



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

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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

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[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.

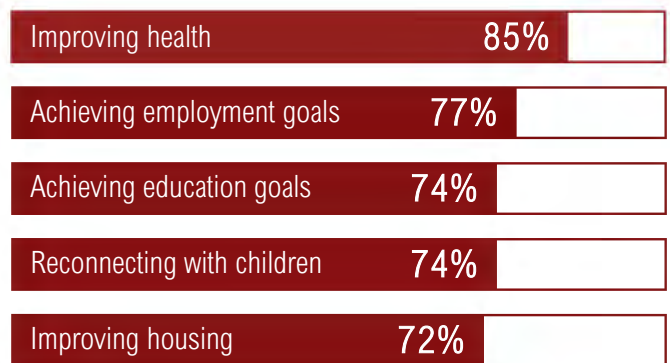


**recovery capital** is the combined total of resources and skills needed to support long-term sustained recovery— especially during occurrences of heightened stress

### RECOVERY OUTCOMES



### RECOVERY CAPITAL



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

127-216