

Report to the Community

2021-2022



Forsyth Health

TREATMENT & RECOVERY

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



Message From Our CEO

As we celebrated our first anniversary in our new facility, I was truly overwhelmed with gratitude for Fora's community of partners, donors, employees, board members and friends. At our new Cherry Blossom facility, our goal is to provide hope for those who struggle with this disease and those who love and support them. We have the fundamental belief that everyone has the innate ability to heal. And, we know that you can't beat a safe, clean, inspiring and welcoming environment paired with an incredible staff team to extend the very best chance for our patients to find hope.



Maree Wacker
Chief Executive Officer

When I think about how our patients face the overwhelming task of recovery, I am in awe of their resilience and strength. At Fora, they face their past head-on and choose to relearn skills, rebuild relationships and reconstruct their lives. Our patients find support outside of treatment that includes family therapy to reconnect them with loved ones and shape a support system, and peer mentors to show them how to live a new, sober lifestyle and link them to vital resources like housing, employment and basic needs in our patient resources center.

Despite the staggering statistics, we aim every day to help our patients achieve their goals. And it takes all of us at Fora and every one of our partners to make it happen. On behalf of our board, staff and patients, thank you for your participation in ensuring our neighbors can find their way back to hope at Fora Health.

With my deepest appreciation,

A handwritten signature in black ink that reads "Maree Wacker". The signature is fluid and cursive, written in a professional style.

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 nearly 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 21 years. CARF accreditation signifies an independent affirmation of Fora Health's commitment to continually improving clinical 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 counseling 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.

High quality medical care and coordination of services is available for our patients having high acuity mental or physical health needs. Oversight by Fora's team of doctors and nurses helps to ensure these patients have the best chance at recovery. Fora also provides support to our patients in finding a primary care home within their network and in an area of their choosing.

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.



Daniel's Recovery, a patient reflection

For many in recovery, the journey to sobriety is not a straightforward path. Their bravery and strength shine through as they keep showing up and working on their recovery journey each day. After fighting alcohol use disorder for 10 years, Daniel celebrates 1 year of sobriety!

“Fora has helped me get my life back in more ways than I thought it would. Fora gave me the ability to understand that everything I do is a choice. I had the choice to come to Fora. I had the choice to walk away at any given moment during my stay here. In my addiction, I didn’t understand that I had choices and the ability to choose my own path. I didn’t understand that I could ignore what other people were telling me. At Fora Health, I learned that I have the strength to endure life.

When I walked outside after treatment, I was reminded that the world continues to revolve. It continues to produce problems, loss and death. But I had learned that I could go through emotional and physical pain [and stay] sober. I finally began to understand that I can feel uncomfortable and still be okay!

Fora helped me finally understand that I deserve a place in this world. AND - that I have the ability and strength to help myself and to help other people. Those are gifts that Fora was able to give to me. I’ve never had that before. I just want to pass those gifts to other people.”

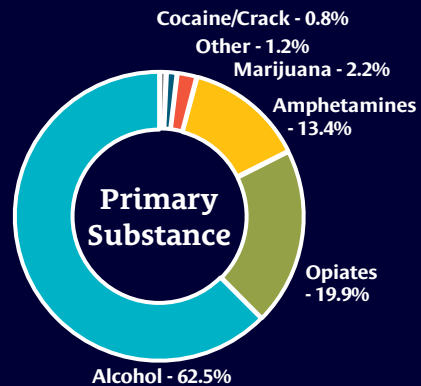
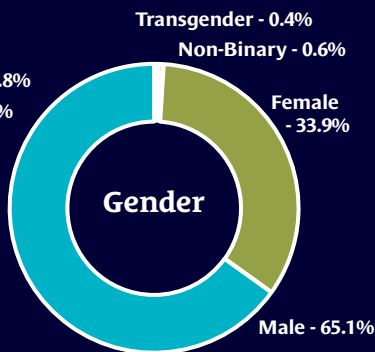
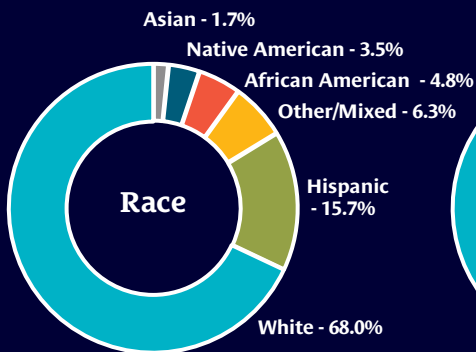
Our understanding and ability to treat addiction have come a long way, even in the last decade. We have more tools to care for people and to address their individual needs. And the best news is that no one needs to go it alone. Donors and community partners are every bit as important to keeping these Oregonians healthy and committed to their recovery journey as are Fora’s amazing team of professionals. It takes the whole community to do this important work.

Thank you for your partnership with Fora Health.



“ Fora helped me finally understand that I deserve a place in this world. ”

- Daniel, Fora Health Alum



Impact

Your invaluable support saves lives every day at Fora Health. Through evidence-based, trauma-informed treatment programs, **our friends and family members with addiction find hope for a healthy, productive life—the life they were meant to have.** Fora Health goes beyond treatment and ensures that patients have a chance to live to the fullest by giving them the tools they need to sustain recovery. Specialty services, like peer mentors and family therapy, have a direct correlation on a patient’s completion rates. Your support helps to ensure that these critical additional resources are available for our patients. Our community flourishes when we provide Oregonians opportunities to learn skills and discover interests they may never have been introduced to otherwise.

1,479

Total Unique Patients



93% Adult Patients are from Low-Income Households

29% Patients were homeless at admission to Fora

100% Patients had a home to go to at graduation!

1,846

Withdrawal Management Patients

597

Residential Patients



40,970

Total hours of patient services Fora Health provided last year

207

Mental Health Patients

510

Outpatient Patients



92%

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

85% Residential patients utilized family therapy

60% Had co-occurring mental health conditions



95%

Patients are satisfied with the overall quality of care they received at Fora Health

Leadership

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Holst Architecture



“People can recover and Fora is the ladder up!”

– Andy Darkins, Vice Chair of the Board of Directors

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Finances

Operating Statement

Fiscal year ending June 30, 2022

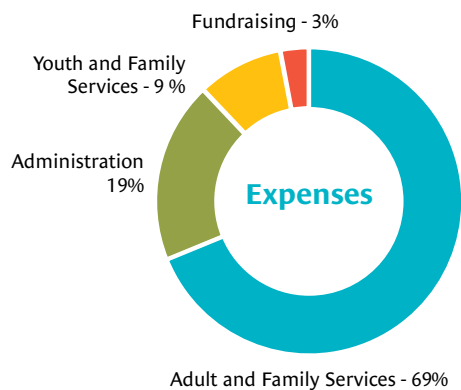
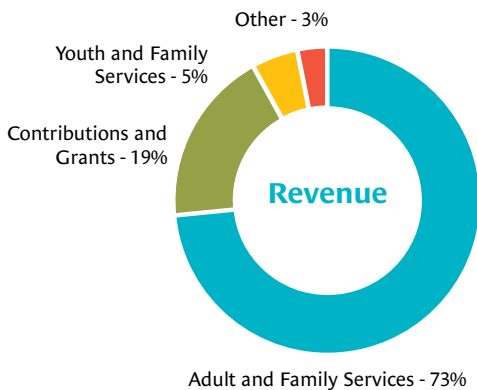
Revenue

Patient Care Service Revenue	8,451,949
Grant and Contract Revenue	1,416,215
Total Donations	2,545,393
Other Revenue	1,489,989
Total Revenue	\$ 13,903,546

Expenses

Compensation	9,295,423
Professional Services	1,352,738
Occupancy Costs	1,548,793
Miscellaneous Expenses	194,734
Insurance, Fees, Bad Debt	1,251,365
Total Expenses	\$ 13,643,053

Revenue & Expenses by Core Programs



Thank You!

Each year with generosity and compassion from individuals, foundations and corporations, Fora Health has the continued opportunity to improve people's lives and make our community a better, healthier place. Donors listed contributed between July 1, 2021 and June 30, 2022. Thank you for your truly outstanding support.

\$50,000+

Henry Lea Hillman, Jr.
Foundation
OCF Joseph E. Weston
Public Foundation
Wheeler Foundation

\$10,000-49,999

Matisse Capital
Mitzvah Fund of the OCF
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Foundation
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\$5,000-9,999

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CareOregon
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FedEx Ground
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Holst Architecture
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R&H Construction Co.
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Robert & Liz Warren

\$2,500-4,999

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Oregon Laborers-Employers
Administrative Fund
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Graeme Queen
Regence BlueCross
BlueShield of Oregon
Renaissance Foundation
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Washington County Health
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\$1,000-2,499

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\$1-99

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Keely Newcomer
Dotty & Joseph Otnes
James Otte

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Nathan Walker
Amanda & Tony Wang
Kimberley Warnecke
Michael Warnecke
Jace Wheatley
Kathleen Young

In-kind

OVO

The Standard Denim Impact Fund

Every year, The Standard conducts a workplace giving campaign and partners with employees to donate hundreds of thousands of dollars to local nonprofits. The organizing team takes significant measures to build employee participation in the campaign.

The Standard annually selects one charity to be the beneficiary of the company's double matching gift for employees' generous gifts. Fall of 2021, Fora Health was fortunate to be that lucky charity. We are grateful for The Standard and their generosity!



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Stefanie Scowden	Teri Sunell	Paul Welcome	



Freedom Awards

This year's 22nd Annual Freedom Awards was buzzing with energy on Thursday, April 28, 2022 at the Sentinel Hotel in Portland. More than 200 supporters attended. Seeing our community committed to supporting people in recovery sparked feelings of inspiration and excitement.

The event honored Representative Tawna Sanchez with the Samuel C. Wheeler Freedom Award for being a behavioral health champion in the legislature and helping to lead Oregon's recent historic investment supporting those who struggle with addiction and mental health conditions. Senator Kate Lieber and Representative Rob Nosse were presented with The Spirit of Recovery Advocacy Award for championing a \$470 million legislative package in 2021 - containing funding to grow Oregon's behavioral health workforce and services and make additional investments into our behavioral health system. The luncheon featured gubernatorial candidate Tina Kotek as the keynote speaker. Proceeds from the luncheon surpassed \$190,000, and all funds will benefit people experiencing substance use and co-occurring mental health disorders through Fora Health's treatment and recovery programs.

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Let's Discuss – Shining a Spotlight on Mental Wellness

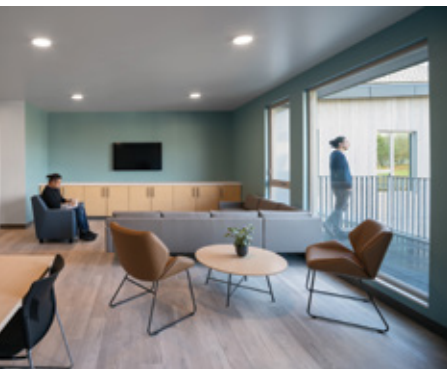
The pandemic brought tremendous changes to our lives. In Oregon, 11% of people have a substance use disorder (addiction). That means 11% of your family members, neighbors and workforce are struggling with an addiction disorder, and it IS affecting you in some way. According to the state-specific National Survey on Drug Use and Health, 27% of Oregonians have mental health issues, which include substance use disorders.

We know our friends and neighbors are already participating in these conversations as our community faces record homelessness and addiction rates.

This fall, Fora Health's new speaker series, **Let's Discuss – Shining a spotlight on Mental Wellness**, will address the challenges we face in our everyday lives through subjects like happiness, mental health, addiction, trauma and stigma. We have invited six esteemed leaders from across the globe to share their knowledge on addiction, mental health, building a mentally healthier workplace and how to sustain positive change and happiness. **Their thought-provoking keynotes will give attendees the tools and knowledge to discuss the long-term solutions our community needs.**

Among our six speakers are New York Times bestselling authors, TEDx speakers, Fortune 500 corporate trainers and individuals who have been featured by Oprah, the Today Show and others. Simply put, they are THE experts and leaders in their field. This inaugural series began with international speaker, Johann Hari, and welcomes Petra Velzeboer, Mike Veny, Dr. Omar Manejwala, Dr. Paul Conti and Sunny Grosso. Join us for this timely and thought-provoking series - it will ripple through our community and open doors for better mental well-being!





Fora Health Cherry Blossom

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.