



50

Fora Health

years of transforming lives

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Report to the Community

2023-2024

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



Message From Our CEO

As we celebrated our 50-year anniversary last year, I can't help but share my appreciation for everyone who has been a part of this organization's history.

It's humbling to lead an organization that's been built by so many people who care deeply about the community we serve. Remembering where we came from keeps us rooted in our values. It keeps us committed to doing our work in a way that honors all the people that came before us. During this time, our team is grounding ourselves in Fora's vision:

We envision communities where every person affected by substance use disorder has access to the support needed to emerge from this disease. Where healthcare systems become advocates for hope. Where stigma ceases to exist.

No matter what happens, together we will stay committed to recognizing every person's inherent dignity and worth. We will continue demonstrating empathy and respect to each other and to our patients. We will create an inclusive environment for each other and for our patients who have experienced marginalization, stigma, and trauma. We will continue to help people find hope in their darkest hours. The work we do is too important to do otherwise.

We are fortunate that you have joined this recovery community through your passion and support! Your continued support is vital, now more than ever – 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,



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 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 22 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 including:

- Withdrawal Management (Detox)
- Medications to Treat Addiction (MAT)
- Medically Monitored Residential (3.7 R)
- Residential Treatment
- Intensive Outpatient Treatment
- Outpatient Treatment
- Outpatient MAT
- DUII and Court-Ordered Treatment
- Family Therapy
- Dual Diagnosis Treatment
- Peer Services

Fora Health employs a multi-disciplinary team of doctors, nurses, nurse practitioners, therapists, Qualified Mental Health Professionals, Certified Alcohol and Drug Counselors and Peer Recovery Mentors to support patients needing specialty care.

We ensure Fora Health's team is holistic in its approach by employing staff with lived experience, valuing and incorporating their professional training and recovery stories.

Our wrap-around services, all under one roof, ensure that patients can engage in treatment at any point in their recovery journey. This full continuum of care empowers our staff and patients to develop personalized care plans that meet each person's unique, long-term needs and build the relationships and trust that lead to successful treatment outcomes.





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.**

2,224

Total Unique Patients



29% Patients were houseless upon entering treatment

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

1,312

Withdrawal Management Patients



51,673

Total hours of patient services Fora Health provided last year

332

Residential Patients

580

Outpatient Patients



88% Patients feel valued and understood by their counselor

73% Residential patients had co-occurring mental health conditions

71% Residential patient completion rate when engaged in Peer Services



90% Patients are satisfied with the overall quality of care they received at Fora Health

Leadership

Fora Health Officers

Devarshi Bajpai, MBA
Chief Executive Officer

Courtney Wood, MPA
Chief Financial Officer

Dr. Jennifer Hartley, PhD, MD, MSOM
Chief Medical Officer

Nerissa Heller, LCSW, CADC III
Chief Clinical Officer

Board of Directors

James Polo, MD, Chair
Carelon Behavioral Health

Andy Darkins, CFP, Co-Chair
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Jason Nash, Treasurer
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Amit Shah, MD, Member at Large
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Trillium Community Health Plan

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Gilbert | Levy | Bennett

Kevin Valk
Holst Architecture

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Dennis Doherty
Retired, Brown & Brown
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Williams & Dame

Jennifer Williamson
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Harry Wilson
Markowitz Herbold

Finances

Operating Statement

Fiscal year ending June 30, 2024

Revenue

Patient Care Service Revenue	14,691,035	94.5%
Grant and Contract Revenue	359,207	2.3%
Total Donations	465,453	3.0%
Other Revenue	31,066	0.2%

Total Revenue **\$ 15,546,761**

Expenses

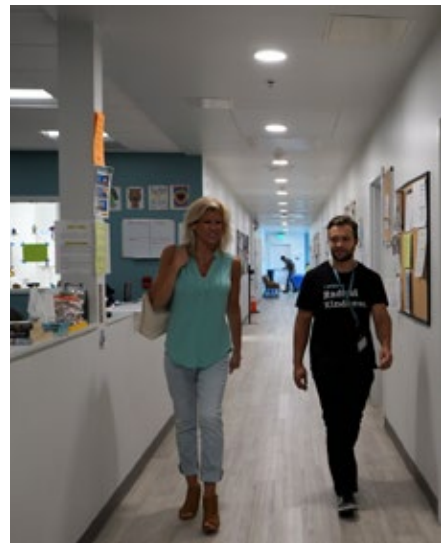
Program Services

Adult and Family Services	12,755,148	74.4%
Total Program Services	12,755,148	

Supporting services

Administration	3,882,444	22.7%
Fundraising	495,446	2.9%
Total supporting services	4,377,890	

Total Operating Expenses **\$ 17,133,038**





Hope & Freedom Gala

Hope and Freedom Gala was a momentous celebration of 50 years of Fora Health, *formerly De Paul Treatment Centers*, serving our community! Everyone got into the disco-glam theme and had a great time celebrating 50 years of transforming and saving lives through innovative care at Fora Health/De Paul in an inclusive, fun and safe environment. The Gala Dinner showcased stories from donors, staff, and patients who were part of our transformational treatment.

Fora Health's first Executive Director, Steve Newton, reflected on his time with the organization, the history of addiction treatment in Oregon and how far the organization had come. We awarded our Samuel C. Wheeler Freedom Award to Doyal Smith. His lived experiences led Doyal to De Paul, at first as a patient. His journey allowed him to return as a volunteer and then staff member to begin building a successful career in the recovery field. Today, Doyal is the Executive Director at Dual Diagnosis Anonymous (DDA), which launched its first meeting in De Paul's basement. Multnomah County Chair Jessica Vega Pederson and our CEO Devarshi Bajpai also announced that Fora has completed funding for its new transitional housing facility for people after they complete treatment.

And thanks to the generosity of our guests, sponsors and everyone who gave online, we raised \$250,000!

We are overjoyed by the reception, participation, and abundant fun at this event and plan on organizing equally special events for the recovery community in the future!

Titanium Sponsors: Wheeler Foundation, Trillium Community Health Plan

Silver Sponsors: Coral Construction, CareOregon, Holst Architecture, Jack Levy, MHA AO, Jay and Duff Minor, Providence Health Plan, The Standard

Bronze Sponsors: Adventist Health Portland, Central City Concern, Dual Diagnosis Anonymous, Dunn Carney, Edlen & Co, Multnomah County Health Department, Radler, White, Parks & Alexander LLP, The Partners Group, Transcending Hope, Vista Capital Partners, Walsh Construction, Washington County

Let's Discuss | *Speaker Series on Mental Wellness*

Fora Health's Speaker Series returns with a new set of innovative topics to address the challenges we face in our everyday lives! We have invited another six esteemed leaders from across the country 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. We can't wait to see you there!

Join us during the spring and fall sessions! NEW time: 11:30am - 1:00pm *Lunch included!*
More information and registration at: forahealth.org/letsdiscuss

Spring Session

Oregon Fentanyl Crisis: What We Have Learned and the Most Current Treatment Approaches	Dr. Jennifer Hartley	Mar. 27, 2025
Heal the Healer	Dr. Keith Dempsey	Apr. 24, 2025
7 Facts About Anxiety That Will Change The Way You Think	Maryellen Dance	May 22, 2025

Fall Session

The Unexpected Gift of Trauma and the Path to Post Traumatic Growth	Dr. Edith Shiro	Sept. 18, 2025
The Use of Virtual Reality to Treat Addiction	Dr. Brandon Oberlin	Oct. 23, 2025
How to Eat to Change How We Drink	Dr. Brooke Scheller	Nov. 6, 2025

Sponsors: Wheeler Foundation, Adventist Health Portland, CareOregon, Edlen & Co, New Narrative

In-kind Sponsor: Portland Business Journal





“ My whole life, I’ve had this identity crisis. I was looking for a hero, acceptance and self-worth. Well, when I chose to go to detox, I chose to be my hero. ”

- Gerald, Fora Health Alum

“ My heart is what I lead with. I have faith, so I don’t have fear. What I’ve accomplished through treatment keeps me mindful and gives me hope. Everything is possible. ”

- Addison, Fora Health Alum

Watch Addison’s story: www.bit.ly/FH_AB



“ The services I received here are like the highlight of my life right now because it has allowed me to learn how to strip myself of my old beliefs and allowed me to actually trust people and to get to know who I am as a person because I never knew who I was. And because of everything I learned here, everything that I have taken with me, I’m able to walk and be free. ”

- Valerie, Fora Health Alum

Watch recovery reflections from Fora Alumni:
www.bit.ly/FH_mission24

