

SELF-DIRECTED SERVICES



A program of New Narrative

Fact Sheet

Mission

Our mission is to walk alongside individuals in becoming more self-sufficient and to offer hope through peer support.

Who We Are

- Self-Directed Services (SDS) is a peer-run program within New Narrative.
- SDS works with participants on health and wellness goals to supplement Traditional Mental Health Services.
- Certified Peer Support Specialists partner with participants to provide future-focused, recovery-oriented resources.

Our Programs

- **1-Year Wellness Program**
 - Our one-year wellness program works with participants to create attainable goals, directed by the participant. Resource Brokers support participants in identifying and utilizing resources for recovery.
 - Qualifications: the participant must have Health Share Oregon Insurance; be enrolled in community Mental Health Services and be with a caseworker; live in Multnomah County; and have one year of sobriety (with exceptions).
- **2-Year Sustainable Housing Program**
 - This program offers participants up to two years of a housing subsidy in addition to their yearly wellness plan. Participants work closely with a Housing Resource Broker to overcome barriers and search for affordable housing.
 - Qualifications: the participant must be a client of Multnomah County Choice Model or Transition Age Youth working with the Multnomah EASA or Lifeworks TAY teams; live in Multnomah County; and have one year of sobriety (with exceptions).

Quick Facts



350 participants

involved in services between
2011-present



of participants strongly agree to
positive statements about the
program and services

As Peers we are able to draw from some of our most challenging experiences as a source of hope and inspiration to others. By sharing our lived experience, we walk alongside our Peers. We learn and grow through the challenges we face. We break down the barrier of stigma in our communities. We redefine what mental health treatment looks like. We are living examples of hope and recovery. We each share a lived experience of recovery from mental health challenges. As Peers we connect with each other by relating. This helps us learn and grow through the difficulties and challenges we face. Through this connection we explore options and strategies to creating the kind of life we would like to have, to be well, and have community. -Peer Support Specialist



(503) 726-3738



(503) 726-3739



9255 NE Halsey St., Portland, OR, 97220

Trimet: #77 & #24 buses, near Gateway and 82nd MAX stops



**NEW
NARRATIVE™**

Integrative Mental Health