




Fora Health
TREATMENT & RECOVERY

**Report to the
Community**

2020-2021



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

Message From Our CEO

As I reflect on the past year, I am so grateful for the work we have done together as a community to help over 1,300 people and their families recover and find freedom from addiction. The accomplishments and outcomes you will learn about in the following pages were only possible because of your outstanding support. We are deeply thankful for your profound commitment to changing lives.

After three years of hard work and committed leadership by our Board of Directors, executive team and compassionate project partners, our Visionary Campaign for Hope and Recovery has been successfully completed. Our new 53,000 sq. ft., state-of-the-art facility is open and fully operational. Designed by Holst Architecture, resting on 3.4 acres of therapeutically planned green space, the entire campus has been designed using a trauma-informed approach to provide an optimum environment for the treatment of substance use and co-occurring mental health disorders. Our new facility provides soothing whole-person care and has expanded our capacity to serve Oregonians seeking change in their lives. The new treatment center has significantly increased patient capacity and helped to address the shortage of available treatment in our state.

Fora Health is truly grateful to each of our foundation, government, and corporate partners, and to our individual donors for their unprecedented investment in our shared vision for a stronger Oregon. You are each a vital component of our collective success. Thank you.

I am thrilled to share this annual report which highlights the incredibly good work we have done together as a caring community.

With deepest awe, appreciation, and gratitude,

A handwritten signature in dark ink, reading "Maree Wacker". The signature is fluid and cursive, with the first name "Maree" being more prominent than the last name "Wacker".

Maree Wacker, Chief Executive Officer



Maree Wacker
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 more than 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 19 years. CARF accreditation signifies an independent affirmation of Fora Health's commitment to continually improving 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. We offer services ranging from Medication-Assisted Treatment (MAT) and residential programming to outpatient group and family therapy. Our patients, and their support system access each level of care together and as needed to achieve their treatment goals.

A disproportionate number of Fora's patients are in need of treatment for more than just substance use disorders having mental health support needs as well. Mental health evaluations and services are available to support our patients with co-occurring diagnoses. Fora's mental health professionals are equipped to treat a wide-range of co-occurring mental health conditions. In addition, each patient's program is tailored to their individual needs and designed with their unique situation in mind. Mental health medication management is also available for our patients through Fora Health's qualified medical team.

At Fora, we have physicians and registered nurses on site, ensuring our medical services for patients go beyond mental health and addiction counseling. With basic medical care available in our new treatment center, patients in our residential programs have easy access to the support services they need. To ensure outstanding medical care, we also coordinate with each patient's primary care provider during and after their stay.

This continuum of wrap-around services, all under one roof, is foundational for our patients and their journey to recovery. With comprehensive treatment services, we ensure that patient care is sustained and constant, uninterrupted by changing providers, or counselors. Fora's continuity of care allows our patients to build the relationships that lead to successful treatment outcomes.



Haley's Story, *a letter from a patient*

Before I came to Fora, drinking was the life that I knew and could depend on. There was no future in anything I was doing, and alcohol was wrecking my life and hurting the people that I love. It took a job transfer and moving back in with my parents for them to see how far down the rabbit hole I had gone. My dad staged an intervention, and at first I was angry, but I eventually listened. I knew something had to change or I was either going to die, or never live up to any of the potential that I know I have inside me.

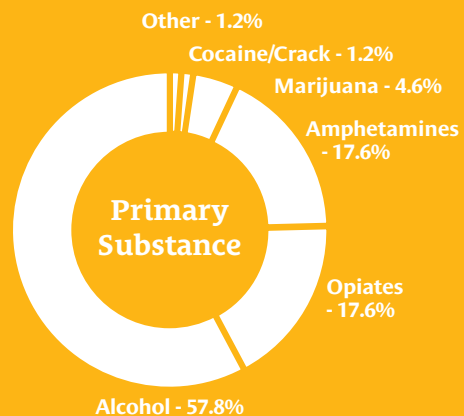
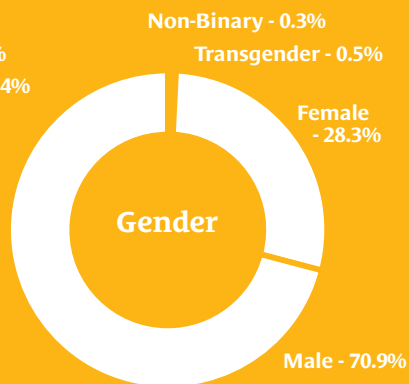
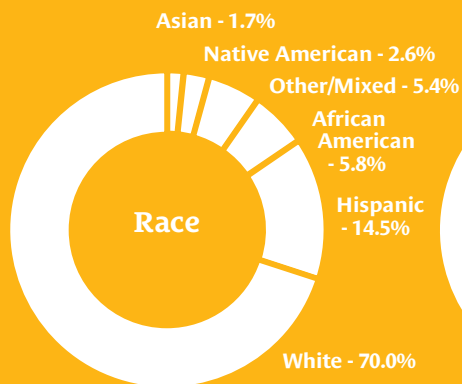
Within the first 30 days, I knew that Fora was the right place for me. I started with withdrawal management. The nursing staff and the people that were there were so helpful. It was the first time I felt safe in the longest time. I had a bed that wasn't going to go anywhere. I wasn't going to get kicked out of it. And I had meals that were good, healthy meals, three times a day. The people I was around made me feel like a part of something bigger than myself. I felt I had every chance and opportunity to grow and learn more and more and more each day.

I moved into the residential program and the counselors there are remarkable. They're so knowledgeable but also so real. They never ever talked down to me and never made me feel like I was less than. And I think because I'd always imagined alcoholism as being a shameful thing, and when they taught me that it's actually a disease of the brain, I learned and understood that I wasn't a shameful person because of my weakness. I had the ability to change. All I had to do was listen and learn. The Fora classes taught me different things at different times that would just click. I thought 'Wow, I can't believe I never knew that or put that together'. Those classes changed my life. I learned how to think before I act, how to breathe before I speak. I learned how to have fun each day without drinking and getting stoned.

Fora Health means to me a whole new life, a whole new possibility to live my dreams. It has changed my whole perspective on what the future has for me. The people I met, the things that I've learned, the memories that I made, I cherish all of that. I will never give it up and know if I ever take that first drink, I will lose a part of that. I'm grateful for being sober every moment of every day. I now have goals and things that I want to do with my life, and I have the opportunity to pursue them. Fora Health has changed my life!



“The people I met, the things that I’ve learned, the memories that I made, I cherish all of that.”



Impact

Because of you, because of your invaluable support, Fora Health saves lives every day. Our evidence-based, trauma-informed treatment programs offer people with addictions hope for a healthy, productive life—the life they were meant to have. Fora Health improves patients’ chances of living healthy, productive lives by giving them the tools they need to sustain recovery. Fora Health ensures our community flourishes with vitality and strength by providing Oregonians opportunities to learn skills and discover interests they may never have been introduced to otherwise.

1,380

Total unique patients

1,605

Withdrawal
Management
Patients

863

Residential
Patients

210

Mental Health
Patients

655

Outpatient
Patients

5% Residential patients utilized family therapy services

12% Had co-occurring mental health conditions



82% Adult Patients are from Low-Income Households
33% Patients were homeless upon entering treatment
100% Patients who completed treatment had a home to go to



40,984

Total hours of patient services Fora Health staff provided last year



85%

Patients feel services at Fora helped them obtain the skills to better manage their lives



89%

Patients feel services at Fora are making a positive difference in their lives



Leadership

Board of Directors

Jay Minor, Chair
Retired Highway
Contractor

Connie McDowell,
Vice-Chair
(W)here Real Estate

Paul Conti, MD
Pacific Premier Group

Andy Darkins, CFP
Vista Capital Partners

Jason Nash
Zimmer Biomet

James Polo, MD
Regence BlueCross
BlueShield of Oregon
Cambia Health Solutions

Graeme Queen
The Standard

Amit Shah, MD
CareOregon

Melissa Topp, RN
Providence Health Plans

Kevin Valk
Holst Architecture

Meredith Weisshaar
ZoomInfo

Board of Advisors

Tracy Curtis
Wells Fargo

Bill Dickey
Morel Ink

Dennis Doherty
Retired, Brown & Brown
Northwest

Homer Williams
Williams & Dame

Jennifer Williamson
Strategies 360

Harry Wilson
Markowitz Herbold

Dick Withnell
Withnell Motor Company

Finances

Operating Statement

Fiscal year ending June 30, 2021

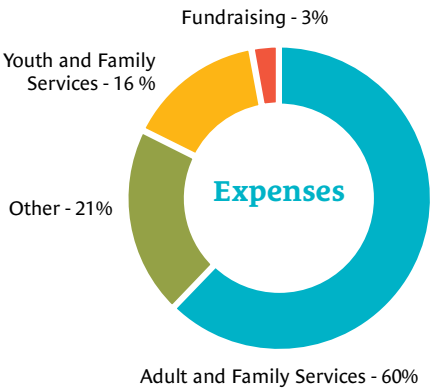
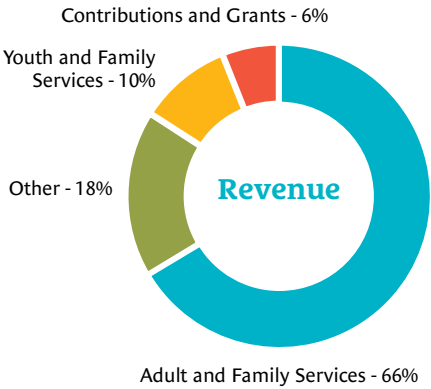
Revenue

Patient Service Revenue	10,076,391
Contract Revenue	1,224,692
Total Donations	897,090
Other Revenue	2,619,196
Total Revenue	\$ 14,817,369

Expenses

Compensation	8,587,057
Professional Services	645,027
Occupancy Costs	2,313,740
Miscellaneous Expenses	83,655
Insurance, Fees, Bad Debt	177,838
Total Expenses	\$ 11,807,318

Revenue & Expenses by Core Programs



Thank You!

Each year with generosity and compassion from individuals, foundations, and corporations, For a Health has the continued opportunity to improve people's lives and make our community a better, healthier place. Donors listed contributed between July 1, 2020 and June 30, 2021. Thank you most sincerely for your truly outstanding support.

\$100,000+

CareOregon

Harry A. Merlo Foundation
Maybelle Clark Macdonald
Fund

State of Oregon

\$25,000+

The Firstenberg Foundation
Henry Lea Hillman, Jr.
Foundation

Jay & Duff Minor

Washington County CARES

Joseph E. Weston Public
Foundation

Wheeler Foundation

\$10,000+

FedEx Ground

City of Hillsboro

Mitzvah Fund of the OCF

Oregon Beverage Recycling
Cooperative

Reser Family Foundation

The Standard

Diane & Richard Van Grunsven

Meredith Weisshaar
Harry Wilson

\$2,500+

Adventist Health Portland
Bullard Law
The Cambia Health
Foundation

Paul Conti & Brooke Maylie

Robert & Susan Coussens

Barb Crowley

Bill Dickey

Dunn Carney LLP

Edlen & Co.

Heritage Bank

Holst Architecture

Bruce Howell

Kaiser Foundation Health
Plan of the NW

B.P. Lester & Regina John
Foundation

Matisse Capital

Connie & Doug McDowell

Jason Nash

Oregon & Southern Idaho

District Council of Laborers

Oregon Laborers'-Employers

Administrative Fund, LLC

Pacific WRO

PayPal Giving Fund

Dorothy Piacentini

Providence Health Plan

Graeme Queen

R&H Construction Co.

Renaissance Foundation

Robert Synak

The Partners Group

Maree & Todd Wacker

Robert Warren

Washington County Health &
Human Services

Ruthann Olsen

\$1,000+

America's Best Local Charities

Pam & Scot Belli

Broughton & Mary Bishop
Foundation

Tom & Ann Campbell

Dennis & Patricia Digman

Sean Hathaway

Charles Huffstutter

The Jackson Foundation

Lisa Kaner

David & Robin Minor

Evyn Mitchell

James Polo, MD

Radler White Parks &
Alexander

Michael Simon & Suzanne
Bonamici

Kevin Valk

Homer Williams

\$500+

Boeing Employee Credit Union

Deena Castrejon

Ron Christensen

Dennis & Marianne Doherty

Ground Workshop LLC

Cynda Herbold

Debra Himes

Ken Hutchins

David & Misha Isaak

Kevin Mahon

Kim Martin

Multnomah County

David Payne

Cherri Roden

Mike Ryan

Jill Sherman

Eric Skaar

Bob Speltz

Polly Spencer

Andrew & Annie Spiak

St. Martin de Porres Trust

Marko Susnjara

Jay Wilt

Gigi Wood

David & Sherri Zava

\$250+

Larry & Janice Beaudoin

Nancy Carlin

Jans Dykhouse

Kevin Erdahl

Derek Gobel

Maureen & Jim Gutowski

Greg & Tina Held

Don & Marian Knight

Matthew Laner

Lindsay MacLean

Sharon Meieran
Michael & Katherine Minor
Network for Good
Ruthann Olsen
Portland General Electric -
Employee Giving Campaign
George Reinmiller
James Rice
Charlene Rogers
Don Romanaggi
Oleg Sidyaga
Jill Souede
Jennifer Stevens
Kathleen Swift
Sarah Taylor
Beverly & Charles Trover
Benjamin Unger
Lisa Wells
David White

\$100+

Nicole Aaronson
Ameriprise
Anonymous
Aida Aranda
Michael & Claire Arthur
Jeanne Bailey
Robert Bailey, Jr.
Devarshi Bajpai
Lindsey & Robert Birbeck
Lauren Blaesing
Alycia Bleeker
Stacy Blumberg
Clarence & Dolores Boquist
Gary Branden
Chris Brehman
Tamara Brown
Michael Budde

Donna Bush
Mike & Leann Collins
Ann Condon
Christopher Cone
Roger & Connie Diltz
James & Mary Dooney
Norman & Elizabeth Duffett
Donna Dull
Timothy Elder
Les & Nancy Fahey
Chris Farentinos
Janet Filips
First Tech Credit Union
Charles & Zoe Foster
Fred Meyer Community Rewards
Patrick Gilmore
Susan Glen
Jane Green
Barbara & Donald Hanson
Shannon Hart & Brad Simmons
Natalie Heacock
Nerissa Heller
Brian Holman
Stephanie & Earl Hooper
Nancy Hoppe-Smith
Todd Johnston
Kaiser Foundation Health Plan
of the NW Community Giving
Dayna Kirk
Rahul Kukreti
Mai Luong
Margaret & Thomas McFarlin
David & Patti McDowell
Steven & Laurie McDowell
Nathan McKinstry
Francis & Carole McLellan
Ellen Rosenblum &
Richard Meeker

Katherine Mickelson
Ann Miller
Kathleen Minor
John & Debbie Mohlis
Stephen & Juanita Moore
Joyce Newmyer
Elijah Pahl
John Parry
Patrick Lumber Co.
Pam & Brian Pearce
Jody Pfeifer
RESOLVE Architecture + Planning
Kyndra Russell
David Russell
Salesforce.org
Robert Sanders
Katharine Scalora
Lorah Sebastian &
Donald MacLane
Christopher Shine
Mark Smith
Jim & Karen Spangler
Scott Spicer
Benjamin Staub
Megan Steele
Rita Taylor
Brian Thompson
Jana Varner
Terry & Mary Weisshaar
Zimmer Biomet

\$1+

Steffan Alexander
Daemon Anastas
Robert Atkinson
Dezzi Beaty
Torrie Blodget
Yukiko Bowman

Kristen Connor
Agnes Craford
Rachel DeRosia
Anna Dillen
Sarah & Roger Friedel
Laura & Mitchell Fry
Denise Harrison
James Hayes
Margaret Hill
Cassandra Hinsley
Fran Hitt
MaryLou Kayser
Alissa Keny-Guyer
Lawrence & Lynn Krupa
Mike Leung
Emy Lewis
Paul & Jaclynn Meyer
Catherine Miller
Cecelia Monroe
Dotty Otnes
Lauren Russell
Denise Simoncini
Laura & Carl Snyder
Ralph Staley
James & R.P. Vannice
Sharon Wynde

In-Kind

Izzy Alvarado
James Cohen
Alexandra Digenis
Harold Gaskin
Sherill Jerman
Tim Morris
Multnomah County Library
Connor Notbohm
Elizabeth Pettit
Hilary Shirk

2020 Virtual Freedom Awards

On September 30, 2020, we went virtual for the 21st Annual Freedom Awards. While we were not able to gather in person, we still came together to celebrate recovery and recognize individuals who are giving back to our community in extraordinary ways.

We honored Walter Bailey with the Samuel C. Wheeler Freedom Award. Walter is a Fora alumni, former staff member, and founder of Dynamic Athlete Solutions. He is truly a force for positive change, harnessing his energy, empathy, and personal recovery journey to coach individuals in his community on their own path to sobriety.

The program also included Emcee Sheila Hamilton, from the podcast Beyond Well, as well as a keynote address from Multnomah County Commissioner Dr. Sharon Meieran. We also highlighted our new telehealth outpatient and family therapy program.

Mission Sponsor: Wheeler Foundation; **Gold Sponsors:** FedEx Ground, The Standard **Silver Sponsors:** Edlen & Co., Holst Architecture, Regence BlueCross BlueShield, R&H Construction



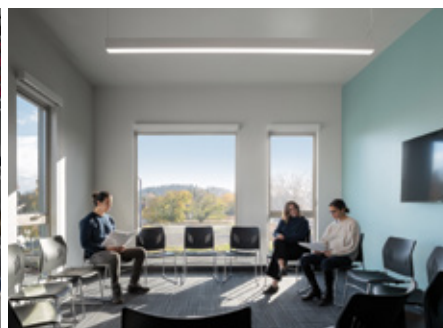
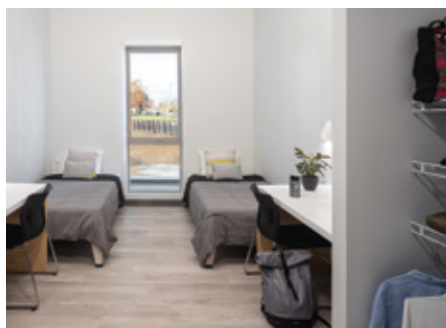
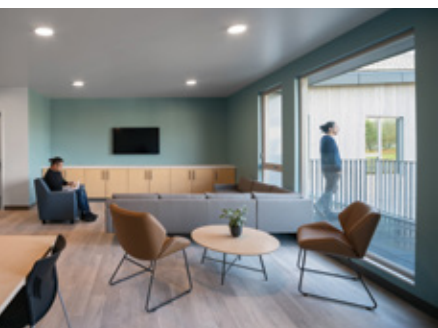
Cherry Blossom Grand Opening

The VIP Grand Opening on October 28, 2021 was one of immense joy and celebration. This event included individual donors, foundations, businesses, and local and state government partners who made the dream of this new-state-of-the-art facility a reality.

Over the course of the evening, there was a ribbon cutting and tours of the new building. Only four years earlier, the planning of this new facility began. And now after the years of hard work and support by hundreds of individuals dedicated to elevating health and human services in the Pacific Northwest, the celebration of this night was one to remember.

“When I walked in the new facility for the first time, I was overcome with emotion to see such an incredible place for people in recovery to heal.” - Harry Wilson





Fora Health Cherry Blossom is Now Open

Situated in the Gateway District of Southeast Portland, the two-story, 53,000 square foot facility supports medical withdrawal management, residential treatment, outpatient, peer and family counseling services. The building also includes amenities such as a fitness center, art studio, patient resource center, library, therapeutic gardens and outdoor gathering spaces.