

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



**NEW
NARRATIVE™**

Integrative Mental Health