

SELF-DIRECTED SERVICES



A program of New Narrative

Fact Sheet

Mission

We believe everyone creates their own path towards wellness. We walk alongside you, providing peer support and inspiring hope.

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 connect participants to future focused, recovery oriented resources and services utilizing wellness funds.

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 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



400 participants

involved in services between
2011-present



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

To Apply

Please contact our team for an application. Applications must be submitted by a mental health provider.

As Peers we draw from our lived experience. We learn and grow through the challenges we face. We redefine what mental health treatment looks like. We are living examples of hope and recovery. - Self-Directed Services Team

SDS has provided a way for me to access items and services that I would not otherwise have access to. - Participant

My mental health really matters in this program and it is prioritized by people who value my experience in a very loving way. - Participant



(503) 726-3738



(503) 726-3739



9255 NE Halsey St., Portland, OR, 97220

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

