



Peer Recovery Services

We know what it means to build a new life in recovery. Because we've been there.

Change is hard. But it becomes easier with someone to walk alongside you. Someone who has walked that path. So for a person who truly wants to change their relationship with drugs and alcohol, it makes a big difference to connect with someone who's already been there. That's where our Peer Recovery Mentors come in.

Trained and certified professionals who help people navigate their recovery, Peer Mentors are at least two years free from drugs and alcohol themselves. They have chosen to make supporting others their first priority.

Peer Recovery Mentors provide:

- Skill-building for the individual's specific needs
- Connection to an array of local support groups; Refuge Recovery, 12-Step meetings, Smart Recovery, and Wellbriety, to name a few
- Help connecting to culturally-specific community resources
- Group outings, activities, and recreation such as yoga, gardening, meditation, and more
- Relapse prevention planning
- Support to address employment, housing, relationships, and basic needs
- Phone and text support
- Alumni support and activities

Recovery mentors help create our culture of kindness, acceptance, and wrap-around support.

Who are Recovery Mentors?

Recovery mentors are certified and trained, acknowledging at least 2 years free from drugs and alcohol, and role model a healthy, productive lifestyle in recovery.

Why choose Peer Recovery Services?

Patients at Fora Health are 3x more likely to complete treatment and continue their recovery afterwards when involved in Fora's Peer Services Program.

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.