



Family Therapy Services

Program Overview

Fora Health is here to help family members and loved ones with their journey to recovery. Misuse of drugs and alcohol impacts every member of the family, regardless of how “family” is defined. As part of our commitment to comprehensive, wrap-around care, our patients are offered Family Therapy, because it has been proven to advance outcomes. In doing so it helps people build a deeper understanding and connection in the journey toward lasting change and healing.

Why is Family Therapy so effective?

Significant supports that are engaging in family services are invited to learn alongside of their loved one to jointly develop treatment planning goals that fosters increased connection and communication between members. Family services leads to positive outcomes by promoting family resiliency strengthening families healthy coping strategies to reduce the likelihood of family cut off and isolation stemmed from the rippling impact of substance misuse.

Patients enrolled in treatment that disclose their struggle with substance misuse are not expected to be the experts of addiction, treatment, and recovery despite being the experts of their lives. By engaging in family services, patients and their chosen loved ones are guided through the recovery process with the help of a trained family therapist to navigate family recovery collectively. Some common themes that families often address throughout their care to work through may include but not limited to, exploring how to cope with trauma, separation, and divorce, parenting needs, boundary discussions and improving conflict resolution skills.

How does Family Therapy Work?

- Gaining knowledge of the impact of addiction and navigating change in recovery
- Improving communication
- Exploring boundaries
- Increasing the quality of connection
- Developing Family Recovery Plans

“Fora Health’s family therapists are really good at breaking things down to a level at which we can all hear and understand each other.”

- Kim

For more information about our programs

Call (503) 535-1151 or visit www.forahealth.org

We accept a variety of payment options including Oregon Health Plan (OHP) and work with many insurance providers.