

For Immediate Release

December 2022

Contact:

Annie McKavett Smith
Content and Communications Manager
New Narrative
8915 SW Center St. Tigard, OR, 97223
Phone: (503) 597-3982 | Cell: (541) 801-6189
Email: asmith@NewNarrativePDX.org

New Narrative Peer Program Comfort Zone Reopens at New Physical Location

- **New Narrative, an integrative mental health organization in Oregon, opens their new Comfort Zone peer-run program site in Southwest Portland.**
- **The organization collaborates with government agencies and the private sector to meet the growing mental healthcare needs in Oregon with a full continuum of mental health services.**
- **A ribbon cutting will take place at 11:00 AM on Thursday, January 5, 2023 at 10130 SW Nimbus Ave., Suite D1/D2, Portland, OR 97223. Light refreshments will be served. Tigard Mayor Heidi Lueb and Washington County Crisis Team Program Director Rich Roell will be distinguished guests for this event.**

Portland, OR — New Narrative, an organization known for its exemplary services and integrative approaches to mental health care in Oregon, announced the upcoming re-opening of a new physical location for their peer program Comfort Zone in Southwest Portland in January 2023. This new location will act as a safe space where members of all communities facing mental health challenges will be supported. Comfort Zone is a peer-run group of professionally trained Peer Wellness Specialists with lived experience in mental health, houselessness, trauma, and addictions. Services will include weekly wellness groups, support moving through the medical, housing, and criminal justice system, and serving as a space where people can come to simply relax and participate in community activities.

- Comfort Zone's services are low-barrier, meaning members do not require a referral, diagnosis, or insurance to use them.
- Wellness groups exist for groups who do not traditionally receive this type of support, such as BIPOC, LGBTQIA+ or queer, immigrants, and those who experience visions and hearing voices.

Of the new location, Dahlton Burke, Program Manager noted, "We are very excited to begin welcoming members back in-person after a long hiatus from gatherings due to COVID. These services are highly requested and we can't wait to receive members back at our new location." In response to why this service is central to mental health support they added, "In order to step *outside* your comfort zone in

your wellness journey, you first need to *have* a Comfort Zone.” Rich Roell, Program Director of longtime partner Washington County Crisis Team for the Hawthorne Walk-In Center—Lifeworks Northwest, shared, “Our community needs hope and relationship more than ever, and the re-opening of Comfort Zone offers exactly that. We know from our years-long partnership that this much-needed program not only helps folks find meaning in their lives...but saves lives as well! When so many of our neighbors are in despair and questioning if they belong anywhere, the connection & mutuality of Comfort Zone assures them they do. We are grateful for New Narrative making this resource available and our team looks forward to working together for a stronger and safer community. Welcome back!”

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New Narrative is a non-profit agency established in 1977 which provides mental health treatment services, housing programs, and peer support and mentoring services to adults with persistent and severe mental illness. Over 52% of its funding comes from Medicaid and the remainder through private philanthropic sources.

Visit: www.NewNarrativepdx.org

View Comfort Zone’s Fact Sheet: <https://tinyurl.com/CZFactSheet>