RRP 141 — Tony Vezina / The Road to 4D Recovery: A Story of Second Chances, Revisited

Presenters: Julie L and Peter D
Episode length: Approximately 1 hour 43 minutes
Release date: Friday, November 20, 2026

Summary

A GED earned in treatment. Tears on the MAX train. A college recovery club with a reason to give back. We revisit our original Show 19 conversation with Tony Vezina to open From Recovery to Service, a series reconnecting early guests' recovery stories with their community work. Tony talks about learning accountability, accepting help from mentors, and his part in building 4D Recovery alongside a team. His story includes fatherhood, peer support and the work of making recovery resources available to others.

Since the original conversation

Tony remains identified by 4D as its co-founder and executive director. The organization now offers adolescent treatment in Portland and Salem. A fire severely damaged its new adolescent and family campus before it could open; outpatient services are offered at other locations. This is fresh context for the original interview, not a newly recorded conversation.

Key points

- 00:02:00: Peter and Julie introduce From Recovery to Service and why these early stories matter.
- 00:26:00: The original conversation with Tony begins.
- 00:44:00: A glimpse of healthier men at treatment gives Tony a reason to stay.
- 00:48:00: Earning his GED and finding a path into college.
- 00:50:00: A recovery club, community service and an event that connects him with 4D.
- 00:53:00: Why Tony calls himself a co-founder and credits the people around him.
- 00:58:00: Giving back helps him move beyond his own fear.
- 01:20:00: Recovery centers, peer mentoring and support for other community organizations.
- 01:28:00: His original plans for adolescent treatment and housing.
- 01:37:00: Why access to help for young people matters to him.

Websites discussed and resources

- Volunteers of America Oregon: Men's Residential Treatment
- Portland Community College
- Narcotics Anonymous
- Alcoholics Anonymous
- MHACBO: Mental Health & Addiction Certification Board of Oregon
- Oregon Recovers
- Oregon Recovery High School Initiative
- Oregon Alcohol and Drug Policy Commission
- Painted Horse Recovery
- True Colors Recovery
- The Miracles Club
- Gorge Recovery Center
- CareOregon
- Health Share of Oregon
- Lunch Bunch / Extended Family AA
- Real Recovery Podcast

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> "Like I just try to help people and be nice"
> Tony Vezina

#RealRecoveryPodcast, #TonyVezina, #4DRecovery, #FromRecoveryToService, #Recovery, #PeerSupport, #CommunityService, @RealRecoveryPodcast