

4th Dimension Recovery Centers

The O'Rourke 4D Recovery Center in Hillsboro, Oregon

Frequently Asked Questions

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In January 2020, 4th Dimension Recovery Centers (4D) opened a NEW peer supported addiction recovery drop-in center in Hillsboro, Oregon called The O'Rourke 4D Recovery Center. The Center is funded by a grant from Washington County.

What is the 4D Recovery Center?

The 4D Recovery Center is a safe, sober, fun and supportive community gathering place for young people interested in recovering from substance use and addiction. 4D is a 100% substance-free environment where all types of recovery are embraced.

Who can go to the 4D Recovery Center?

4D is open to any young adult ages 18-35 who:

- Struggles with substance use and addiction.
- Wants recovery support to maintain a lifestyle from addiction.
- Wants to learn more about a lifestyle free from addiction.

While 4D Recovery focuses on young adults 18-35, individuals outside those age ranges are welcome at the recovery meetings but are encouraged to honor 4D's mission by refraining from lounging in the recreational areas. Recovery mentoring (see below) is restricted to the 18-35 age group.

What do they do at the 4D Recovery Center?

The 4D Recovery Center is a safe, sober, fun and supportive environment, and many young people come to just hang out. The Center also has a variety of recovery services and activities for anyone who wants them, such as:

- Dances, art, speaker meetings and other fun-sober events.
- Recreational games, board games, video gaming and computer/wifi access.
- One-on-one meetings with peer mentors.
- Certified Recovery Mentors to help young people (18-35 years of age) develop recovery lifestyles, set and achieve recovery goals, and navigate challenges and barriers to recovery.
- Community-based peer mentoring throughout Washington County.
- Mutual aid group meetings like Alcoholics Anonymous, Narcotics Anonymous, Heroin Anonymous and Refuge Recovery.

Where is it located?

The 4D O'Rourke Recovery Center is located at 362 SW Oak St. in Hillsboro, Oregon.

When is it open?

The 4D Recovery Center is open seven days a week, 365 days a year from 3 p.m. to midnight, Monday through Friday, and from 11 a.m. to midnight on Saturday and Sunday.

How do I access the Center?

The best way to access the 4D Recovery Center is to simply walk in during normal business hours. Anyone who wants recovery support or to learn about a lifestyle free from addiction is welcome. All services, activities and sober events are free. There is one bilingual (Spanish) person on staff at the center.

How can I learn more about the Recovery Center?

www.4drecovery.org

support@4drecovery.org

Just walk in.

Why is it needed?

Addiction and substance use are serious health issues among young people in Washington County. Research shows that young people are far more likely to relapse and lose touch with their recovery after addiction treatment if they don't have positive peer support. The 4D Recovery Center increases the chances that young people will build "recovery capital" through support from people like themselves.

The 4th Dimension Recovery Centers currently operates one of the most successful peer-supported recovery drop-in centers in the country, located in Portland. The Substance Abuse and Mental Health Services Administration designated peer-supported addiction recovery drop-in centers as a best practice in supporting people through the process of recovery from addiction.