



4TH DIMENSION RECOVERY CENTER

✦ ACTION ✦ COMMUNITY ✦ KNOWLEDGE ✦ EMPOWERMENT



Operation Model and Impact Report

4D's philosophy, vision and mission, operation and service model, importance within the recovery support service continuum, consumer data and mentor success outcomes.

Prepared By: Tony Vezina
Executive Director, 4D
January, 2016

4D's History

A call to action: Young people in recovery see a need to save lives.

The 4th Dimension Recovery Center, 4D, is a Portland based 501©3 non-profit started by young people in recovery in 2012 who were tired of fellowshipping outside 12-Step meetings. “There just wasn’t anywhere to go and chill that was conducive to being sober,” reported Co-Founder, Whitney Fabrizio. 4D started in Stan Herman’s warehouse, which, at one time, was the 24/10 rave club. The organizations name, The 4th Dimension, came from a concept in the Big Book of Alcoholics Anonymous describing the revolutionary effect that the 12-Step recovery process had on its members. The initial two years of 4D’s development were a constant struggle to “keep the doors open,” according to Winston Murray, one of 4D’s Founders and first President. In the beginning, 4D kept the doors open by renting the warehouse space out to 12-step meetings, organizing events catered to the young recovery community and hosting simple fundraisers. The aspirations of these young people caught the interest of some recovery “old-timers,” who helped give direction and support. In essence, 4D was a call-to-action by young people in response to the addiction epidemic facing young people.

“We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.”

--Alcoholics Anonymous Big Book

Co-Founders, Winston Murray, Whitney Fabrizio and Ryan Blake with friends and O'Timer, James O'Rourke. .



4D was located in an old warehouse for 2 1/2 years.

4D's Philosophy

12-Step, Recovery Oriented Systems of Care and Peer-Delivered Services

4D's central purpose is to support young people (35 and under) with substance abuse and alcoholism in their recovery.

4D embraces the principles from Alcoholics Anonymous, including: making recovery attractive, reaching out and supporting the "newcomer," recognizing recovery is a personal choice and operating in the spirit of service vs profit.

4D may be the only 12-Step young person recovery club in the U.S.

— Eric Martin

4D operates the framework of Recovery-Oriented Systems of Care (ROSC), embracing the emerging idea that chronic substance abuse needs a chronic care model built on individuality, client centered care, strengths vs deficits, embracing the many pathways to recovery, cultural responsiveness and easy system of care navigation. 4D is a component of the ROSC continuum, a Recovery Support Service (RSS) that enhances the probability of sustained recovery by partnering with addictions treatment, self-help groups, recovery housing and other health care systems.

4D operationalizes these ROSC concepts throughout the different focuses of its Recovery Support Service model: community center, addiction-peer mentoring, outreach through education and advocacy.

4D's Vision and Mission

Where we are going and how we are getting there



Vision:

To create a sustainable, young people's recovery community center that is integrated into the addictions recovery services continuum at the local, state and national level.



Mission:

Provide and cultivate an environment of recovery where all young people can overcome drug addiction and alcoholism through social interactions with recovery communities and 4D peer-mentorship services.

4D's vision exemplifies the future ambitions of its members by creating a philosophy and operation model that is an integral part of saving the lives of young people in Portland, Oregon and also a system of care that is recognized throughout the United States. This vision guides 4D as it leads the way for young person RSS's models.

There is no reason every metropolitan city in America can't have a 4D in the near-future.

— Winston Murray

4D's mission lays the ground work for multiple locations and national recognition by providing and cultivating an inclusive environment for young people wanting recovery. 4D's community center provides a space wherein young recovering people can organize recovery events, participate in peer-mentor support and attend 12-step meetings. Cultivation speaks to 4D's commitment to continued development of best-practice approaches that contain evidence base concepts within both the community center and addiction peer recovery services.

4D's Commitment's

Diversity, Equity, Inclusion and Sustainability



Commitment to Diversity, Equity and Inclusion:

4D is committed to creating an inclusive environment that attracts and supports diversity, provides equitable services to individuals seeking recovery from alcoholism, addiction and substance abuse, including individuals with co-occurring substance use disorder.



Commitment to Sustainability

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. 4D recognizes that a commitment to cultivating an environment wherein the recovery process can happen, also has an impact on the planet. Because of this, 4D commits to giving back to the environment through the operationalization of environmentally cognizant and sustainable practices.

4D recognizes the historical plight of people of color, people of LGBTQ communities and other disenfranchised minority groups and takes responsibility as a social service provider in developing operations that include all people experiencing substance abuse, alcoholism and co-occurring substance abuse challenges. Equitability in practice unfolds through cognizant hiring processes, continued diversity training, surveying community members to identify operation strengths, weaknesses and service gaps, as well as targeted outreach, events and 12-Step meetings specific to various identity groups.

It is not enough to just say it, you have to do it.

— Tony Vezina

4D cares about the environment and commits to tracking and mitigating its carbon footprint, using “green” cleaning compounds and purchasing products, when possible, that are environmentally friendly. A small community garden is currently on 4D’s “to-do list” and will likely develop over 2017.

Recovery Support Services and 4D

4D plays an important role within the community

4D has a unique and important roll in the addictions treatment and recovery support service continuum because of the nature of its operations: daily open community center, easy access to addiction peer services, and nightly 12-Step meeting schedule create the circumstances for 4D staff to engage with individuals along various points of their recovery journey. 4D serves people needing detox and/or inpatient treatment, currently in residential treatment, post-inpatient treatment, exiting jail, needing to resolve warrants, people with multiple years of recovery who need support and individuals who recently moved to Portland in search of sober companions. **4D staff and community members help these people move along their recovery journey, many of which who do not formally enroll in addiction peer services but still receive the benefits of 4D's peer-service contract with Multnomah County.**

In addition, 4D is often improperly referred clients who do not exhibit any substance abuse disorder symptoms and/or claim to never had a problem with drugs, but state to have difficulties with mental health disorders. 4D will spend time and energy connecting these people with the proper services to help them. 4D also sometimes becomes a temporary day center for those facing homelessness who do not want to be in recovery but want a place to stay. These circumstances give 4D insight into the needs of Portland's most vulnerable population. Unfortunately, 4D will have to exclude some people from using the center because they compromise its ability to provide a safe environment for young people to stay clean & sober.

Integrated Care

4D has working relationships with local inpatient and outpatient substance abuse treatment centers. These relationships have proved highly beneficial to the clients and suggest that 4D fills a service gap: supporting individuals who may have difficulty getting into treatment when ready, stabilizing post-treatment or encourage re-entering treatment after relapse or non-completion. 4D often helps people get into residential substance abuse treatment, supports them while inside treatment and then follows them during their integration to society. This long-term supportive role has created deep trust in clients, some of which think of 4D as a second home, visiting the center daily, finding service positions in the 12-Step meetings or volunteering to support 4D's operations. These frequent "4D'ers" serve as models of recovery for the new comers and are set to become future 4D employees.

Individuals who participate in substance use disorder treatment and RSS [recovery support services] typically have better long-term recovery outcomes than individuals who receive either alone. Further, active recovery and social supports, both during and following treatment, are important in maintaining recovery

— Surgeons General Report on Alcohol, Drugs and Health

Operation & Service Model

The 4th Dimension Recovery Center's operation model is comprised of three parts: Community Center, Peer-Delivered Services and Outreach. 4D's small staff of 4.5 FTE serve an estimated 500+ people every month from drop-ins, 12-step meetings and peer-recovery mentor services.

A Sober Club

4D is a community center for young persons in recovery to hang out, game online, watch Blazers games or movies and recreate with pool/ping-pong/foosball. 4D reserves timeslots during each day for mutual help organizations and has a diverse weekly schedule of 12-Step meetings that cater to many populations: Alcoholics Anonymous,

*I am grateful that 4D is a safe place I can take my son.
— Tyrone Rucker*

Heroin Anonymous and Narcotics Anonymous groups; some of these groups are specific to women, men and the LGTBQ community. In addition, 4D programs monthly events, often collaborating with various recovery support and substance abuse treatment organizations. Every employee at 4D, including the front desk staff, is a certified recovery mentor and identifies in recovery.

FRIENDSGIVING DAY

The second annual event served over 70 “younger” people in recovery and most of the group participated in a warm clothes and hot meal outreach event targeting those facing homelessness in Multnomah County.



Anonymous Survey: 4D's Community

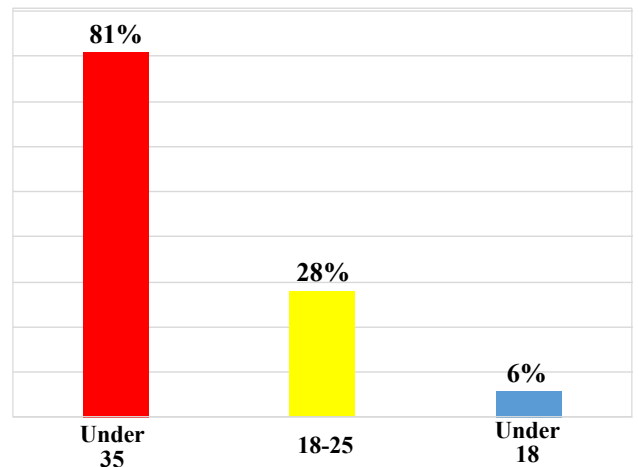
It is estimated that nearly 500 people a month attend 4D: 50 for peer-recovery services, 100 for social events and 350 for 12-Step meetings. In 2016, 4D administered an anonymous survey to discern who attends 4D (demographics), why people come to 4D, how frequently people attend 4D, how people heard about 4D and the length of time which people have been attending 4D.

Ages

81% of 4D's community is under the age of 35.

28% of 4D's community is between the ages of 18-25: this group has the highest rate of illicit drug use at approximately 22% in national statistics.

6% of 4D's community is under the age of 18.

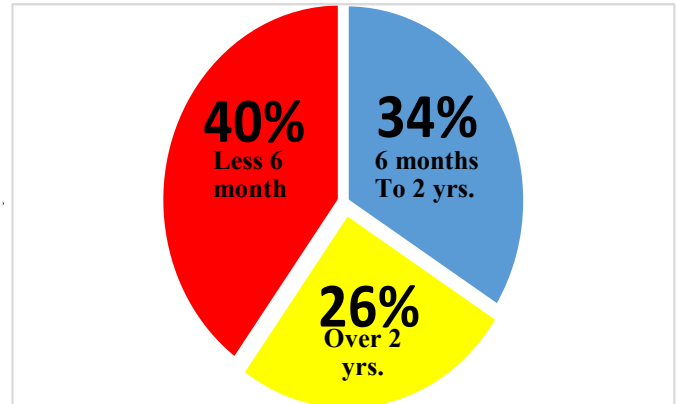


Clean & Sober Time

4D's community has an even balance of clean time in its members.

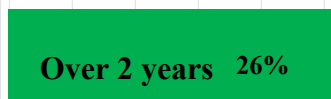
34% have over 2 years long-term recovery.

40% of the community are "newcomers," it seems that 4D is appealing to young people who are new in recovery.



Retention Rates

26% of the members at 4D have been coming for MORE THAN 2 YEARS.



It appears that 4D's 6 month retention rate is 44.5%.



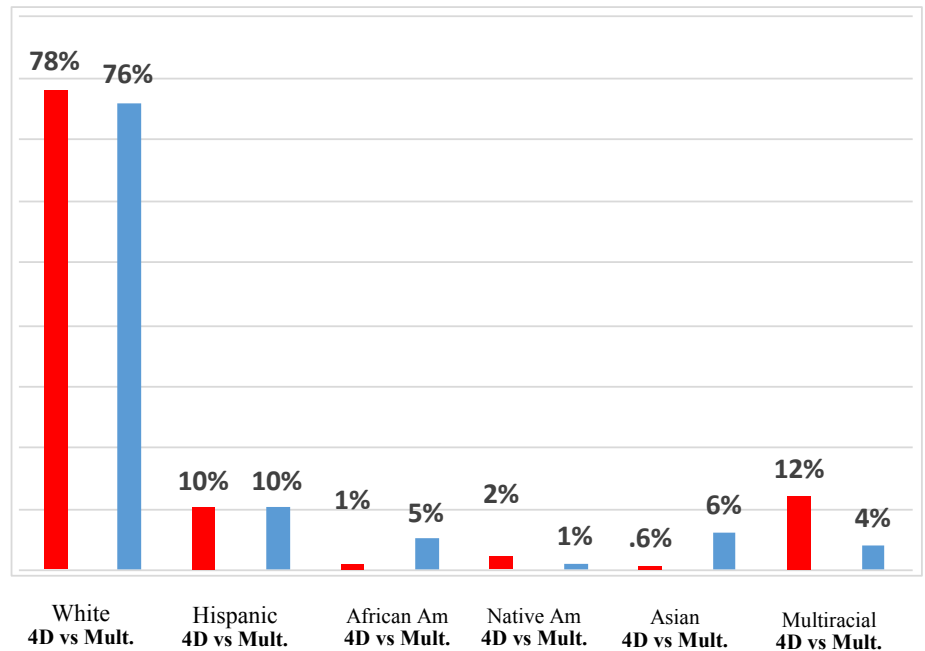
Survey Continued: Demographics & Engagement

Race, LGBTQ and Engagement

Race

Compared to Multnomah County, 4D's population is under, over, and equally represented across the racial spectrum. In light of these statistics, 4D has focused more outreach to African American populations.

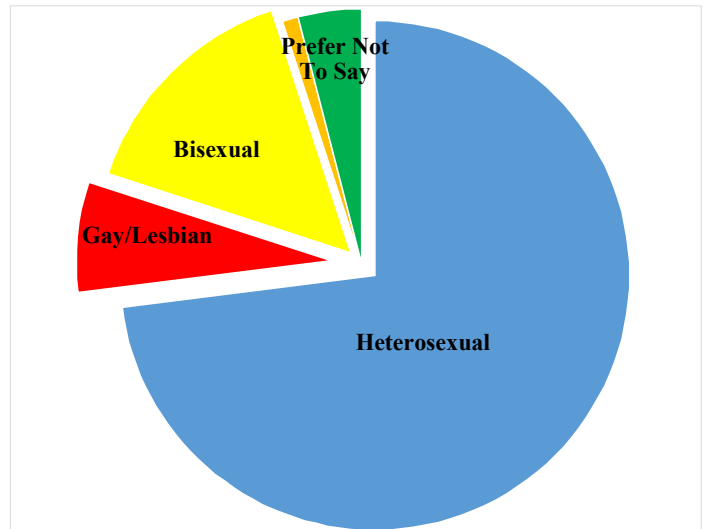
The higher rate in multiracial data may correlate with 4D's youth population. Since 2000, US census data reflects a 30% increase in multiracial populations.



LGTBQ

According to many estimates, Portland has roughly a 5.4% LGTBQ population (Gallup) and 25% of 4D's community identify as LGTBQ.

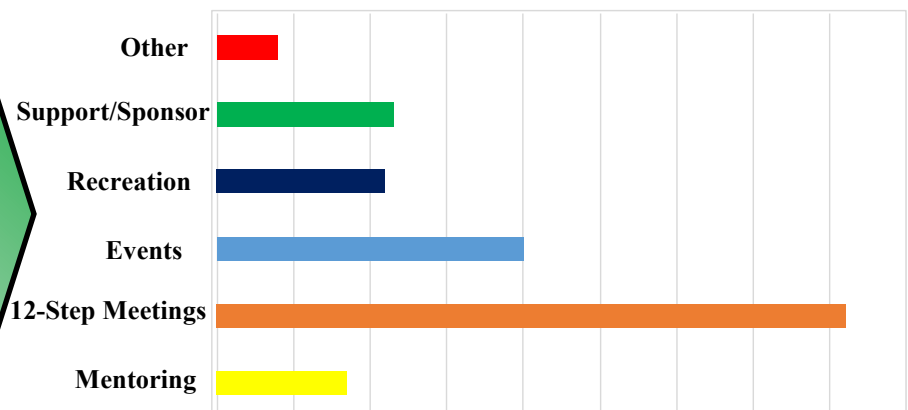
This is partly because of the AA meetings that are specific to this demographic. 4D seeks to have a diverse 12-step meeting schedule to fit everyone's needs.



Engagement

Young recovering people come to 4D for many reasons. The most common reason is for 12-Step participation (meeting/sponsor).

Young people also like 4D's events and come to receive addiction peer mentor services.



4D Peer-Recovery Mentors

Recovery people helping people recover

4D provides peer-delivered services, 4D Mentor's, to help young people navigate the journey to recovery. The relationship between the mentor and mentee is supportive rather than directive: 4D mentors seek to help individuals find their unique pathway to recovery. Finding sustained recovery often involves overcoming barriers and mentors help mentees overcome a myriad of roadblocks: lack of housing, probation and parole, employment struggles, emotional hardships, family relations, DHS child welfare involvement, etc. All 4D mentors are State Certified through ACCBO, the Addiction Counselor Certification Board of Oregon to provide holistic peer services.

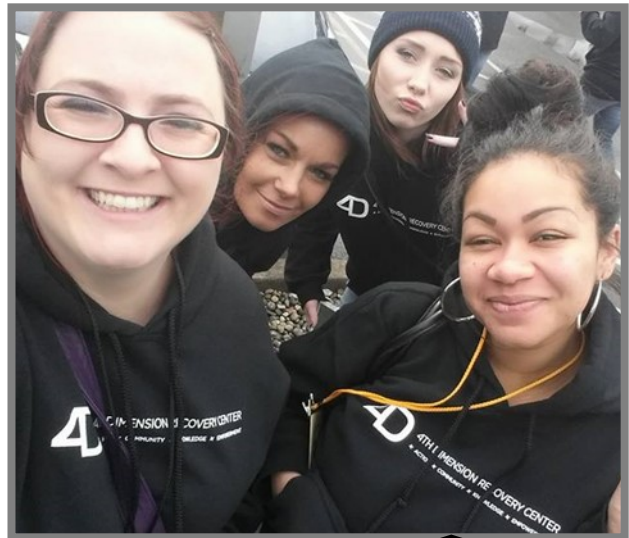
Because they [peer-services] are designed and delivered by peers who have been successful in the recovery process, they embody a powerful message of hope, as well as a wealth of experiential knowledge. The services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking to achieve or sustain recovery.

—SAMHSA

4D uses a combination of full-time, part-time and volunteer mentors to meet the needs of young people seeking recovery in Multnomah County. Some of 4D's volunteers have been with 4D for over two years. 4D currently has both a LGTBQ and Hispanic specific mentor.

I love my job because I get to come as I am; I don't have to pretend to be anything I am not. This allows me to connect with guys on a real level so that I can help them.

—Cody Roberts, 4D Mentor



4D mentor, Cody Roberts with some clients at a Portland Thunder football game. 4D mentors look like the clients they serve—can you guess who the mentor is?

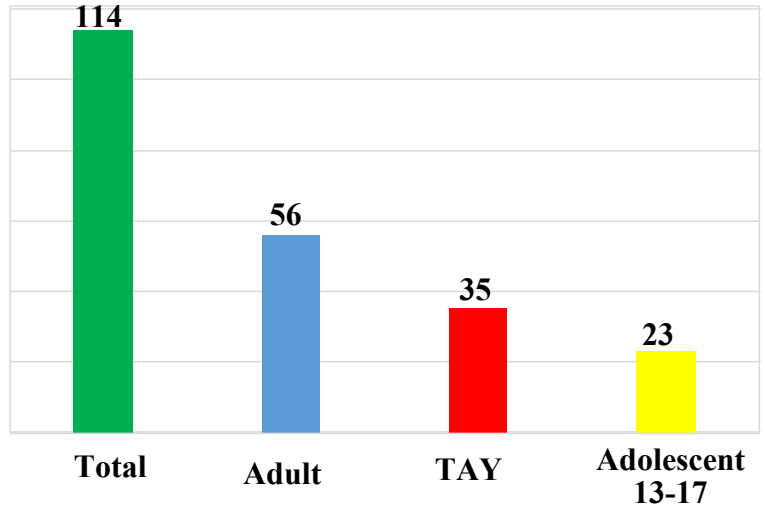
4D mentor, Gaile Parker with a few of her clients at a Narcotics Anonymous Convention. All clients at 4D who participate in the program get free "4D Swag," like sweatshirts.

4D's Peer Service Demographics

Diversity, equity and inclusion.

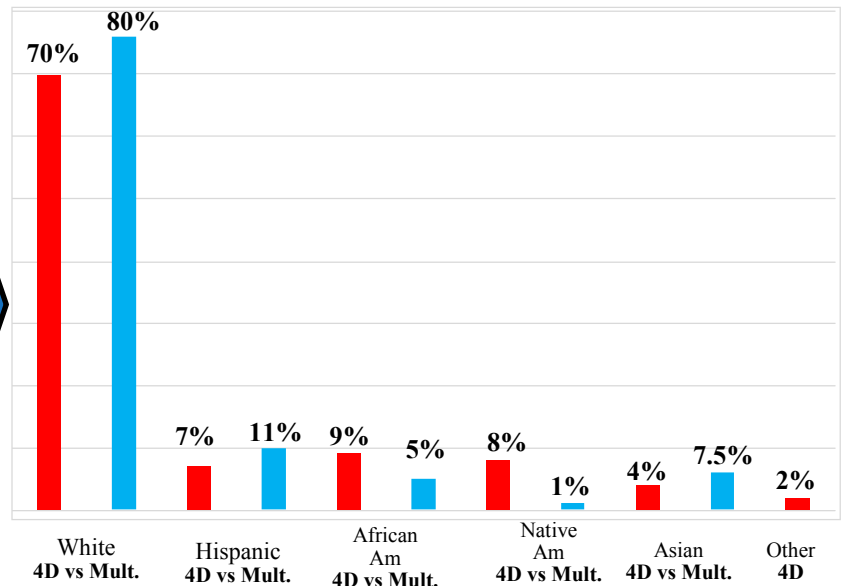
Ages

4D served 114 NEW (intake was in 2016) clients during the year of 2016. The red bar represents transition age youth: this demographic has the highest rate of illicit drug use (20%) compared to adolescent and adults.



Race

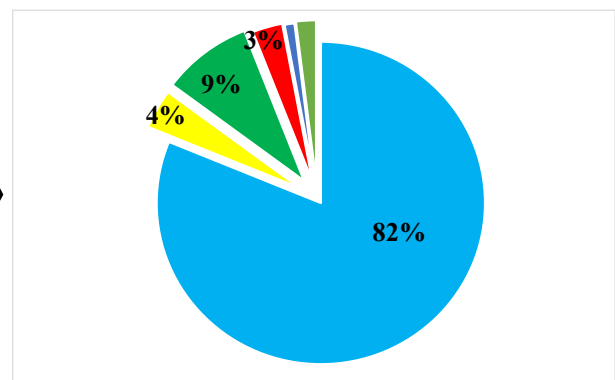
Overall, 4D is serving all racial communities equitably compared to the Multnomah County 2015 Census. 4D's peer-program seems to underserve Hispanic populations, which is a current trend in treatment services in Oregon (ACCBO). In light of this, 4D has included a Hispanic-peer to outreach to this population. The Asian population has a lower rate of addiction, making 4D equitable.



LGBTBQ

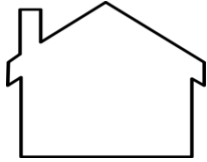
4D does a really good job of including clients from all sexual orientations, serving the following populations:

- 83% Heterosexual
- 9% Bi-sexual
- 4% Gay and/or Lesbian
- 1% Pansexual
- 2% Two-Spirit



Client Success Outcomes:

While 4D provides holistic, recovery oriented services to clients, the addiction-peer program primarily tracks outcomes for housing, employment, education and healthcare improvements. 4D peers also focus on helping client's reach their recovery goals, reducing nicotine use and maintaining sobriety time.



Housing Improvements

28 4D peer-clients during the intake reported not needing to improve housing, 11 ended up improving anyways. While working with a mentor, many clients came to understand that current housing situations were not conducive to recovery and entered into recovery housing.

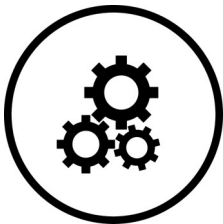
Of the 114 clients who met with a 4D peer-mentor at least once, 47 or 41% improved their housing circumstances.

68% of 4D peer-clients needed housing and 47% achieved improved housing.

39% didn't need and improved

41% Total Improvement

47% Needed and Improved



Employment Improvements

28% of peer-clients reported not needing to improve their employment and 9% of those later improved their employment.

Of the 114 of peer-clients who met with a 4D peer-mentor at least once, 45 or 42% improved their employment circumstances.

70% of peer-clients at 4D needed to improve their housing and 53% of those achieved employment improvement.

9% Didn't Need and Improved

42% Total Improved

53% Needed and Improved

Client Success Continued

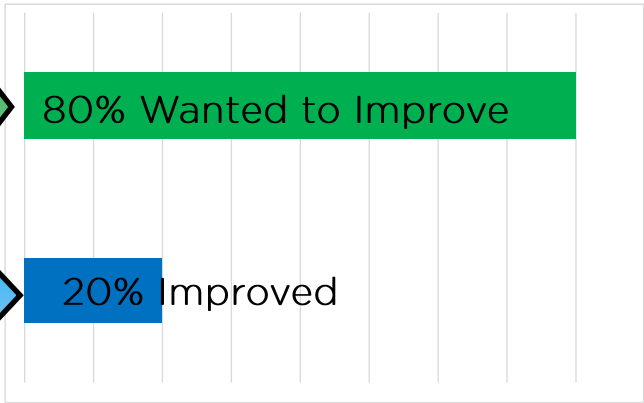
Education, Healthcare and Clean & Sober Time.



Education Improvements

80% of all clients reported wanting to improve their education at the time of intake. This is important to note because education can enhance sustained recovery.

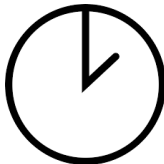
4D will focus more efforts into helping clients achieve their initial goals to improve their education.



Health Insurance

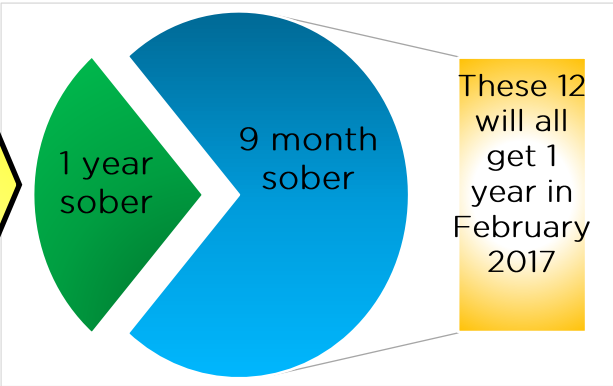
Only 4 peer-youth clients in 2016 didn't have health insurance at the time of intake and 3 of those reported getting health insurance while working with a 4D peer mentor

75% Improved



Clean & Sober Time

Approximately 9 2016 peer youth clients have over 1 year clean & sober time; and, 12 have over 9 months clean & sober time.



These 12 will all get 1 year in February 2017

65% OF FOURTH QUARTER 2016 YOUTH PEER CLIENTS REMAINED CLEAN & SOBER

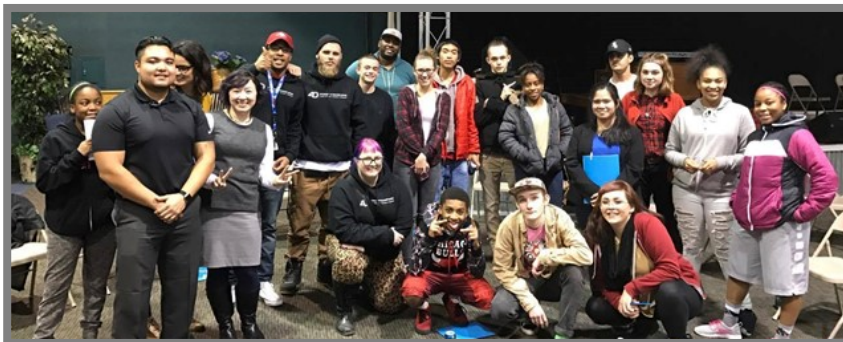
Outreach and Advocacy

4D provides outreach & advocacy to the general public, high-school and college students, government officials and social services providers.

General public and school/college efforts focus on the education of current addiction trends (emphasizing young people), providing awareness of recovery support systems of care and destigmatizing addiction.



4D often partners with Brent Canode, ED of Portland's Alano Club, to advocate for recovery services. This picture is a panel discussing the potential of recovery high schools in Portland following the documentary Generation Found. Tina Bouillion, Multnomah County; Tony Vezina, 4D; and Northwest Family Services were present on the panel.

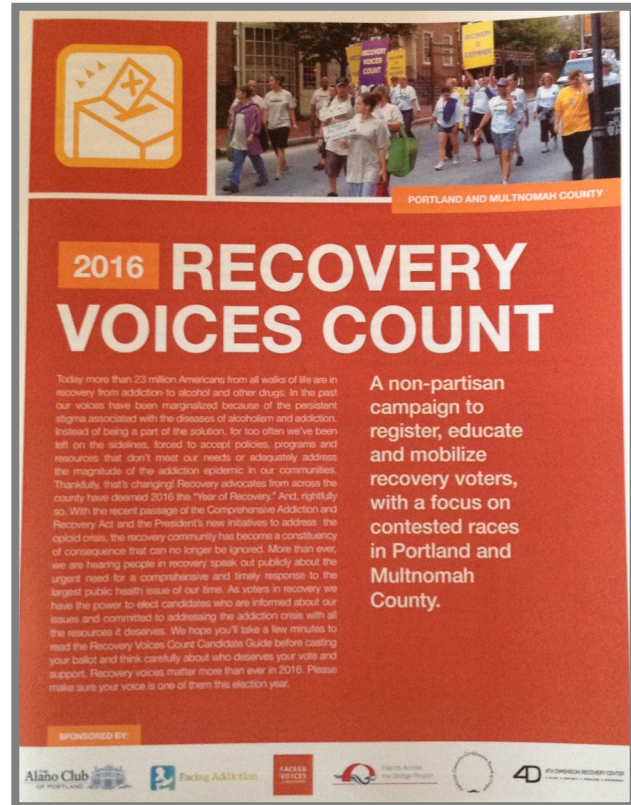


Partnering in Big Villages Youth Summit, 4D offered addiction intervention and education services to Multnomah County High School students through the sharing of Addiction Peer experiences.

Outreach and Advocacy

Continued: 4D is very active in the recovery movement.

4D participated in the 2016 Recovery Voices Count, a non-partisan national movement with the intention of destigmatizing addiction, creating voting awareness within the recovery community and educating public officials of the needs of those facing addiction in America. The coalition members can be found on the bottom of the picture



4D Stands in solidarity with all members of the recovery community. This passion has led to a promise in 2017 to educate the public and Oregon elected officials on the importance of both Addiction Peer Services and the dire need of a Recovery High School in the larger Portland area. Together we will prevail.

Community Partners

Creating synergy through community integration.

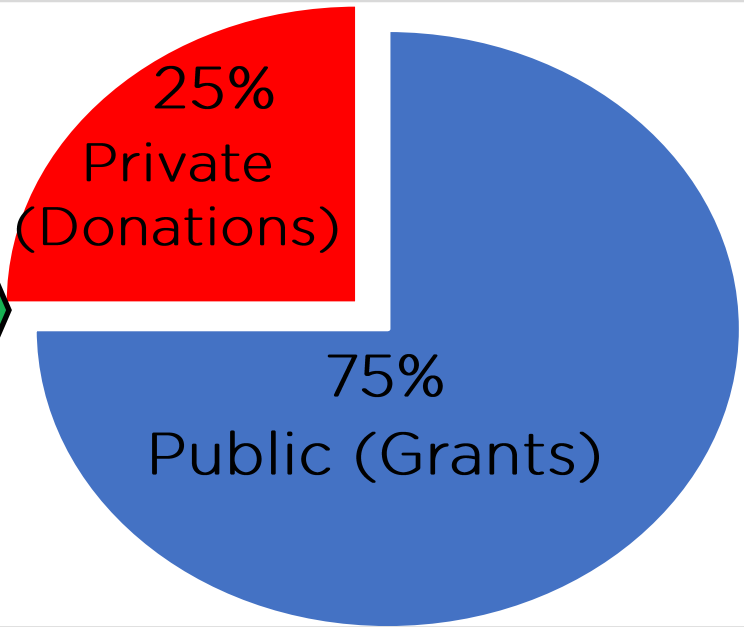
The 4th Dimension is integrated into many agencies in the Multnomah County services continuum. These community partnerships enhance the opportunities for young people to find and sustain recovery.



Finances: Grants and Fundraising

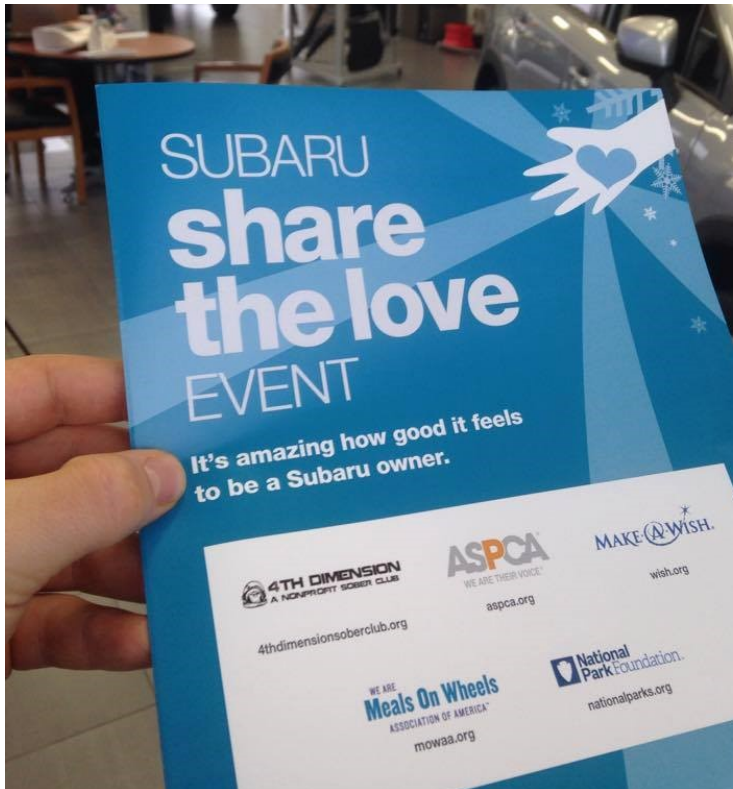
Public and Private Funds

The 4th Dimension's annual budget of 350,000.00 is made up of 75% Peer-Service Grant Money from Multnomah County (public) and 25% donations (private) from people and organizations.



Special Thanks to Gresham Subaru and all the staff who's hard work has resulted in generating nearly \$100,000.00 the last two years. This degree of financial contribution has supported the expansion of 4D's operations. Thank you.

Thank you to these major donors

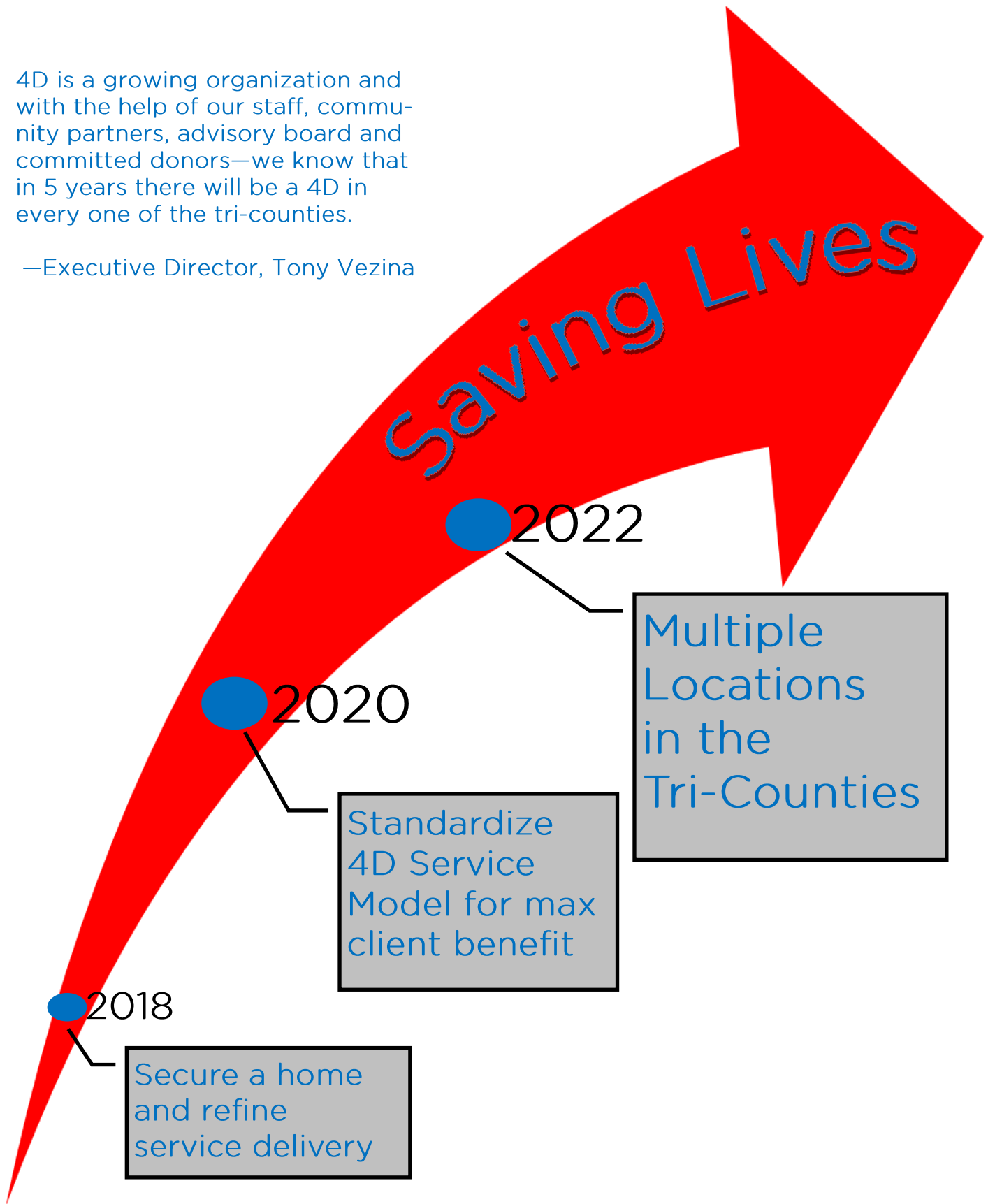


James O'Rourke
Nick Smit
Eric Martin
Gary Patterson
Andrew Spanswick
Milt Parham
David Culpepper
David Guild
John Hacker
Zack Nolan
Uwe Plumhoff
Fred & Linda Stovel
Jeffery Uecker
Sara Friedel
Michael and Claire Arthur
Trevin Webb
Tim Pitts
Wendy and Gus Farah

The Future of 4D: 5 year Plan

4D is a growing organization and with the help of our staff, community partners, advisory board and committed donors—we know that in 5 years there will be a 4D in every one of the tri-counties.

—Executive Director, Tony Vezina



The 4D Board of Directors

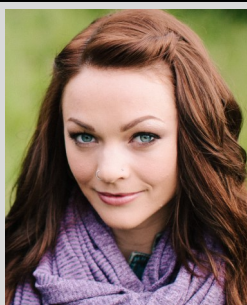
A young board with a fresh perspective on recovery.



Justin Yoder is the newly elected President. Justin works in information technology and has a BS from NYU. He got into recovery in the spring of 2009 after struggling with drugs and alcohol for over 10 years. He regularly attends 12-Step Meetings. He spent a year at 4D as a volunteer mentor before joining the Board of Directors.



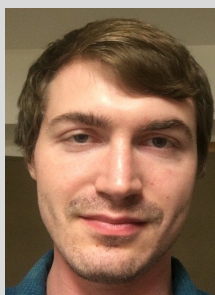
Heidi Plumhoff is the newly elected Secretary. She works at Depaul and is pursuing a CADC at Portland Community College where she also was key in developing a Collegiate Recovery Organization that helps students at PCC find recovery support. She has been on the Board of Directors for about six months and appreciates the opportunity to serve 4D's community members.



Michelle Courtney currently works as a peer-mentor with young people at DePaul Youth. She found a passion for working with younger people after getting clean in 2010. She joined the 4D Board in 2016 because she believes 4D's model serves to drastically help the young people seeking recovery.



Van Burnham is Treasurer of 4D, a father and the co-executive director of ACCBO—The Addiction Counselor Certification Board of Oregon, holds a Bachelor's in Accounting from Ole Miss. Van identifies in long-term recovery and deeply believes that young people in recovery need a place like 4D.



Craig Burkherth is a peer-mentor at OHSU. Since getting clean and sober, he has consistently pursued his dream of helping others who struggle with similar challenges. He joined 4D because it served as a place to get recovery support for him and has gained a loved for the demographic 4D serves.

The 4th Dimension is governed by a group of young people who are under the age of 35, identify in long-term recovery and volunteer their time to fulfil 4D's fiduciary responsibilities to the community. Many of the current employees of 4D were once Board Members who transitioned into operations as 4D began to gain traction in the community.

All current 4D Board Members are Certified as Addiction Peers and believe in the benefit and value of Peer-Services.

EVERY
MEMBER
Is In
Recovery

Special Thanks



Winston Murray, 4D Co-Founder, long-standing past President dedicated the last 5 years serving his community by driving the development of 4D. He is a lifelong Portlander and ranks in the top 1% of realtors in Portland. His entrepreneurial leadership style is reflected in his referral-based business and nonprofit contributions he makes for every home he sells. He wants to make the community he grew up in a better place.



Eric Martin is the past president and director emeritus of the Addiction Counselor Certification Board of Oregon. He is an adjunct faculty member with the University of Oregon and has over 26 years of clinical experience in behavioral health. Eric provides free Certified Recovery Mentor training to 4D and Clinical Supervision to the Peer-Service Program.



James O'Rourke is criminal defense attorney with over 37 years of experience in the profession. He is a person in long-term recovery with over 31 years sober and often represents those who need help finding recovery. He is a dedicated supporter of 4D and it's mission to help young people. He has given 4D support in time, energy and money.



Nick Smit is the General Manager of Gresham Subaru and has been so for 18 years. According to Nick, he "has been in recovery for a long-time," and that is why he advocates and supports 4D. The last two years, Gresham Subaru has generated 4D nearly \$100,000.00 with their annual Share the Love event.



Gary Patterson is the Executive Director of AddictionsNorthwest. Gary is a passionate professional with 20+ years of clinical experience treating those with addiction and their families. He is dedicated to helping others and has supported 4D as a founding sponsor for over 3 years.



Brent Canode is the Executive Director of the Alano Club of Portland and serves in leadership roles within the national organizations of *Facing Addiction*, *Faces and Voices of Recovery* and the *Association of Recovery Community Organizations*. Brent has worked to make a difference in local government and nonprofits for the last 20 years and supports 4D with monthly contributions and mentorship in both political advocacy and fundraising strategy.

4D would like to recognize the ongoing support from the Sadruddin family and the Muslim community for their commitments towards safe alcohol and drug free communities.

A SPECIAL THANKS:

to all those who have donated their money, time and energy into supporting our mission. Without the help of devoted and engaged citizens, 4D would not be able to provide the life saving support young people in our community so desperately need.

We also look forward to your continued support as we work to open multiple locations in the Tri-County area over the next 5 years.



4TH DIMENSION RECOVERY CENTER

✦ ACTION ✦ COMMUNITY ✦ KNOWLEDGE ✦ EMPOWERMENT



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Executive Director, Tony Vezina
Ph: 503.734.0474 Email: tony.vezina@4drecovery.org

TO THE WORLD
YOU MAY BE ONE
PERSON, BUT TO
ONE PERSON YOU
MAY BE THE
WORLD

— Bill Wilson