



**FY19 ROSC Project (Type 1)
ROSC Council
5-Year Strategic Plan**

Kenneth Young Center's (KYC) mission is to "provide compassionate professionals help people of all ages overcome life's challenges and achieve their goals through personalized behavioral health and older adult services." Our services include individual, family and group therapy, psychiatric evaluation and medication monitoring for youth to seniors, counseling for folks across the ages, transitional living program, rapid assessment and service planning, case management, employment services, mental health crisis evaluation, drop-in recovery support services, MISA services for adults with co-occurring substance abuse and mental health. We help people "feel good, do better, and find solutions." KYC coordinates a community coalition (Communities for Positive Youth Development – CPYD) who provide community oversight and input from multiple sectors from the townships of Schaumburg, Palatine, Hanover, Elk Grove, and a small western portion of Main Township that is served by Elk Grove High School) – the ROSC service area. The council has led the strategic planning process for the ROSC to address recovery support services in our community.

In July 2018, Trickster Native Cultural Connections conducted three focus groups with (1) Native American (NA) women veterans, (2) NA Vietnam veterans and (3) NA post-Vietnam veterans. NA veterans disclosed the difficulties of seeking help for substance use and mental health disorders because of societal stigmas and limited access to resources. Lastly, to describe the need for a ROSC in the service area, KYC staff reviewed the 2018 Illinois Youth Survey (IYS) data and concluded that of the 6 schools in the service area that administered the IYS (all five D211 high schools and Elk Grove-High School) about 22% of 12th grade students were high risk and would benefit from an individual substance use assessment based on the CRAFFT assessment criteria (Car, Relax, Alone, Forget, Friends, Trouble): Students who reported using substances and answered that they: used and drove a car, used to relax, used alone, used to forget, used and impacted relationships with friends, and/or used and got in trouble. District 211 high school averaged 160 drug and alcohol offense referrals to treatment from 2012 – 2017. According to the Northwest Community Hospital's 2018 Community Needs Assessment survey responses (N=414), 74% said that substance use and mental health problems were negatively impacting the community's overall health; 71% said that mental illness is a problem in the community; 65% said that alcohol abuse is a problem in the community; and 72% said drug abuse is a major concern. The assessment found that Hispanic and young adults with inadequate or no health insurance are the two groups most impacted by the lack of access to adequate behavioral health services including substance use prevention, treatment and recovery and concluded that the number one problem in the community is "access to behavioral

healthcare.” **The assessment named “embarrassment and stigma” as the greatest contributors outside of funding that impact treatment and recovery**, thus demonstrating a need for a ROSC Council in our community

ROSC Service Area: Northwest Suburban Cook County

The Townships of Schaumburg, Palatine, Elk Grove, Hanover and a small western portion of Main Township that is served by Elk Grove High School. (Combined population of about 437,745).

ROSC Target Population

Ages of 14 – 65 with a particular focus on veterans and youth/young adults, ages 14-25.

The council's method for developing the Strategic Plan consisted of the following steps and timeline:

1. Conducted initial survey of the community in July 2018.
2. Received ROSC grant in September 2018.
3. Conducted a recovery-based Community Resource Assessment, completed in January 2019; assessment had 41 total participants, representing the sectors: Persons with Lived Experience (PLE), community members, parents of children under 18, primary care, mental health, law enforcement, local government and policymakers, substance use prevention providers, veterans, pastors or other from local faith-based community, and other.
4. Provided background information on the community as well as the results from the initial survey and resource assessment to two different coalition meetings in February 2019; attendees then wrote down their ideas on how to address the biggest “issues” that those in recovery face within the community.
5. Collected the ideas and combined them to form the Strategic Plan.

Contributors to the strategic plan included persons with lived experiences, community members, parents, and local elected officials, and representatives from the following organizations:

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| ● Alliance to End Homelessness in Suburban Cook County | ● Kenneth Young Center |
| ● AMITA Health | ● Kingdom Impact Ministries |
| ● The Bridge Youth and Family Services | ● Live4Lali |
| ● Colin Witt (PLE) | ● State Representative Michelle Mussman (D-56) |
| ● Community Consolidated School District 54 | ● North Suburban Community Network of Professionals Serving LGBTQ+ Youth |
| | ● Northwest Community Hospital |

- Community Consolidated School District 59
- Countryside Unitarian Church
- Dan Hanners Designs
- Elk Grove High School
- Elk Grove High School Youth Advisory Council
- Elk Grove Village Police Department
- Elk Grove Village Public Library
- Harper College
- Illinois National Guard
- Keith Paglia (local parent)
- Palatine Police Department
- The Schaumburg, Hoffman Estates, and Palatine Youth Advisory Council
- Streamwood Behavioral Health
- Township High School District 211
- Trickster American Indians Veterans
- Christi Wessel (community member)
- The YWCA Strong Families Program

We would also like to thank the 41 community members who completed the anonymous survey as part of the assessment to inform the strategic plan.

Goals, Objectives, and Activities

Goal 1: Decrease stigma about recovery in the community.

Objective 1: Increase opportunities for members of the community in recovery to tell their story.

Activities for FY19: March 1, 2019 - June 30 2019

- a. Host one community presentation on the science of addiction by medical professionals.
- b. Host one educational activity fair for the community over the summer.
- c. Launch a “Stop the Stigma” communication campaign.

Activities for FY20 – FY21

- d. Host one “Author Talk” at local library featuring someone who has written about recovery (book, blog, article, etc.).
- e. Host an educational stand in local library and other public areas.
- f. Host three community presentations on the science of addiction by medical professionals.
- g. Host an annual educational activity fair for the community over the summer.
- h. Develop and execute a 12-month communication campaign with Public Service Announcements (PSAs) and ads.
- i. Host weekly events and educational material for SAMHSA Recovery Month.
- j. Implement a “Stop the Stigma” communication campaign that reflects the diversity of the community.

Activities for FY22 – FY24

- k. Host two “Author Talk” at local library featuring someone who has written about recovery (book, blog, article, etc.).
- l. Host a quarterly educational stand at local libraries and/or other public areas.
- m. Host a quarterly community presentation on the science of addiction by medical professionals.
- n. Host an annual educational activity fair for the community over the summer.
- o. Develop and execute a 12-month communication campaign with Public Service Announcements (PSAs) and ads.
- p. Host weekly events and educational material for SAMHSA Recovery Month.
- q. Implement a “Stop the Stigma” communication campaign that reflects the diversity of the community.

Objective 2: Provide community training opportunities.

Activities for FY19:

- a. Host one Trauma Trainings (e.g. YWCA, KYC, ICAH, etc.).
- b. Host one Crisis Intervention Team (CIT) Trainings.
- c. Fund SMART Recovery Trainings for ten PLEs.
- d. Host one Recovery Coach Training (White Bison).

Activities for FY20 – FY21

- e. Host up to two Trauma Trainings each year (e.g. YWCA, KYC, ICAH, etc.).
- f. Host up to two Crisis Intervention Team (CIT) Trainings each year.
- g. Co-host four Naloxone/Narcan Trainings with local organizations each year.
- h. Fund SMART Recovery Trainings for ten PLEs each year.
- i. Co-host one Recovery Coach Training each year with local organizations.
- j. Provide credentialed professional development for local coaches twice a year.
- k. Share new information in recovery research via the council's social media platform (LinkedIn, Facebook, Twitter, Instagram, Pinterest, etc.).

Activities for FY22 – FY24

- l. Trauma Trainings (e.g. YWCA, KYC, ICAH, etc.).
- m. Crisis Intervention Team (CIT) Trainings.
- n. Co-host Naloxone/Narcan Trainings with local organizations.
- o. Fund SMART Recovery Trainings for local organizations' staff.
- p. Co-host other Recovery Coach Trainings with local organizations (White Bison).
- q. Provide credentialed professional development for local coaches twice a year.
- r. Share new information in recovery research via the council's social media platform (LinkedIn, Facebook, Twitter, Instagram, Pinterest, etc.).

Goal 2: Improve access to timely care.

Objective 1: Raise awareness and access to the available services in the community.

Activities for FY19

- a. Revise the coalition's bylaws to include recovery goals and objectives.
- b. Develop an interactive online resource guide, including: organization, type of treatments, cost of treatment, location, specialties, financial insurance, age groups, contact information, website. The resource guide will be available in multiple languages including English, Spanish, Polish, and Gujarati.
- c. Create one printed resource guide to distribute to residents and local police and fire departments in English and Spanish.
- d. Develop a concept for a resource guide app and/or for special populations (youth, adults, LGBTQ+, and veterans).

Activities for FY20 – FY24

- e. Update annually the interactive online resource guide, including: organization, type of treatments, cost of treatment, location, specialties, financial insurance, age groups, contact information, website.
- f. Update annually the one printed resource guide to distribute to residents and local police and fire departments in English and Spanish.
- g. Update quarterly the resource guide app and/or for special populations (youth, adults, LGBTQ+, and veterans).

Goal 3: Increase access to multiple recovery support options.

Objective 1: Provide new community recovery services.

Activities for FY19:

- a. Identify gaps in recovery support options.
- b. Present multiple recovery providers at council and community meetings (e.g. AA, NA, SMART, White Bison, etc.).
- c. Establish the ROSC as a permanent entity supported by Kenneth Young Center.

Activities for FY20 – FY24

- d. Identify gaps in recovery support options annually.
- e. Present new recovery support services at monthly council and community meetings.

Objective 2: Increase community members' access to services.

Activities for FY19:

- a. Establish a White Bison Recovery Talking Circle
- b. Plan a community event promoting local recovery support services
- c. Publish on the recovery website local recovery support services

Activities for FY20 – FY21

- d. Host a weekly White Bison Recovery Talking Circle
- e. Host a weekly SMART Recovery group.
- f. Plan two annual community events promoting local recovery support services annually.
- g. Host population-specific recovery groups (e.g. teens, LGBT, veterans, young adults).
- h. Update monthly the recovery website local recovery support services.

Activities for FY22 – FY24

- i. Fund a local Recovery Hotline for 24/7 recovery coaching and referrals.
- j. Create a cadre of local Recovery Coaches

Next Steps

The council will update the plan at the end of FY20 to include specific start times (month/year), who will be primarily responsible for the activity, how each activity will be funded and how the community and/or council partners will assist in its execution in order to obtain community buy-in and leverage resources.