



What we do

We are a holistic treatment organization founded in Peer Delivered Services, Evidence-Based Practices, and Alternative Healing Modalities.

We offer:

- Mental Health and Substance Use Disorder Community-Based Outpatient Treatment Services
- Equine-Assisted Peer Support
- Vehicle Rehabilitation Program
- Residential Treatment
- Dragonflies
- Peer Support in all programs
- Specialized Groups

Substance Use Disorder Treatment

We offer an in-home and community based non-traditional, harm reduction treatment approach. Instead of asking you to travel and attend groups, we bring treatment to you, one-on-one. Our harm reduction program meets you where you're at in terms of readiness for sobriety and we do not require abstinence. Our program focuses on substance abuse and mental health, parenting, skill building, relapse prevention, and family safety planning. We help individuals create a stable home environment with the goal of ending intergenerational system involvement due to trauma and substance use.

Our treatment program is under an Integrated Co-Occurring Disorder umbrella. To qualify, you must also experience one more of the following:

- Mental Health Challenge
- Intellectual/Developmental Disability
- Problems with Gambling

Contact Us

1966 Garden Ave
Eugene, OR 97403
541-505-9190

Who We Are

We are a group of professionals who have been through a lot, helped others through a lot, and decided to fill the gaps to provide much needed services to our community. We are creative and think outside of the traditional therapy "box" to help people heal in ways that work for them.

We believe healing happens when genuine human connection and acceptance is present. What makes us good at this is that we've been where you are. We made it through the muck and created a life we love and are proud of...and we want to help you get there too.

Follow us on Facebook!

<https://www.facebook.com/livegrowshare>

LIVE. GROW. SHARE.
Ashley Teeters, CEO
Andrea Garcia, COO
www.livegrowshare.org



Mental Health Outpatient Services

We provide individual therapy and peer support to children, teens, adults, and families. Our compassionate mental health professionals come from a variety of lived experiences that pave the way for genuine connection and healing to take place. Our therapists serve all populations of individuals seeking mental health services, from Serious Mental Illness to post-pandemic depression and anxiety. We collaborate with you to determine which traditional therapeutic approaches as well as alternative healing modalities will work best to assist you in healing and finding your groove. We are here to help you feel better and find a sense of belonging.

We have optional Mental Health Peer Support Specialists (PSS) to pair up with each person receiving services. Each PSS is matched with you based on shared lived experiences and is here to remove barriers and help you reach your goals.

Each of our peer staff are educated, trained, certified, and licensed for the position they hold. Our staff come from diverse backgrounds of lived experience in mental health challenges, substance abuse and addiction, and trauma. We are trauma informed and support our staff in ongoing wellness!

NOW ACCEPTING OHP!

Our Mission

To promote whole health, wellness and recovery of individuals in our community by offering a holistic and therapeutic setting led by Peers who have successfully navigated this journey themselves. We approach healing from a humanist perspective, honoring the dynamic ways people are shaped by trauma while offering creative solutions to support healing and growth. LGS provides equitable access to all of our programs and strives to set underserved populations up for success. We value community and people-driven power distribution and provide choices and opportunities for individuals to manage their own health.



Dragonflies: Peer Mentors for Parents Involved with Child Welfare

The Dragonflies Program connects parents who have experienced Child Welfare involvement in the past with new families entering the system. We can connect with parents at any stage of the case, with the primary goal of meeting parents at the Original Hearing after initial removal.

Dragonflies can assist in the following:

- Support at court hearings and meetings, setting up services and getting to appointments;
- Emotional support through one of the most difficult times in your life from someone who really knows how it feels;
- Empowerment to take charge of your life, your case, and reunify your family with wholeness.
- Dragonflies can also serve as a Safety Service Provider (SSP) for in home plans and unsupervised visitation.

LIVE GROW SHARE
INTEGRATED MENTAL HEALTH

Women's Trauma Support Group

This group is for women supporting one another as they move through the journey of healing trauma. Participants will discuss and develop coping strategies to overcome trauma in a safe, non-judgmental, and creative therapeutic setting.

Let's Break the Stigma



Let's shine a light
on mental health
together. See you
there!



Starting August 29th

On Thursdays from 5:30
to 7pm

Highlights:

- Forgiveness
- Facing Fears
- Self-compassion
- Grounding
- Codependency
- And more

Contact to register

[LilieaunadurazoG@
livegrowshare.org](mailto:LilieaunadurazoG@livegrowshare.org)

Or call (541)505-9190

LIVE GROW SHARE

MENTAL HEALTH DROP IN HOURS



DROP IN SERVICES

Community Mental Health Services
Mondays: 12:00 PM - 2:00 PM

Looking for support but not enrolled in services? You can meet with a mental health professional for a screening and receive a referral for the services you need—all in the same day!

Crisis Counseling & Mental Health Assessments
Wednesdays 9:00 AM - 12:00 PM
Thursdays: 10:15 AM - 2:00 PM

Additionally, we offer Drop-In Crisis Counseling and Mental Health Assessments every Wednesday and Thursday. No appointment is necessary. We're here to support you!

 **VISIT NOW**

(541) 505-9190
966 GARDEN AVE, EUGENE, OR 97403
[HTTPS://WWW.LIVEGROWSHARE.ORG/](https://www.livegrowshare.org/)



Live Grow Share Wilderness Program

PROGRAM INFORMATION

WANNA...

- Push it a little?
- Channel your stress into physical activity?
- Get some type 2 fun?
- Challenge your body and mind?
- Work as a team to accomplish your goals.
- See some natural beauty and learn some skills?

JOIN Live Grow Share's wilderness program!

We will design wilderness trips together and create epic healing adventures! Enjoy backpacking, day hikes, and base camping-style excursions with canoes and other fun activities.

We offer three levels of outdoor trips, so you can make individual and team progress all year long in every season.

Reminder: If you have mobility limitations, please check out our low-impact wilderness groups, where we plan awesome nature outings designed with accessibility and relaxation in mind!



CONTACT

Contact the wilderness program director at Elliotmorgan@livegrowshare.org or ask your Live Grow Share provider for more information!



Dragonflies

A Peer Mentor Program for Parents Involved with Child Welfare



What is a Dragonfly?

A dragonfly is a peer mentor who has been through what you're going through right now. This person is a parent who has experienced the removal of their child(ren) by the State, was reunified, and successfully closed their case.

How a Dragonfly Can Assist You

- Support at court hearings and meetings
- Support setting up services and getting to appointments
- Emotional support through one of the most difficult times in your life from someone who really knows how it feels
- Empowerment to take charge of your life, your case, and reunify your family with wholeness.
- Parenting Support and Education

Dragonflies are Flexible

Services are available as needed. Dragonflies are available for phone calls, one-on-one meet ups, and attendance at appointments. There are no requirements for how often you have to be in contact with your Dragonfly. This is meant to be helpful, not another requirement for you to fulfill. Your Dragonfly is available to you for the life of your case, so long as it is filling a need.

Why Do I Need a Dragonfly?

Losing a child is possibly the worst thing that could happen. Parents experience grief and find themselves more lost than ever. A dragonfly is a ray of hope, lighting up the path ahead when all you may see is darkness. A dragonfly can help you get back on your feet and start working toward getting your family back together. They can teach you about the Child Welfare process so you know what to expect, and can make informed decisions. A dragonfly will empower you to be involved in safety planning for your family, and improve communication between you and your caseworker; all increasing your chances of a quick return home.

Dragonfly Role with DHS Officials

DHS may provide a contract to pay for Dragonfly services, or services can be billed through Medicaid. Dragonflies will keep minimal notes per meeting, documenting the date, time spent, and a general area of focus (ex. emotional support, support at meeting, parenting support, relapse prevention, etc). DHS will have access to these records, however no specific details about conversations or events will be documented, UNLESS it qualifies as a mandatory report. In which case, the dragonfly will communicate with you, provide support, and come up with a plan together.

Dragonfly Goals (from a parent's perspective)

- Get my children home as soon as possible
- Learn about the Child Welfare and court systems so I can make beneficial decisions about my life.
- Have support from someone I trust, who I can confide in confidentially, and who knows what it's like to be in my shoes.
- Have someone help me with stressful meetings, appointments, and court hearings
 - Provide transportation
 - Take notes
 - Help me remember which questions to ask
 - Debrief after the meeting
 - Emotional support
- Help me communicate with my caseworker so we have an equally trusting and respectful relationship
- Help me get started in my court ordered services
- Help me heal/rebuild my relationship with my children
- Help me create healthy routines, self care, and a good support network in my life

Expected Outcomes (from a parent's perspective)

- My family will be reunified
- I will be on my journey of healing, making progress each day
- I will feel confident making decisions for me and my family
- I will have better awareness of my own trauma and how it may impact my parenting
- I will have an expanded support network full of people I can trust, who will be there whenever I need them
- I will have a cooperative, cordial relationship with my caseworker

How to Get Services

Call 541-505-9190 to schedule an intake or sign up at www.livegrowshare.org "Get Started"

SUD Support Group Schedule

Live Grow Share

Impulse Control Group

- Drop-in
- Topics include:
 - Grounding
 - Triggers
 - Emotions
 - Early Warning Signs
 - Boundaries
 - Interpersonal Rights
 - Conflict Negotiation and Resolution
 - Coping Strategies

Processing Group

- Drop-in
- Connect with a supportive group
- Build community and share experiences
- Process life events together
- Strengthen recovery skills

Group Schedule

Impulse Control:
Mondays with Sean at
3:30 to 5:00

Processing: Tuesdays
with Teresa and Darryl
at 11:30 to 1:00

Processing: Thursdays
with Shante at 11:30 to
1:00

Open enrollment and individualized treatment

All group ATTENDEES MUST BE ENROLLED in SUD services with Live.Grow.Share.
To enroll as a new participant, please contact:
Bree at (541) 505-9190 or
breeanderson@livegrowshare.org or sign up at
www.livegrowshare.org/get-started



All groups are currently held at our
community facility



1966 Garden Ave,
Eugene, OR 97403



(541) 505-9190



<https://www.livegrowshare.org/>

OPEN ENROLLMENT FOR EQUINE ASSISTED PEER SUPPORT



Have you ever been drawn to horses?

They are the perfect partners in healing and therapy as they teach us to honor and acknowledge what we feel on the inside.

Horses physically cannot mask their emotions like humans do. They “speak” through body language and read ours too.

They also don't have a judgemental bone in their body. Gently urging us to stand in our own power and truth with them.

In this program, we will hold a safe space for you to explore and interact with the horse. Choosing an activity within your level of comfort and guide you at your own pace.



These sessions hold zero expectations of what it “should” be and encourage you to create your own interpretations and solutions. Giving you strength, confidence, leadership and other tools to use on a day-to-day basis.

SIGN UP TODAY

(541) 505 - 9190

INTAKE@LIVEGROWSHARE.ORG





VEHICLE REHABILITATION PROGRAM



**ALL LEVELS OF EXPERIENCE
WELCOME!**

**Increase your confidence
and independence by
learning anything from
changing a battery to engine
swaps**

**PEER SUPPORT
WHILE
WORKING ON
VEHICLES!**

We purchase non-working vehicles and fix them together! Repaired vehicles are either sold to fund the program or donated to people in need.

OHP Members are eligible for this service when they are enrolled with Live. Grow. Share. for Mental Health or Substance Use Disorder Treatment
Sign Up at 541-505-9190
intake@livegrowshare.org



www.livegrowshare.org
facebook.com/livegrowshare