



Telecare Recovery Center at Gresham

At the Telecare Recovery Center (TRC) at Gresham, we are here to help you find relief from distress and assist you in creating a foundation for recovery.

We believe recovery starts from within, and that our job is to do whatever it takes to help you through any difficulties you might be facing. We have a multidisciplinary team of clinicians, psychiatric prescribers, nursing staff, and peer specialists who are all here to help you on your path.

Our services emphasize choice-making skills and harm-reduction techniques. We provide a safe, respectful environment where you can develop new ways of living that will help you achieve what you want in life. Although we are a locked facility, our staff will work with you during your stay to make sure that you feel respected and supported in making positive life choices.

What to Expect

Your recovery plan starts with you. Our goal is to help you feel better about yourself and provide you with the tools and resources you can use to fulfill your hopes and dreams long after you leave our program.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop and foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery.

Our goal is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

- PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



CONTACT

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OFFICE HOURS

Open 24-hour, 7 days per week



Services at TRC Gresham

A variety of therapies and activities adapted to your needs and preferences are offered as part of your treatment plan. Services at TRC Gresham include, but are not limited to:

- Motivational Interviewing (MI)
- Medication management
- Building life skills
- Coping skills
- Building relationships
- Daily living skills such as diet, housekeeping, money management, transportation, and clothing care
- Whole Person Care
- Social and recreational activities
- Recovery planning
- Drug and alcohol education
- Community integration

Accessing Post-Acute Intermediate Treatment Services (PAITS)

- Adults ages 18 and older who have been diagnosed with a serious mental illness.
- Long-term care referrals are typically through the Oregon Health Authority (OHA) Health Systems Division.
- When capacity allows, we do accept direct referrals from the community.

Partnering in Recovery

The state of Oregon has chosen Telecare to provide a Post-Acute Intermediate Treatment Service (PAITS) to meet the needs of people like you. Our program is designed to accommodate 16 residents.

Whether you are just starting your recovery process or continuing your treatment, we have designed this program to meet the diverse needs of our members.

No matter the choices you have made in the past, we believe that both staff and members can learn from one another's unique experiences in life, and that those lessons can be used to make safer decisions in the future.