reported participating in 4D helped them stay alive.



ANTI-STIGMA INITIATIVES



- Starlight Parade

4D Recovery was the chosen nonprofit partner for the 2023 CareOregon Starlight Parade. Together with CareOregon we rocketed onlookers into the fourth dimension and highlighted the fun found in recovery! We sent the message that recovery is for everyone and we're here to shatter the stigma surrounding addiction.

- Shatter the Stigma

While 4D Recovery has worked for more than a decade to provide access to recovery services, resources have prevented us from a wide spread focus on destigmatizing drug and alcohol use as a key effort to tackling the overdose and addiction epidemic. Shatter the Stigma put real stories of real people in recovery on display to spread the message that it is ok to struggle.

- Road to Recovery Tour

Road to Recovery toured 32 treatment centers across the country and brought light and hope to thousands in recovery. Skyler Ray and Kala Mulcahy are young artists in long term recovery sharing their message and music to help end the stigma of addiction. 4D is proud to be supporting the Road to Recovery tour as a key sponsor.

SERVICES

YOUNG ADULT STATISTICS

RECOVERY CENTER: DATA FOR EACH CENTER:

-
- 4D Food and Fun: 71
-
- 4D Dance: 3
-
- 4D Speaker Meeting: 5
-
- 4D Workshop: 2
-

Meetings 1459



Participants @ Events: 2302



Events: 81





CLIENT SATISFACTION: 190 TOTAL CLIENTS, OF WHICH

- 95.7% agreed they could talk to their mentor w/o being judged. Stigma can be a strong barrier accessing services and developing an identity in recovery. At 4D, young people report feeling welcome, wanted, and needed, not judged because of their drug and alcohol struggles.
- 96.8% agreed that mentors helped them understand their own recovery. Finding an identity in recovery can be incredibly difficult and 4D works to help each client understand what their own
- Demographics: 6.3% Native American, 15.4% Latino/a, 2.6% Asian, 9.7% Black/ African American, 64.2% White, 1.8% declined to answer/ other.

PEER SUPPORT: TOTAL PEER CLIENTS:

- 764 total clients served
- 19,282 total hours of peer
- 106 clients celebrated 1 year
- The average abstinent time was 90 days.
- Social Determinants of Health: 17.5% improved education, 30.7% improved employment, 35.8% improved housing.



RECOVERY HEALTH:

4D Recovery health department increases the health and wellbeing of our clients by providing free activities. These activities include outreach and intervention, rapid housing, naran distribution, and tobacco cessation.

STREET OUTREACH:



*4D
Recovery
Street
Outreach
Statistics*

- Clackamas County Homeless Outreach. In 2023 the Clackamas County Measure 110 Outreach Team engaged 896 people on the street, of which 15.5% were referred to 4D, treatment, recovery or other services.
- Overall, the Recovery Health Department distributed 4090 units of overdose reversal medication Narcan.
- 4D partnered with Public Health partners to launch an innovative contingency management based Nicotine Cessation program for young people in our program. The program offered a variety of activities to quit using nicotine. In 2023 124 entered into the program. Quitting tobacco nationwide shows ranges between 3-7.5% success rates, illuminating the difficulty people have with quitting. 4D's program had a 33.8% completion rate, of which 97.6% reported abstinence or reduced tobacco consumption.

The launch of Adolescent Services through 4D Recovery branches off the already established and successful young adults program. Our accomplishment in the field puts us in a prime position to deliver high impact and sustainable services to youth and families as well as the community at large. These services are helping to strengthen alliances and networks of organizations working together to address the disparities in youth recovery.

Where our young adult services target and support those emerging into independence, our teen and family services are grounded in the need for families to recover together. Adolescents have very unique needs so we are approaching support in a more holistic way.

These services will seek to improve youth outcomes in education retention, abstinence, self-acceptance, social support, and positive family recovery attitudes.



CLIENT SPOTLIGHT



Michael

"4D Recovery is the safest place I know. It is my oasis", said Michael. "My 4D mentor saved my life. When I'm feeling depressed, I call my mentor. When I'm excited about something, I call my mentor. If I'm on the brink of turning back to drugs, I call my mentor. And every time I call my mentor, I'm given all the love and support I need to not only stay sober, but to believe my life has a higher purpose. My 4D mentor saves me every time I pick up the phone."

Janae

"When I was active in my drinking I didn't care at all about what would happen to me.". Janae says that her addiction caused her to stop caring about how she was perceived or how she interacted with those around her. "Since I've quit drinking I have been able to show up for myself. I feel grateful, I can hold myself accountable and remain present in my own life. I was never able to control my drinking but I'm finally feeling a sense of control in my own life and behavior, and I truly believe it is a direct result of my sobriety".





93% OF CLIENTS SURVEYED ATTRIBUTED 4D PROGRAMS AND SERVICES TO THE REASON THEY ARE STILL ALIVE TODAY



Shanna

"4D was there for me when I was fresh out of detox and trying to pick up the pieces of my life," Shanna said. "They helped me emotionally and financially, and were a blessing during the most trying time of my life, the beginning of my recovery. Since then, they have continued to support me and are relentless when it comes to making sure I have everything I need to be successful." Shanna works with her mentor Ebony, in Multnomah County, and is finally getting to experience all of the triumphs that come along with breaking free from addiction. "4D will always be a part of my recovery and I hope that [everyone will] find the same happiness and joy I have since beginning my recovery journey."

Jerry

"My last relapse was a very humbling experience that caused me to want to do the right thing rather than keep on running, because I was scared. I am convinced more now than ever that there is a higher purpose for me in this life." Jerry felt that being in active addiction was like being stuck in a sinking ship, and Kyle, his mentor, was the one who swam out and saved him. "Finding the safe space and services at 4D Recovery feels like finally making it back to land!"



ANNUAL SUPPORTERS

THANK YOU TO OUR ANNUAL SUPPORTERS

4D Recovery is only able to continue providing vital recovery services to young people through the ongoing support of our community. Each recovery milestone achieved, housing situation improved, and life changed for the better is done through the generous support of our donors and partners. Each contribution removes barriers and disparities to young people seeking recovery services. Thank you for your ongoing support and for enabling us to advance recovery!

SUPPORTERS

\$100,000+ Oregon Health Authority	Juan Young Trust	Peer Recovery Solutions
	Kaiser Permanente Community Health	TAVi
Multnomah County	Terry Bean	Karen Kern
Washington County	Steven and Theresa Levy	Casey Moeller
Care Oregon	Aldrich & Goldstein	Another Chance Clinical Services
\$50,000+99,999 David J Guild Investment Properties	OHSU	Honest Automotive
	\$5,000 - \$9,999	Hazelden Betty Ford
\$25,000+49,999	Crestview Recovery	Jack Levy
James F O'Rourke & Associates	Pride Foundation	Joseph McCarthy
Gresham Subaru	Scott Ski Motor Co.	Matthew Hatcher
Marie Lamfrom Charitable Foundation	General Labor and Industrial Staffing Solutions (GLISS)	Mental Health and Addiction Certification Board of Oregon
\$10,000+24,999 OCF Joseph E Weston Public Foundation	Rick White	Michael Kafoury, Urban Nest Realty
	\$2500 - \$4,999	Multicultural Consultants
	Harold & Arlene Schnitzer CARE Foundation	Rachel Hatcher
Amy Asivido	Central City Concern	The BlackBaud Giving Fund

SUPPORTERS

\$1,000 - \$2,499	Dynasty Empire	AJ Morrison
Network for Good	Fora Health	Alex Schilling
Clifford Dusky	Pacific Office Automation	Andrew Biggs
Laura Harlow	Orenda Counseling	Benevity
Christopher & Jessica Cardinal	Pam and Brian Pearce	Brandon Johnson
PhRMA	Providence Health & Services	Dan and Gina Opoka
Jodie Loeks, Country Financial	Serenity Lane	Dustin Flores
Michael and Raechel Frice	Sober Living Oregon	Eric Martin
Mike Marshall	The GLB	John Morgan
Justin Benfit	Deena Castrejon	Kolt Satterfield
American Endowment Foundation	Illinois Alcohol & Other Drug Abuse Professional Certification Assoc.	Michael and Claire Arthur
IQ Credit Union	Chellsee Gould, Movement Mortgage	Michelle Whittaker
Julia Mines	Jim and Shelly Beardsley	Phil Bennett
Phyllis & Walter Malzahn Charitable Trust	Brian Morran	Rachel Smith
Rali Rx Abuse Leadership Initiative	Kristi McKinney	Stanley Rokaw
SISU Healing Partners	Trimet	Stuart Bennett
Community Living Above	Kortnie Smith	Ted Norte
Advanced Recovery Systems	Morel Ink.	Tim Pea
Banyan Centers	Michelle Sarmiento	Winston Murray
Chair Deborah Kafoury	Van Burnham	\$500 - \$999
Cielo Treatment Center	Linda & Marv Seppala	Hannah Kachmarck
Clackamas County Behavioral Health	Ryan Bowen	Movement Foundation
D'vida Injury Clinic & Wellness Center	Sean Wagner	Joan Ayala

SUPPORTERS

Brendan Jobin	Amanda & Camille	Mark Schindlbeck
Claudius Ilie-Nicolof	Mobilize Recovery	Tanis Hayden
Sarah Friedel	OnPoint Community Credit Union	Alexander Roberts
Steve Harris	Painted Horse Recovery	John Fettig
Ryan Schultz	Recovery Ways	Shannon Orlando
Kelly Russell	Representative Rob Nosse	Alice Wallace
A Mission for Michael	Robert Fames	Andrew Nissen
Amanda Williams	Solara Paschal	Brad Anderson
Ann Highet	The Oregon Community Foundation	Caretia Silva
Claudine Mellett	\$500 - \$999	Commissioner Vega Pederson
David Weitzman	Terrapin Events	Daniel Torres
Dee'lites	Birgit Knorr	Erik Kilgore
Fernando Pena	Julie Mertes	Julie Dodge
Heidi Wallace	Nathalie Paravicini	Justin Moore
Hyojin Sung	Rose City Pizza	Lisa Reynolds
Jill Archer	Chrissie Roccaro	Mary Rumbaugh
Jodi Lietz	Greg Silver	Rebekah Fink
Kawanna Burris	Alan Shin	Teri Giles
King Heating & Cooling	April Saban	\$100 - \$249
Paul Bryant	Eric Hunter	Amazon Smile
Recovery Ways	Gabrielle Lang	United States Treasury
Representative Tawna Sanchez	Kyle Bunch	Oxford House of Oregon State Association
Troy McChesney	Lori Rodi	Ryan Austin
U.S. Bank Foundation	Macrae Bogdanov	The Giving Back Fund

SUPPORTERS

Betty J Burkett	Michael McCarthy	Cindy Uecker
Metropolitan Group	Alix Zimmermann	Claire Follett
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Jamie McGowan	Max Seger	Garrett Fields
Jeffrey Angelo	Tuviya Edelhart	Gina Faris
Miguel Kinsey	Abraham Mehdikhan	Glenn Deperalta
Mike Biewer	Akiko Betcher	Imani Burris
Nicole Morehead	Allen Fowler	Isabel Hernandez
Sharon Dursi Martin	Andrea Dugstad	Izzy Alvarado
Andrew Olshin	Anna Coleman	Jacob Moses
Chelsea Walsh	Annie Smith	Jeena Norenberg
Debby Ortega	Betty Burkett	Jennifer Woodson
Traci Robbins	Bridgette Sheldon	Jeremy Naish
Linda Smith	Brittnee Warren	Jerome Martin IV
Sarah Schindlbeck	Bryce Whitman	Joshua Biamont
Benjamin Austin Berry	Carrie Bates	Kandis Lemmon
Jennifer Day	Casey Ferguson	Katherine Kualaa

SUPPORTERS

Katie Richley	Sarah McFadden	Matthew Cleinman
Kayla Colvin	Scott Spicer	Michael Nicholas
Kori Skalbeck	Sharon Fitzgerald	Mallory Bartow
Lisa Aepfelbacher	Sherry Perryman	Miriam Hope
Lori Anderson	Sonny Burris	Vanessa Beyers
Mark Sanders	Stephani Garner	Candice Altman
Mary McAbee	Steven Milanese	Angela Owen
Mary Stevens-Krogh	Susan Peake	Nina Osborne
Maya Edelstein	Suzanne Graf	Ryan Blake
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Natalie Olsen	Robert Sanders	
Nicole King	Amy Fox	
Nicole Severson	Laura Rodi	
Payton Lee	Michael Marciniak	
Rodney Sanchez-Rosa	Terrance Cuddeford	
Ryan Opashl	Brina Burris	
Sam Rosenthal	Jazmine Martin	

We are grateful for each of our supporters and make every effort to correctly acknowledge everyone. If you know of an omission or error, please contact Tarra McCarthy at tarra.mccarthy@4drecovery.org or (503) 481-3615 so that we can properly acknowledge the gift in the future.

FINANCIALS

FY 2022-2023

MacRae Bogdanov

Revenue

Individual Contrabutions	\$60,920.00
Corporate Contributions	\$43,327.00
Foundation Grants	\$172,135.00
Goverment Grants	\$8,158,921.00
Event Income	\$368,026.00
Services	\$55,600.00
In-Kind Contrabutions	\$40,346.00
Other Income	\$8,698.00

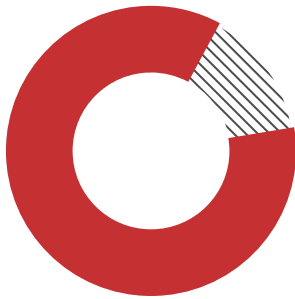
Total Revenue \$8,907,973.00

Expenses

Programing-87%	\$7,357,114.00
Fundraising-6%	\$466,066.00
Administrative-7%	\$606,674.00
Total Expenses	\$8,429,854.00

Net Income \$478,119.00

PERCENTAGE BY ACTIVITY



87%

PROGRAMING



7%

ADMINISTRATIVE



6%

FUNDRAISING

We were responsible for managing \$3,183.754 in revenue from 3 other organisations (included in the financials)



4D Recovery is extremely grateful for the ongoing generosity of our supporters which help us continue to aggressively deliver upon our mission. The addiction and overdose crisis impacting our state is one that requires an entire system to address. 4D has its part to play, and is dedicated to bringing communities and stakeholders to the table to further drive change.

4D Recovery, 11010 SE Division St, STE 300, Portland, OR 97266