



# Outpatient Treatment

## Program Overview

Outpatient treatment must be flexible and effective. Treatment plans are highly personalized to meet the needs and goals of each person who is looking to make a change. The treatment plan includes regular one-on-one therapy sessions with an accredited substance use (or dual diagnosis) counselor, as well as any recommendations for group sessions.

Outpatient treatment is available at both our SE Portland and Hillsboro locations and patients should plan on between 1 and 8 total hours of counseling per week. We also offer expanded hours, virtual care and telehealth options to provide support for busy schedules. Fora Health provides the following services:

- Group and individual counseling
- DUII Services
- Peer Recovery Mentor services
- Family Therapy services
- Dual Diagnosis Mental Health Therapy
- Medication to treat substance use disorder

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## What to Expect

On average, patients receiving Outpatient Services meet with their primary counselor once or twice a month. Each patient's treatment plans are highly individualized, so the frequency of counseling sessions varies from person to person. Patients may also reduce or increase the frequency of sessions as their needs change during treatment. All patients are encouraged to engage in at least one group therapy session per week, and Fora Health offers a wide array of group types to meet the diverse needs of our community.

## Accessing Treatment

The first step to getting started is to reach out to our care team at (503) 535-1151 to complete an initial screening.

## Insurance

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

### For more information

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

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## Contact

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