

# Report to the Community

2022-2023



**Fora Health**  
TREATMENT & RECOVERY

**Fora Health  
provides  
treatment,  
care and  
advocacy  
for all  
who are  
affected by  
substance  
use disorder**



## Message From Our CEO

Working in behavioral health has taught me many things - most importantly, everyone can transform and find healing.

Every day, we witness people with substance use disorder become individuals in recovery. When we get a chance to connect with individuals as they graduate or shortly after, their transformation is astounding! What brings me even greater joy is to know YOU are a part of their story.

We understand what it takes to recover from the disease of addiction and that no one can do it alone. Recovery needs supportive family and friends, compassionate healthcare providers and a dedicated community.

We are fortunate that you have joined this recovery community through your passion and support!

Your continued support is vital to this mission – it means change is possible for individuals entering treatment. For many, treatment will make it possible to secure stable housing, land a job, reconnect with loved ones, and – most importantly – value themselves again.

On behalf of our board, staff and patients, thank you for your participation in ensuring our neighbors can access treatment solutions at Fora Health!

With my deepest appreciation,

A handwritten signature in dark ink, appearing to read 'Devarshi Bajpai', with a stylized, flowing script.

Devarshi Bajpai, Chief Executive Officer



**Devarshi Bajpai**

Chief Executive Officer





## Philosophy

Treatment at Fora Health is based on the belief that chemical dependency develops within the context of an individual's heredity and environment. We view addiction as a chronic, relapsing and treatable illness. We believe that all individuals have within them innate health and the capacity to recover.

Fora Health uses comprehensive, multi-disciplinary, culturally responsive and evidence-based practices that address the needs of the whole person, family and community.

We respect the dignity and recognize the uniqueness of each individual and the need for individualized treatment. We utilize all available community resources and work collaboratively to support the ongoing recovery of our patients.



## Quality

With services spanning nearly five decades, Fora Health has helped over 50,000 individuals and families to create freedom from addiction.

Fora Health is nationally accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF). And, we have maintained the highest level of accreditation by CARF for over 21 years. CARF accreditation signifies an independent affirmation of Fora Health's commitment to continually improving clinical services, encouraging stakeholder feedback, practicing excellence in fiscal and human resources management and serving the community.



## Continuum of Care

Fora Health offers a robust continuum of care to treat the whole person in their recovery from addiction. We offer services ranging from Medication-Assisted Treatment (MAT) and residential programming to outpatient group and family therapy. Our patients and their support system access each level of care together and as needed to achieve their treatment goals.

A significant number of Fora's patients are in need of treatment for more than just substance use disorders and also have mental health support needs. Mental health evaluations and counseling services are available to support our patients with co-occurring diagnoses. Fora's mental health professionals are equipped to treat a wide range of co-occurring mental health conditions. In addition, each patient's program is tailored to their individual needs and designed with their unique situation in mind. Mental health medication management is also available for our patients through Fora Health's excellent medical team.

High quality medical care and coordination of services is available for our patients with high acuity mental or physical health needs. Oversight by Fora's team of doctors and nurses helps to ensure these patients have the best chance at recovery. Fora also provides support to our patients in finding a primary care home within their network and in an area of their choosing.

This continuum of wrap-around services, all under one roof, is foundational for our patients and their journey to recovery. With comprehensive treatment services, we ensure that patient care is sustained and constant, uninterrupted by changing providers, or counselors. Fora's continuity of care allows our patients to build the relationships that lead to successful treatment outcomes.



## Lindsey's Recovery, *a patient reflection*

Through the generosity of our donors, patients like Lindsey experience acceptance, develop new skills and heal at Fora Health. Most importantly, they gain a newfound HOPE for their future.

During Covid, Lindsey lost her job, grieved a miscarriage and felt anxiety when one of her parent's health seriously declined. She felt overwhelmed and run down, and in complete exhaustion, she said "yes" when offered a drink. Lindsey's dependency grew quickly out of control, and she lost custody of her nine-year-old daughter.

Before Lindsey came to Fora Health, she had symptoms of severe alcohol poisoning and life-threatening seizures. She kept thinking about her daughter – "I couldn't die letting her think I didn't try to be sober again."


In residential treatment, everything changed! Lindsey immersed herself entirely in the programs available at Fora Health, learning how to take ownership of her life, joining AA meetings and gaining support for her recovery with a sponsor. She sought out family therapy so she could begin to rebuild her relationship with her daughter.

"This place is amazing all around – before, during and after – they take really good care of you!"

At Fora, she regained control of her life. Now over a year sober, she is grateful to be alive and dreams of a career in recovery where she can help others struggling with the disease of addiction. Most importantly, she is engaged in a renewed relationship with her daughter.

Fora Health appreciates everyone who helps ensure people like Lindsey can find the care they need at Fora Health. Giving to Fora Health means patients find acceptance – treatment – sobriety – HOPE for their future!





**“ I wouldn’t be alive today if  
it wasn’t for Fora Health.  
Every day, I wake up  
grateful to be alive and  
to know I am here for my  
daughter!**

**”**

**- Lindsey, Fora Health Alum**



## **Commitment to Diversity, Equity and Inclusion**

Fora Health is an inclusive organization, and we respect and celebrate all aspects of people including race, ethnicity, cultural background, religion, biological sex, gender identity and expression, sexual orientation, socio-economic status, age, body shape and size and physical or mental ability.

In treating the whole-person, Fora Health knows how important it is to provide an inclusive and safe care environment for all of our patients, staff and community members. We strive to ensure that Fora Health is a place where anyone can heal and be fully self-expressed, without fear of being made to feel uncomfortable, unwelcome or challenged; holding space for each person's self-respect, dignity and feelings.



## Impact

Your crucial support transforms lives every day at Fora Health. Through evidence-based, trauma-informed treatment programs and a holistic suite of services, **our friends and family members with addiction form new and fulfilling lives full of vitality — ones they never thought possible.** Fora Health goes beyond treatment and ensures that patients have a chance to live to the fullest by giving them a detailed routine and daily experience of connection, growth, care and tools to safeguard themselves. Specialty services, like peer mentors and family therapy, massively improve the likelihood of patients' completion rates. Your support helps to ensure these invaluable and necessary additional resources are available for our patients. Our community flourishes when Oregonians can go somewhere with opportunities to learn skills and discover interests they may never have been introduced to otherwise.

2,087

Total Unique  
Patients

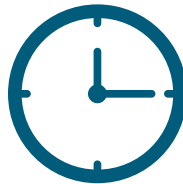


87% Adult Patients are from  
Low-Income Households

100% Patients had a home  
to go to at graduation!

1,908

Withdrawal Management  
Patients



49,976

Total hours of patient services  
Fora Health provided last year

272

Residential Patients



90%

Patients feel services at  
Fora are making a positive  
difference in their lives!

629

Outpatient Patients



91%

Patients are satisfied with  
the overall quality of care  
they received at Fora Health

36% Residential patients  
utilized family therapy

44% Had co-occurring mental  
health conditions

# Leadership

## Fora Health Officers

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**Devarshi Bajpai, MBA**  
Chief Executive Officer

**Courtney Wood, MPA**  
Chief Financial Officer

**Dr. Jessica Gregg, M.D., Ph. D.**  
Chief Medical Officer

**Nerissa Heller, LCSW, CADC III**  
Chief Clinical Officer

## Board of Directors

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**James Polo, MD, Chair**  
Carelon Behavioral Health

**Andy Darkins, CFP, Vice-Chair**  
Vista Capital Partners

**Jason Nash, Secretary/Treasurer**  
Zimmer Biomet

**Jay Minor, Immediate Past Chair**  
Retired Highway Contractor

**Kelsie Crippen**  
Markowitz Herbold

**Terry Johnsson, DMin**  
OHSU Adventist Health

**Amit Shah, MD**  
CareOregon

**Melissa Topp, MSN, RN**  
Providence Health Plans

**Kevin Valk**  
Holst Architecture

## Board of Advisors

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**Bill Dickey**  
Morel Ink

**Dennis Doherty**  
Retired, Brown & Brown  
Northwest

**Homer Williams**  
Williams & Dame

**Jennifer Williamson**  
Swift Public Affairs

**Harry Wilson**  
Markowitz Herbold

# Finances

## Operating Statement

Fiscal year ending June 30, 2023

### Revenue

Patient Care Service Revenue	10,912,647	76.5%
Grant and Contract Revenue	2,274,294	15.9%
Total Donations	1,034,127	7.3%
Other Revenue	41,744	0.3%
<b>Total Revenue</b>	<b>\$ 14,262,812</b>	

### Expenses

#### Program Services

Adult and Family Services	11,095,122	74.1%
Youth and Family Services	182,864	1.2%
<b>Total Program Services</b>	<b>11,277,986</b>	

#### Supporting services

Administration	3,212,712	21.4%
Fundraising	490,048	3.3%
<b>Total supporting services</b>	<b>3,702,760</b>	

<b>Total Operating Expenses</b>	<b>\$ 14,980,746</b>	
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# Thank You!

Each year with generosity and compassion from individuals, foundations and corporations, Fora Health has the continued opportunity to improve people's lives and make our community a better, healthier place. Donors listed contributed between July 1, 2022 and June 30, 2023. Thank you for your truly outstanding support.

## \$50,000+

CareOregon  
Henry Lea Hillman, Jr.  
Foundation  
OCF Joseph E. Weston  
Public Foundation  
The Standard  
Wheeler Foundation

## \$10,000-49,999

Adventist Health  
Portland  
Clark Foundation  
City of Hillsboro  
Marie Lamfrom  
Charitable Foundation  
Jay & Duff Minor  
Mitzvah Fund of the OCF  
Oregon Community  
Foundation  
PhRMA  
Providence Health Plan  
Reser Family Foundation  
Richard & Diane  
Van Grunsven  
Harry Wilson

## \$5,000-9,999

Bill Dickey  
Bruce F. Howell  
B.P. Lester & Regina John  
Foundation  
Samuel S. Johnson  
Foundation  
Jason Nash  
Renaissance Foundation

## \$2,500-4,999

Kelsie Crippen  
Dunn Carney  
Pacific Premier Group  
Stoel Rives  
The Partners Group  
Kevin & Jennifer Valk  
Vista Capital Partners  
Washington County  
Health and Human  
Services

## \$1,000-2,499

Brannon Baranowski  
Broughton & Mary  
Bishop Foundation  
Kim Bradley  
Renn Brown  
Ryan Chieffo  
Robert & Susan Coussens  
Andy Darkins  
Kevin Erdahl  
Kate Lieber  
MDU Resources  
Foundation  
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Mortimer  
NIKE, Inc.  
Graeme Queen  
Mel & Shane Topp  
Maree & Todd Wacker

## \$500-999

ACE American Insurance  
Company  
America's Best Local  
Charities  
Michael Ash-Dolowitch  
Benevity Community  
Impact Fund  
Curt Douma  
Eames Consulting  
William Johns  
Mike & Catherine Merz  
John & Debbie Mohlis  
Macy Ray  
Charlene Rogers  
Aaron Sahlstrom  
Tawna Sanchez  
William Shields  
Jim & Karen Spangler  
Andrew & Annie Spiak  
DJuan Thomas  
Beverly & Charles Trover  
Paul Welcome

## \$250-499

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Andrew Brown

Lena Chiu  
Steven Devine  
Kristin Dinkheller  
Les & Nancy Fahey  
Jeremy Fleischer  
Amy Frazey  
Amanda Gardner  
Matthew Griffin  
Nerissa Heller  
Matthew Hudspeth  
Darcy Lagerquist  
Sally Manafi  
Carol Marsh  
Samuel Morgan  
Dottye & Joseph Otnes  
Charles Wilson

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Bridget Angell  
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Julie Auvil  
Katie Banks  
Cynthia Bartley  
Jennifer Basantani  
Jennifer Bates  
Tiffany Begley  
Barbara Bliss  
Stacy Blumberg  
Cindy Bofinger  
Linda Boly  
Brad Boudet  
Christopher Brehman  
Sunny Briscoe  
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Sierra Callahan  
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Kelly Chapman  
Shane Chase  
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Stephen Coleman  
Sabin Coleman  
Edward Dassow  
Bettina Davis  
Cheryl de Renzy  
Gryffyd Dempsey  
Jeffrey Dennison  
Jacqueline DiBernardo  
Daniel DiCello  
Roger & Connie Dilts  
Dennis & Marianne  
Doherty  
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Deevonna Frasier  
Fred Meyer Community  
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John Granato  
Heather Greenwell  
Lyndsey Grote  
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Kyle Haverly  
Julie Hawkins  
Jason Hedges  
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Kristina Maris  
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James Martin  
Edwin Martinez  
Michael Maxfield  
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Mc Farlin  
Michael McCaffrey  
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Lindsey Orcutt  
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Andrea Perkins  
Olivia Pflanz  
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Sarah Scheidel  
Andrew Schmidt  
Angelica Schmitt  
Trina Schneider  
Susan Schweitzer  
Jerome Scott  
Taylor Shaw  
Lisa Shelton  
Jon Shervy  
Marina Shuman  
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Donna Sneed  
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Camille Tourje  
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Deborah Trtek  
Ruth Vaccaro  
Robert Valk  
Amy Van Etta  
Katherine Vander Linden  
Benjamin Venable  
Jaclyn Venable  
Nicholas Warne  
Harrison Weaver

Jeffrey Webb  
Kathryn Webb  
Richard Weisbaum  
Benjamin Werner  
Jaclyn Wheatley  
Katrina Wilhelm  
Charlene Wilson  
Justin Wood  
Katherine Woodman  
Michelle Youngclaus  
Noel Yunginger  
Scott Zetterberg  
Ellen Zientek

### \$1-99

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Eric Arnold  
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Mark Auxier  
Linda Babcock  
Lauren Baker  
Eric Barten  
Katherine Bass  
Robert Baumgarten  
Pam & Scot Belli  
Mitchell Bender  
Elizabeth Bergeson  
Alycia Bleeker  
Dana Boddy  
Wade Boss  
Carlene Botts  
Kaarina Bourquin  
Shawn Bower  
Juanita Boyea  
Robin Boyle  
Anne Bradley  
Mindi Brenard  
Valerie Bressman  
Barbara Brooks  
Tamara Brown  
Megan Brown  
Michael Bruneau  
Tanya Bryan  
James Buckroyd  
Jesse Caldwell  
Jordan Carey  
Janet Castro  
Marianne Chin  
Brian Clark  
Corlyn Collins  
Tara Connelly  
Ashley Crook  
Cathryn Curran  
Sarah Curry  
Ne Kia Davenport  
Andrea Dayot  
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Jennifer Kern  
Dominic Keska  
Michelle Kime  
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Christine Kolar  
Kelly Kondra

Scott Kondra  
Darla Krusee  
Mark Kuryloski  
Velvet Lack  
Sierra Lafever  
Virginia Lam  
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Vincent Logan  
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Sally Sparks  
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Desiraie Storm  
Shayna Stude  
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Siggy Torfason  
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Alexondra Willis  
Faith Wilson  
Kathleen Wolf  
Dixie Woods  
Christine Woolsey  
Judith Yakymi  
Jer-Fen Yeh  
Kristi York  
Nancy Young  
Linda Zenger

### In-kind

Portland Business Journal



## Freedom Awards

This year's 23rd Annual Freedom Awards was filled with energy and excitement. On Thursday, October 19, 2023, at the Sentinel Hotel in Portland, we witnessed our community and leaders committed to supporting people in recovery inspire and hearten everyone in the room.

The event honored Go The Distance (GTD) Co-Founder Izzy Alvarado with the Samuel C. Wheeler Freedom Award for being an invaluable member of Portland's recovery community by taking hundreds of patients from different treatment centers on runs, giving them an outlet and sense of community in their recovery, new athletic clothing and passions they can take into their transformed lives.

The Honorable Judge Nan Waller was presented with The Spirit of Recovery Advocacy Award for making a large impact in our community, specifically to support individuals in the correctional system who need mental health and addiction treatment. The luncheon featured Senator Kate Lieber as the keynote speaker. Proceeds from the luncheon surpassed \$175,000 and all funds will benefit people experiencing substance use and co-occurring mental health disorders through Fora Health's treatment and recovery programs.

**Titanium Sponsor:** Wheeler Foundation

**Gold Sponsor:** Providence Health Plan

**Silver Sponsors:** Holst Architecture, PhRMA, MHAAO, Care Oregon,  
Adventist Health Portland, Jay and Duff Minor, The Standard



## Let's Discuss

### *Shining a Spotlight on Mental Wellness*

Fora Health's speaker series, **Let's Discuss – Shining a Spotlight on Mental Wellness**, returned for a second year to continue addressing the challenges we face in our everyday lives through subjects like racism in medicine, the future of psychedelics in treatment, AI supporting diagnosis and inherited trauma.

We have invited another six esteemed leaders from across the globe to share their knowledge on addiction, mental health, how treatment is evolving and how professionals can take care of themselves and use those same skills for clients. **Their thought-provoking keynotes will give attendees the tools and knowledge to discuss the long-term solutions our community needs.**

Among our six speakers are award-winning authors, renowned psychoanalysts, active contributors to national publications and founders of innovative organizations. Simply put, they are THE experts and leaders in their field. Our second-year series began with international speaker, Andrew Penn, and welcomes Dr. Cristopher Gregg, Erica Spiegelman, Dr. Galit Atlas, Dr. Jamie Marich and Dr. Jonathan Metz. Join us for this timely and thought-provoking series - it will ripple through our community and open doors for better mental well-being!

**Sponsors:** Wheeler Foundation, Adventist Health Portland, CareOregon, Multnomah County, Providence Health Plan

**In-kind Sponsor:** Portland Business Journal





# 50

# Fora Health

*years of transforming lives*

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DE PAUL TREATMENT CENTERS 1974 - 2021 | FORA HEALTH 2021 - PRESENT

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## It is Fora's 50th Anniversary and it is time to celebrate!

Since our inception as De Paul Treatment Centers in 1974 we have been committed to providing treatment, care and advocacy for all who are affected by substance use disorder, helping to transform over 55,000 lives. This milestone marks a momentous journey filled with stories of hope from patients, families, the remarkable dedication of employees and the continual support of our community partners. This anniversary not only signifies the years of providing care for the community but also, the immense potential that lies ahead.

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### Fora Health

10230 SE Cherry Blossom Dr.  
Portland, OR 97216

[info@forahealth.org](mailto:info@forahealth.org) | (503) 535-1150