



Mission Statement:

“Collaborating to Build and Empower Communities of Recovery.”

McLean County *recovers* by Improving health, wellness, and resiliency for individuals and families, with or at risk of substance use/mental/behavioral health inclinations, to promote healthy and safe communities.

Mission:

One of the goals of a ROSC is to organize addiction and co-occurring disorders treatment and involve the community. ROSC also seeks to further de-stigmatize addiction and co-occurring disorders. If the community agrees that addiction is a problem, hopefully, the community as a whole (not just the recovery community) is willing to be part of the solution. From this standpoint, a ROSC will be built on the agreement that “recovery happens within the community”. Recoverees stand a greater chance at sobriety, health, and quality of life when a community forges together to provide and make accessible its abundance of services and supports (e.g. healthcare, stigma reduction, sober living, sober recreation, and much more). The more tools that recoverees have in their proverbial toolbox, the grander a recovery structure they can build.

The ROSC also seeks to build capacity for communities to provide advocacy, education and recovery support services for people in recovery from Substance Use Disorders (SUD) and Co-Occurring (SUD in addition to Mental Health Diagnoses) Disorders (COD).

A ROSC seeks new ways to involve the community (“It takes a village...”-type approach) and its various assets and services to help a recoveree achieve a significant reduction in substance use and/or improvement in mental health. It recognizes that recoverees (along with family and friends) have a choice in their own recovery path and provides a means to connect them into community resources to support their recovery, such as housing, employment, mental health, primary physicians, safe and sober recreation, as well as more traditional recovery communities like Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous, and Celebrate Recovery.

ROSC Vision:

- People can and do recover. *Recovery is a reality!*
- Individuals and families determine the supports and services they need.
- Services and supports are continuous and cohesive across different phases of care and are coordinated across the various agencies involved in their delivery.
- Support of recovery is a community responsibility and value.
- The system is inherently flexible, so it can be responsive to different pathways to recovery.
- Measuring quality and outcomes is a system priority.

ROSC Values:

- Recovery happens in the community



- Recognize the right of people to direct his, her, or their own recovery.
- Recognizing that there are multiple models or paths to recovery.
- Progress over perfection – nobody works a perfect recovery program.
- Operate with integrity and a sense of personal responsibility.
- Recovery requires action. The ROSC can facilitate supports and services for recoverees, but ultimately they are the ones who have to do the work and follow through.
- Include the “voice” of peers, family members, and the community in planning and decision-making.
- Implement programs with competency and good stewardship.
- Empower individuals and families.
- Embrace cultural diversity.
- More people enabled to practice recovery principles (honesty, integrity, acceptance, humility, gratitude, etc.) makes for a healthier overall community.

ROSC Goals:

- Inform, educate and empower individuals and communities.
- Identify existing services available as well as the needs to expand necessary services in the areas of prevention, treatment, and peer recovery support and systems improvement.
- Encourage partnerships that are rich and diverse – establish rapport.
- Increase the number of people pursuing recovery, improving recovery capital to strengthen capacity to build and maintain lives in recovery and build recovery sustainability.
- Decrease the relapse rate.

Will you consider coming to the ROSC table so that your voice can be heard?

We need people who are in substance use, mental or behavioral health recovery to share their experience. You and others who have lived and experienced seeking and finding recovery will bring value to the discussion. Will you help modify assumptions different community members may have about addiction and mental health recovery?

How to get involved...

The ROSC Council

Our monthly Council meetings are open to the public where multiple community members, providers and people with lived experience come to discuss various agenda items (activities, events, education, etc.) **Our Council meetings are the third Tuesday of the month at 3:30. Zoom Meeting ID: 395192858**

ROSC Workgroups

These groups serve as a way for ROSC council members to push initiatives forward that align with their agency values and mission. Also, for community member unable to attend the council meetings to become involved.



The over-arching goal for all of the workgroups is to advocate on behalf of individuals and families in recovery or seeking recovery from substance use and/or co-occurring mental and/or behavioral health afflictions. Through advocacy, we will create educational and stigma eradicating material, activities and events, and reduce or eliminate barriers to seek treatment or sustain recovery in the community.

Behavioral Health & Wellness

The objectives of the workgroup:

- End social and physical isolation of those living with mental and/or behavioral health symptoms
- Provide accurate information on a variety of topics that may create stigma
- Create connection and inclusion across all systems and settings
- Promote systemic changes within our community to promote recovery in mental and/or behavioral health
- End barriers associated with seeking help for mental and/or behavioral health symptoms
- Increase and improve access to care for mental and/or behavioral health services

Sober Living

The objectives of the workgroup:

- End social and physical isolation of those living with mental and/or behavioral health symptoms
- Provide accurate information on a variety of topics related to Sober Living
- Create more recovery living options within McLean County
- Promote systemic changes within our community to reduce stigma and promote recovery in mental and/or behavioral health
- End barriers associated with seeking living arrangement for those in recovery from mental and/or behavioral health symptoms

Sober Recreation

The objectives of the workgroup:

- End social and physical isolation of those living with mental and/or behavioral health symptoms
- Bring sober fun, fellowship, and new coping skills to people in recovery
- Create connection and inclusion across all systems and settings
- Promote systemic changes within our community to promote inclusion and activity options for those in recovery or seeking recovery in mental and/or behavioral health
- Increase and improve access to care for mental and/or behavioral health services

Spirituality

The objectives of the workgroup:

- End social and physical isolation of those living with mental and/or behavioral health symptoms
- Provide accurate information on the concept(s) of Spirituality from different spiritual pathways
- Create connection and inclusion across all systems and settings
- Promote systemic changes within our community to promote mental and/or behavioral health



- End barriers associated with seeking spiritual guidance for mental and/or behavioral health symptoms
- Increase and improve access to care for mental and/or behavioral health services

NEW Diversity in Recovery – launching April 2021

The objectives of the workgroup:

- End social and physical isolation of those living with mental and/or behavioral health symptoms
- Bring awareness to the treatment process for different marginalized populations seeking recovery from substance use disorder and mental health afflictions
- Create connection and inclusion across all systems and settings
- Promote systemic changes within our community to promote mental and/or behavioral health for all citizens
- End barriers associated with seeking help for mental and/or behavioral health symptoms
- Increase and improve access to care for mental and/or behavioral health services for marginalized populations

ROSC Virtual Recovery Groups

SMART Recovery

Wednesdays at 7:30

<https://zoom.us/j/3729798714>

LGBTQ+ Support Group

Fridays at 5

<https://zoom.us/j/92305638555>

BRIDGES All Recovery and Family Group

Thursdays at 7pm

Zoom Meeting ID: 182 684 538 Passcode: 2020

YouTube: [McLean County ROSC - YouTube](#)

We are continuously recording and looking for new content to share on the *community* ROSC channel. Our goal is to highlight personal stories, services offered, etc., to connect those with community supports needed to seek or sustain recovery. If you would like to highlight services your agency offers for individuals or families, or any other feedback or information that would help deepen and improve our ROSC channel...we want to hear from you. If you are uncomfortable being on camera, we do not need it to capture your story.