



Egyptian Health Department
Recovery Oriented System of Care
2019-2025
Strategic Plan UPDATE
2021-2022



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Egyptian Health Department Recovery Oriented System of Care Strategic Plan

“One of the things that we have really emphasized is that it doesn’t make sense to help people initiate recovery and then put them back into communities that fail to support their recovery.”

Dr. Arthur Evans, 2011

Executive Summary of 2021-2022 Update

The Egyptian Health Department (EHD)/Southeastern Illinois Community Health Coalition (SICHC) Recovery-Oriented System of Care (ROSC) affords the community an opportunity to assess our area’s supports of and obstacles to recovery, and to advance our three-year old comprehensive strategic plan to continue expanding community support to the recovery of people who suffer with substance use disorder of any kind. Our council completed a comprehensive community needs assessment in December of 2018 and updated the plan in the fall/winter of 2019, November of 2020, and again in 2021-2022. In each case, multiple resources were utilized to assess the needs of the four-county area served by our ROSC grant. Substance use has been a standing health priority throughout our communities for over a decade.

The continued need for treatment and recovery support is evident in our service area. The flow of drugs into the area is constant and relatively cheap, according to our law enforcement partners. In addition, the COVID-19 pandemic has impacted people’s mental health, job loss and/or uncertainty, increased drug use, overdose deaths and increased use of mood altering substances. Factors that affect recovery before, during, and after treatment make the focus of our Council a critical asset to our communities. We are pleased to embrace the challenges the Council is addressing to increase recovery capital in our four-county region. In Fall 2021 we asked the Council, general population, substance use disorder clients and others in the area to complete a community needs survey that includes a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis on the ROSC objectives and asked people to list their three priorities for recovery.

As stated in our original 2018 strategic plan, our ROSC Council, now called Southeastern Illinois Substance Use Prevention, Recovery and Treatment (SI SUPRT) Council, has embraced the four dimensions that the Substance Abuse and Mental Health Services Administration (SAMSHA) affirms as the fundamental components of recovery. These components are: Health, Home, Purpose, and Community. Our council will keep these at the forefront of our planning for health of individuals, families and all aspects of community living as we build the “ideal” or most recovery-friendly community available in our region

These features of recovery encompass a public health approach that is compatible with our ROSC vision and planning. We will focus our ambitious goals on these areas, blending them throughout our vision strategies, toward building a culture that supports and nurtures recovery, building capacity and infrastructure to support a recovery-oriented system of care, and developing community-wide commitment to implement and sustain a recovery-oriented system of care in the Southeastern Illinois counties of Gallatin, Hamilton, Saline and White. Now in our fourth year of this work, we continue to foster recovery voices in our rural area. Individuals and families need to address stigma, change long-established behavior patterns and create alternative activities to substance use. To ensure long-term success, we must continue to work together towards a more holistic, community approach to recovery.

As we began the initial work of building a recovery-oriented system of care and a council focused on recovery supports, we worked towards our ideal vision. Executing this plan has indeed been challenging and demanding, yet very rewarding. We have accomplished many things in our first three years. In this past year, with COVID-19 mitigations impacting our physical community outreach, we were able to advance our community messaging with a billboard in White County, continuation of our *“Make Recovery the Epidemic”* (MRTE) campaign on Rides Mass Transit buses that travel throughout and beyond our service area. We created promotional bags with magnets with the Recovery Resource Center (RRC) phone number and address, a magnet with information about the SI SUPRT Council, sanitizer spray and pens with RRC information, and a trifold brochure with information about the Council and the RRC.

Approximately 400 of these bags were distributed at the end of FY 21. We distributed 500 lawn signs with MRTE messages to help promote Recovery Month in September of 2021.

As we indicated in our initial strategic plan, a partial vision for a community that supports recovery is painted in a word cloud created by ROSC Council members. This word cloud encompasses many positive hopes while working to eliminate any negative elements of stigma around addiction which can create barriers to recovery. Our vision of a place where people with substance use disorder and their loved ones have everything they need to gain recovery is desired and achievable. The journeys of others who have traversed the road to recovery affirm that **recovery IS possible**. Persons with lived experience (PLE) of long term recovery achievements drive our council to circumnavigate the obstacles in the way of this bold community vision. These words are incorporated into a vision statement for the council's work, mindful of the continuum of care from prevention to recovery. As we implement our goals, work groups will develop mission statements as a springboard for achieving the desired and needed outcomes for each goal and objective.



Southeastern Illinois ROSC Vision Statement

SI SUPRT Vision Statement:

We will create a culture that builds and nurtures opportunities to achieve recovery, and provide healthy and hopeful supports for recovery capital in the community.

SAMSHA Recovery Capital Area Updates

At the forefront of our strategic plan are the SAMSHA recovery capital areas of **health, community, home, purpose**. *We feel we have made significant progress in each of these areas, as indicated by color code in our first update in January of 2020. In this update, we will summarize these activities under the SAMSHA headings, highlighting the incomplete areas we listed a year ago.*

Health:

In 2019 we said: “Our immediate focus will be on Stigma Reduction, in part to increase Access to Care, including encouraging person-centered and recovery-centered language in the community, in health care, legal and all agencies that people with substance use disorders utilize.”

UPDATE: We continue to highlight our stigma reduction campaign, “Make Recovery the Epidemic” (MRTE) on buses and billboards in the area. In 2019, our lead agency opened a Recovery Resource Center (RRC) in Saline County. At this center, recovery supports flourish and are available for anyone needing to obtain:

- ***support for their own or a loved one’s substance use issues***
- ***substance use and gambling assessments***
- ***substance use disorder counseling***
- ***community and educational resources***
- ***information and personal support through our peer recovery specialists***
- ***ROSC/SI SUPRT Program Coordinator.***

We want recovery to be visible in the community, and for people to know where they can come for help. Messages of, “It’s ok and good to reach out for help,” “We’re here to help,” and “Let’s talk” have been delivered through radio, social media platforms, billboards and at all of our presentations in the communities we serve.

2021-2022 Update: We posted our MRTE advertisement on four Rides Mass Transit buses that travel throughout and beyond our service area. Each of these advertisements has the Recovery Resource Center number listed on it. We added our MRTE graphic on a billboard in White County to increase the effect of this message. In addition, our ROSC coordinator is involved with the state stigma reduction campaign led by Faces and Voices of Recovery.

At the Recovery Resource Center, Peer Recovery Support Specialists assist in all aspects of practical support, helping clients overcome obstacles to recovery. As of this summer, we have our first Certified Peer Recovery Specialist, who is very active with our Council and has provided support to EHD clients for the past 2.5 years.

Community:

In 2019 we said: “Through messaging and the stories of people in recovery, we will create a recovery community to be a strong voice in advocating for recovery needs. Our general community will recognize that recovery is possible, participate in supporting people with recovery needs, and see people thriving in recovery.”

UPDATE: We have held multiple outreach events where we invited and educated community members to engage in the work of the Council or some aspect of developing a recovery community. There are several strong recovery groups that meet regularly, PLEs who consistently attend our SI SUPRT Council meetings, and PLEs who willingly offer important input and perspective on issues we are addressing. We are working to unify the recovery community across our four-county area. Many people in recovery, and friends and family members of people in treatment and in recovery are involved with our work, either directly or peripherally. We encourage individuals with lived recovery experience to speak at public events, to share their stories and success with the community.

2021-2022 Update:

Our Third Saturday Series and our desire to be of service and availability to people is well publicized on our social media outlets and among the EHD substance use disorder staff who share the promotion with their clients. We held a Recovery Walk, attended by PLEs and other recovery support providers in our community. We held an Overdose Awareness Event that featured local community members who shared their personal stories about the impact of overdose and SUD.

Home:

In 2019 we said: “We plan to develop alternative housing supports and provide help obtaining housing for people striving to be in living arrangements that support recovery; have supports for family members of people with

substance use disorders to feel supported and practice self-care and learn techniques to support loved ones.”

UPDATE: We have worked diligently to address housing issues for people with substance use disorder. We’ve provided outreach to a variety of housing locations, held a summer informational event in 2019 at a public housing site in Eldorado, distributed fliers to housing areas, and continue to develop access and programs for residents.

We have a lending library of books on various aspects of addiction and self-care for family members of people with substance use disorders at the Recovery Resource Center (RRC), and have posted articles in support of family members and friends affected by others’ substance misuse on our social media pages. We continue to refer people to Al-Anon held in Harrisburg once a week. We plan to increase our work in this area in the future.

2021-2022 Update: Through our outreach to White County and the establishment of a localized coalition that embraces our vision for supporting recovery, we connected with Kalimba Foundation to investigate establishing an Oxford style house in our area, in either of our two largest population centers. We are very excited about this potential for our communities. We continue to hope Kalimba Foundation finds our areas have the infrastructural supports needed, namely employment, to support a house in at least one of our communities. We will pursue other supporters of recovery housing including individuals interested in opening such homes on their own. Our lead agency employs a Housing Specialist who regularly assists clients with a myriad of housing needs.

Purpose:

In 2019 we said: We plan to support people in recovery with employment, volunteerism, being involved in the “Recovery Community” efforts, enriching activities and a way to “give back”. We will work to support employers in helping people with Substance Use Disorder (SUD) or substance use issues keep their jobs.

UPDATE: Our employment workgroup began in November 2019. This group initially examined, strengthened, and publicized supports that exist for people with SUD in the lead agency with the Supported Employment Program. We are gathering a list of employers who employ people with criminal backgrounds. The past two summers, we sent employers in the area information from the National Safety Council highlighting their toolkit and link to

www.nsc.org/opioidsatwork. We also have a computer dedicated to job search activities for anyone in recovery to use at the Recovery Resource Center. We always invite people with lived experience to be on our council and engage with our strategic plan.

2021-2022 Update: COVID-19 has thwarted some of our progress to invite people into the RRC for our job search assistance efforts. A dedicated client job search computer is still available, and we have provided information to the public that we are available to support people in their searches. We continue to work on connecting clients with our Supported Employment professionals and their supports through Vocational Rehabilitation. Our agency is committed to providing employment supports even though staffing and pandemic mitigations have reduced the use of our vocational rehabilitation office. We will continue to build relationships with employers, illustrating the benefits of hiring people in supported employment.

An overall guide to our vision

Southeastern Illinois ROSC Vision Statement & Vision Strategies February 2019-August 2025

Vision Statement
<p>We will create a culture that builds and nurtures opportunities to achieve recovery, and provide healthy and hopeful supports for recovery capital in the community.</p>

Vision Strategy #1	Vision Strategy #2	Vision Strategy #3	Vision Strategy #4
<p>Knowledge is Essential to Understanding</p> <p style="text-align: center;">Creating Strategies to Break Stigma and Support Prevention and Recovery Efforts</p> <p style="text-align: center;">(Health, Purpose, Community)</p>	<p>Knowledge of Resources Improves Access to Care and Recovery Support Systems</p> <p style="text-align: center;">Improve Awareness of Intervention and 24-hour services, coordinate service around transportation gaps</p> <p style="text-align: center;">(Health and Community)</p>	<p>Community Support is essential for healing</p> <p style="text-align: center;">Build age-appropriate supports for individuals, families, employees and employers for recovery friendly school and work environments</p> <p style="text-align: center;">(Community, Purpose, Home)</p>	<p>Transitional housing supports and Infrastructure need to be developed</p> <p style="text-align: center;">Develop alternative housing supports and provide help obtaining housing for people striving to be in living arrangements that support recovery</p> <p style="text-align: center;">(Community and Home)</p>

Our short term goals as we ended the first grant year focused on overcoming addiction and treatment stigma by providing education to our community about addiction as a brain disease and multiple pathways of recovery (including medication-assisted treatment). Another priority was to develop work groups to carry out our strategic plan. **These priorities remain guiding principles for all of our work and will remain in place until they are actualized.** Other ongoing priorities include:

- assessing and increasing capacity and infrastructure for recovery
- supporting families in the community, namely, building support for those with SUD and their loved ones
- increasing transitional housing access
- employer and employment supports
- filling transportation service gaps
- building awareness of access to care and intervention techniques

Year 4 Update (2021-2022)

As we move further into the current year, our challenges remain steady in the same areas on which we have been working. We are challenged by the impact of COVID-19 in the areas of health and safety of our community members and by the impact it has had on our agency as a public and mental health department. As stated in previous needs assessments, many of the issues that were important in the community as we began are still present. We will focus this year on bringing incomplete items from our past year's work forward and focus on these needs identified in our updated 2021-2022 Community Needs Assessment.

The main issues we are focusing on as we progress in our fourth year are:

- Creating a local recovery or transitional housing option
- Helping people obtain jobs and encouraging more employers to hire people with SUD and/or criminal backgrounds
- Reducing stigma towards people suffering from substance use disorder
- Improving transportation to and from treatment sites, from home to work and to other services
- Increasing involvement in our council by key county stakeholders
- Expanding development of Regional RCO partnership, Southern Illinois Recovery Network (SIRN)
- Enriching and expanding the goals of this strategic vision and plan for recovery to the regional level as well as building on the sustainability of commitment to implementing a recovery-oriented system of care in Hamilton, Gallatin, Saline and White counties in Southeastern Illinois
- Utilize incentives for PLE participation to increase involvement and leadership

We will address these needs, keeping in mind our Vision Strategies identified in 2018 and shown in the graph above.

Vision Strategy #1:

Knowledge is Essential to Understanding

- Continue to offer programs through the Recovery Resource Center, virtual conferences, and community listening sessions with SIRN
- Coordinator continue to work with state stigma reduction efforts
- Speaker Bureau list of people willing to share their stories of recovery

Vision Strategy #2:

Knowledge of Resources Improves Access to Care and Recovery Support Systems

- Continue to network with community organizations for updated resource guides
- Continue to educate the community about:

- SUD services
- Services at the Recovery Resource Center
- EHD’s crisis response line
- Rides Mass Transit District scheduling and available services
- Other organizations and agencies that support our work in the community

Vision Strategy #3:

Community Support is Essential for Healing

- EHD employs Youth Recovery Specialists to serve each school district in our service area
- Provide recovery-related worksite wellness support to local employers

Vision Strategy #4:

Transitional Housing Supports and Infrastructure Need to Be Developed

- Continue working on a recovery or transitional housing option
- Foster employment and transportation partnerships and initiatives
- Utilize lead agency’s Transportation Specialist

We will continue to have a Monthly ROSC Council Meeting focused on:

- Furthering our strategic plan
- Reducing stigma in our communities
- Increasing activities and information for people in recovery
- Community outreach that is inclusive and educational, highlighting the success of people in recovery
- Advance regional RCO development, educating community members on RCOs and supporting leaders who may wish to start one

Quarterly Goals

Three-five year and beyond: 2020-2023, Phase Two

We will continue to work with partners and subject matter experts to extend and complete our planning. We will create opportunities to improve conditions for recovery as we foster a culture that builds and nurtures recovery strengths, and engage more partners committed to build capacity and infrastructure to support recovery-oriented system of care in this service area. Without breaking our long-range goals into Vision Strategy areas, our four priority areas are all included in the quarterly work and evaluation goals set forth below. Each year will be foundational to the next. Every year we will revisit growth in the areas listed below.

September-November 2020-2023; Each year at this time, we will:

- 1.) Evaluate and continue to improve awareness of person-centered and non-stigmatizing language
 - a. Measure the self-referral rate for treatment initiation.
 - b. Measure stigma reduction toward people with substance use disorder.
 - c. Encourage people to write stories of addiction and recovery.
 - d. Encourage people to share acts of compassion toward people with SUD.
- 2.) Evaluate and continue to provide education on addiction as a disease, and foster compassionate care for those who seek recovery and celebrate with those who achieve it. We will set goals for further education on addiction, in various formats and with multiple people providing similar messages.
- 3.) Continue to invite people in recovery to share experiences.
- 4.) Create new AIMS goals for the upcoming year and share progress of previous goals with Council.

December-February, 2020-2023; Each year at this time, we will discuss:

- 1.) Systems transformation: Has recovery become more understood, accepted, supported, visible, discussed? What has been accomplished? What messages need to be reiterated? What groups need to be reached and involved?
- 2.) Is the Recovery Speakers Bureau functioning and effective? If not, what can be done to develop this?
- 3.) Through expansion of peer network, develop opportunities for child care to be provided during some recovery groups.
- 4.) Create Community Health Needs Assessment (CHNA) to assess our recovery capital in the community.

March-May 2020-2023: Each year at this time, we will:

- 1.) Review Summer and Fall event planning for communications and outreach.
- 2.) Review and assess whether there are safe places available when people are in need of help.

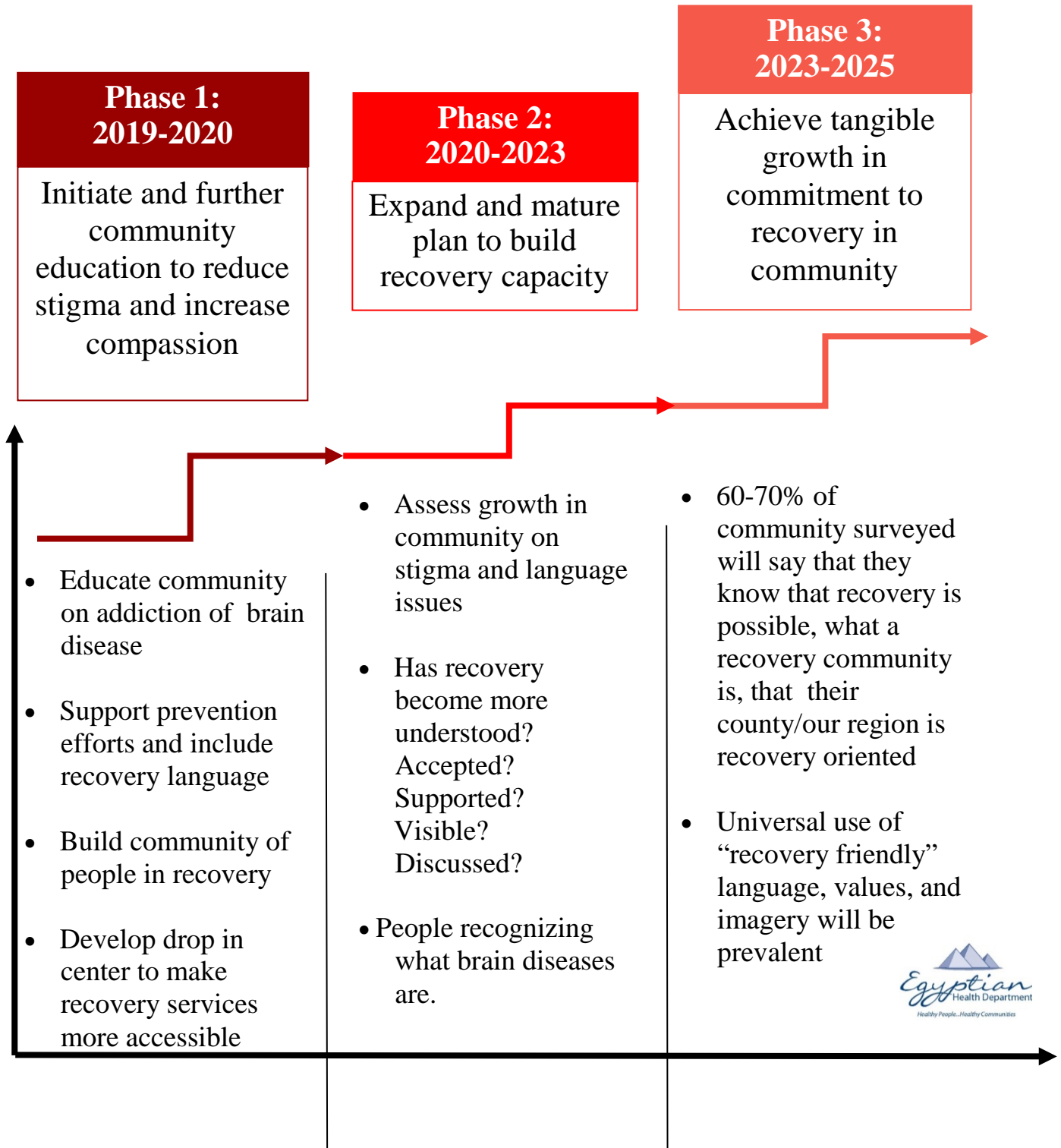
June 2020-August 2023; Each year at this time, we will:

- 1.) Review Winter and spring event planning for communications and outreach.
- 2.) Explore and Review funding options for programs.
- 3.) Share progress towards AIMS goals and any measurable changes

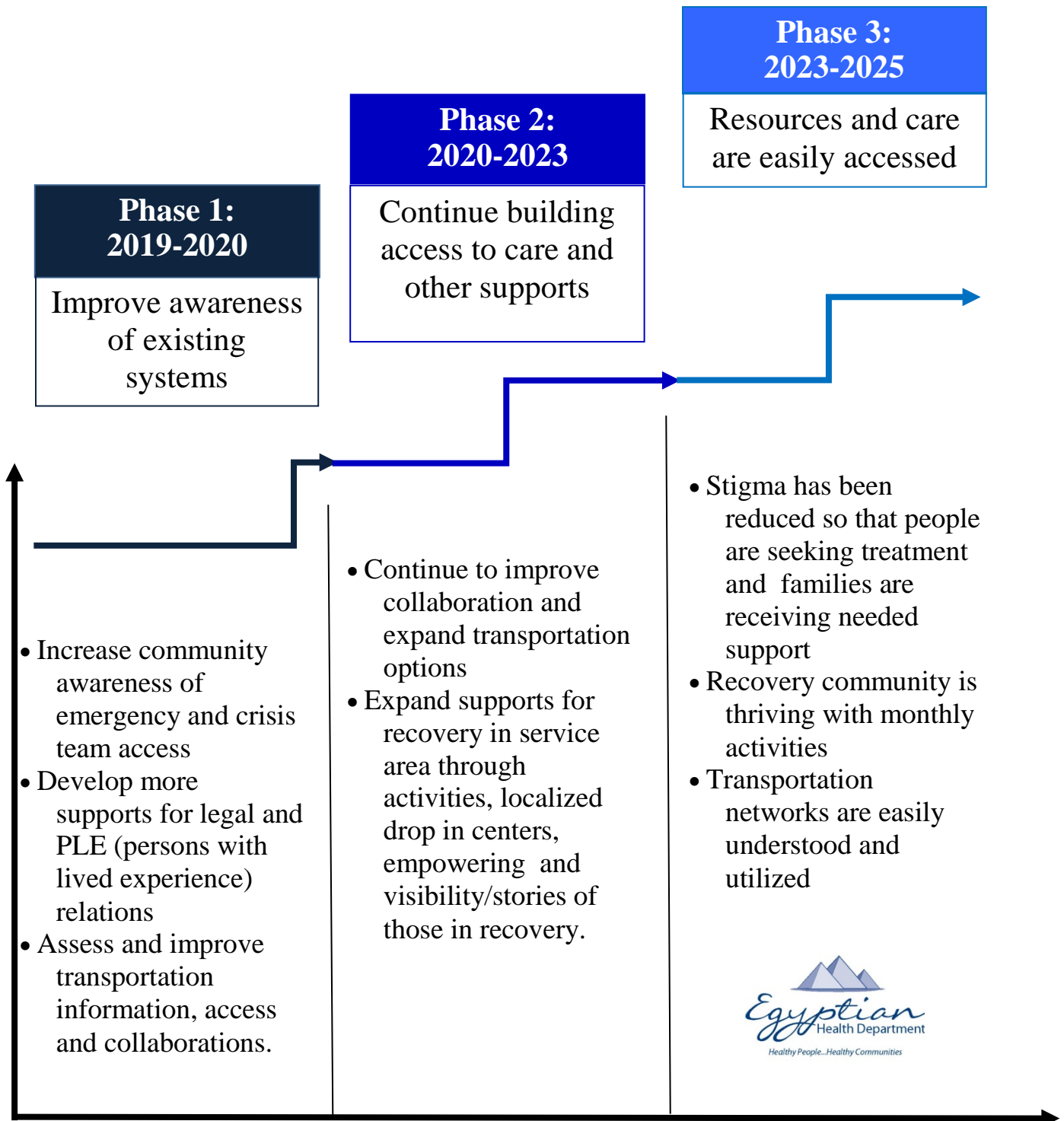
2023-25+ Sustainability Plan:

We will utilize existing partnerships and research potential grants for specific projects, including local support and federal grants, a technical assistance grant, state funding, and further education on development of a regional RCO. The Council will provide and receive mentorship from new and established ROSCs in our effort to develop other sources of revenue to allow for sustainability. We will continue to collaborate with statewide ROSCs to provide seamless recovery support throughout the state.

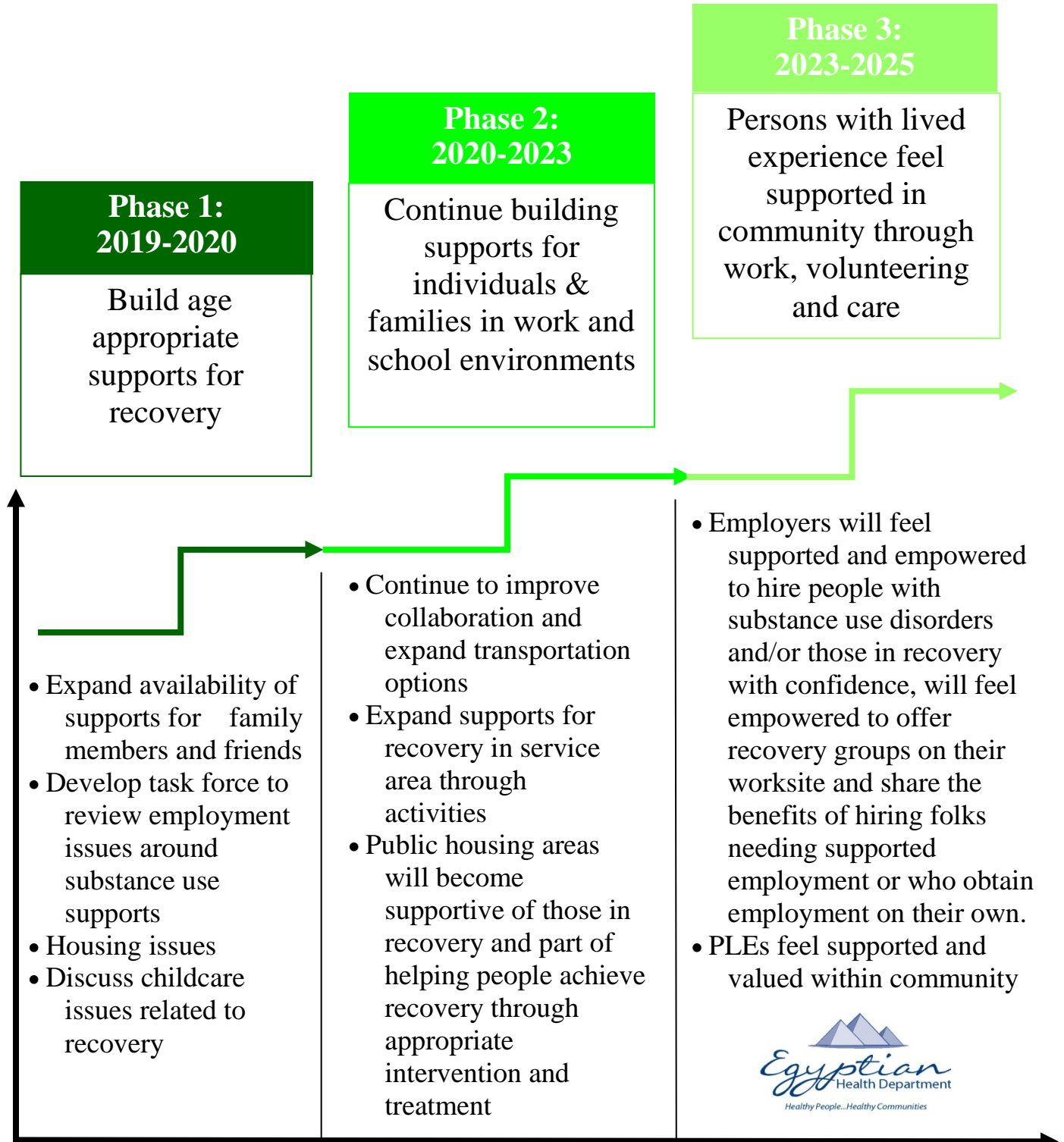
Vision Strategy #1 : 5+ Year Roadmap Knowledge is Essential to Understanding



Vision Strategy #2 :
5+ Year Roadmap
Knowledge of Resources Improves Access to Care
and Recovery Support Systems



Vision Strategy #3 : 5+ Year Roadmap Community Support Is Essential for Healing



Vision Strategy #4 : 5+ Year Roadmap

Transitional Housing Supports and Infrastructure Need to be Developed

