

4D's RON ROSS TAKES LEADERSHIP ROLE IN THE COMMUNITY



Flashing the notorious “4D hand-sign” at the Oregon Recovers 2018 Lobby Day where he joined hundreds of people in recovery demanding Oregon do a better job in providing access to addiction treatment services, Ron Ross expressed his new-found passion for recovery since getting sober.

Ron left Brooklyn, New York to pursue a railroad profession arriving in Portland in 2014. During his schooling, he periodically lived in his car and partied to pass the time. After completing railroad school, his drinking progressed, and a drunk driving accident motivated him to seek help. Three months after enrolling into a faith-based men’s program, Ron had an altercation with another man and left, shortly after relapsing and getting his 3rd DUI. This time..Ron wound up in jail.

Ron was offered drug treatment while in jail and took the opportunity to attend a residential program at Volunteers of America. Ron says, “I took the opportunity to really, really learn some new life skills. I started getting what they were laying down and I knew it was going to help me achieve my goals.” During his treatment, Ron met 4D Recovery Mentor, Cody Roberts while Cody was providing outreach. Ron said he was attracted to Cody because he genuinely wanted to help him and identified with his story. Cody began mentoring Ron by introducing him to other young people in recovery at 4D, explaining the long-term recovery and helping him find employment and navigate his probation requirements. Ron was like many newcomers in that it took a little while before he ultimately realized the consequences of his drinking.

4D’s Executive Director, Tony Vezina states, “When I met Ron he didn’t know if recovery was right for him. He still had some reservations about needing to be 100% clean and sober. I asked him how getting all these DUI’s was affecting his parental and professional goals - it was then I witnessed the light come on. The crazy part is he’s now the biggest supporter of this recovery life.” And it was Ron’s spirit of recovery that caught the eye of the Alano Club of Portland’s staff - when they saw Ron at the Recovery Rally, they approached him and asked him if he ever considered working at the Alano Club. After consulting with his 4D Mentors, Ron enthusiastically took the job at the Alano Club of Portland.

Ron’s new job is fitting for his personality and will complement the Alano Club’s innovative Recovery Tool Kit Series, a program filling a void in the recovery support continuum by providing free alternative 12-Step skill-building workshops, yoga, mindfulness and other non-clinical, community-based recovery support. Ron’s warm, loving and engaging personality will the Alano Club reach even more people, and his continued engagement at 4D strengthens the powerhouse organizational partnership of the Alano and 4D.

When asked about the goals for his future, Ron said: “I want to become a Recovery Mentor, help some of my family members get sober, give back to my community, continuing to be a stand-up dad and show other young people there is life after sobriety.”

Ron recently completed a Recovery Mentor Certification program and 4D is looking forward to watching him use his recovery passion to transform lives in our community.