



Outpatient Treatment

Program Overview

Outpatient treatment must be flexible and effective. It enables individuals to meet their recovery goals without the need for overnight stays. Treatment plans are highly personalized to meet the needs and goals of the individual. To determine the level of care needed, a person will meet with a Fora addiction counselor for a comprehensive substance use disorder assessment.

Outpatient Program

This treatment program includes weekly group sessions as well as regular one-on-one therapy sessions with an accredited substance use (or dual diagnosis) counselor. Patients should plan for between 1 and 8 total hours of treatment services per week.

Intensive Outpatient Program (IOP)

This treatment program includes a minimum of three hours of group therapy per day, 3 days per week, and an individual therapy session each week. Patients that are seeking mental health medication management also have access to a psychiatric nurse practitioner by referral. Patients should plan on between 9 and 15 total hours of treatment services per week.

Intensive Outpatient is a supportive option for individuals who need more structure and a higher frequency of services than standard outpatient. Intensive Outpatient is also great option for someone struggling with a substance use disorder who has completed a residential (inpatient) level of care and is needing additional support to return to living independently.

Insurance

We offer a wide variety of payment options and work with a vast network of public and private insurance providers. We accept most payors including Oregon Health Plan and many private insurance carriers.

For more information

Call: (503) 535-1151 or visit:
forahealth.org/payment-options

Contact

Fora Health

10230 SE Cherry Blossom Dr.
Portland, OR 97216

General Phone: (503) 535-1150

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Learn more: www.forahealth.org



What to Expect

On average, patients in our Outpatient program attend a minimum of 1 to 4 hours of groups per week and meet with their primary counselor for individual sessions a minimum of 1 time per month. Each patient's treatment plans are highly individualized, so the frequency of counseling sessions vary from person to person. Patients may also partner with their primary counselor to reassess their individual needs and reduce or increase the frequency of sessions based on clinical recommendation. Treatment at Fora Health also includes providing randomized urine drug screenings, which are collected onsite.

Individuals enrolled in either Outpatient or Intensive Outpatient services at Fora Health are also invited to explore our dynamic **Peer Recovery Mentor, Family Therapy, Psychiatric Medications or Medications for Addiction Treatment (MAT)** services. These specialty programs can help Fora Health patients find a greater connection to community support and to their loved ones. These services can be accessed by requesting a referral from the patient's primary counselor.

Peer Mentors

These are trained professionals with lived experience in recovery who help patients with access to community resources, to develop life skills, and in modeling healthy lifestyles.

Family Therapy

Substance use disorder affects the whole family. Our Family Therapy service offerings are unique to our region and help individuals and their loved ones, or chosen support networks, build healthy relationships to nurture long-term recovery.

Medications for Addiction Treatment (MAT)

Medications are provided to help reduce cravings, substance use, and the risk of overdose. They can also help improve brain functionality and can help patients stay connected to treatment. Medications are offered for individuals with an opioid or alcohol use disorder.

Get Started

To get established in our Outpatient care, individuals interested in enrolling can arrive onsite during Open Access (same day walk-in) business hours to start their enrollment process which include an assessment and assignment to an Addiction Counselor at the **SE Portland location**.

Open Access walk-in hours*:

- Tuesdays: 2:00 pm - 4:00 pm
- Thursdays: 10:30 am - 2:00 pm
- Fridays: 11:00 am - 12:00 pm

***Expect a minimum 2.5-hour appointment. There may be additional waiting time.**