

Recovery Oriented Systems of Care Strategic Plan

Southern Illinois Substance Abuse Alliance July 1, 2022 – June 31, 2023

Purpose:

This Strategic Plan will serve as a road map to evaluate our progress toward building a Recovery Oriented System of Care as the Southern Illinois Substance Abuse Alliance (SISAA) implements initiatives to address the identified gaps. The geographic area of the project is Randolph and Washington Counties in rural Southwestern Illinois.

Recovery Oriented Systems of Care Definition:

According to SAMHSA (Substance Abuse and Mental Health Services Administration) a branch of the federal Health and Human Services Department, a Recovery Oriented Systems of Care (ROSC) is a network of organizations, agencies and community members that coordinate a wide spectrum of services to prevent, intervene in, and treat substance use problems and disorders.

Through ComWell, the Southern Illinois Substance Abuse Alliance Coalition was founded in February 2016. SISAA's membership functions as both the Coalition to prevent teen substance misuse and the ROSC Council to promote and support recovery. In this Assessment, the terms Coalition and Council are synonymous. In January 2021, the Better Together Recovery Committee was created as a Recovery Committee under SISAA.

Project Description:

The Recovery Oriented Systems of Care (ROSC) Council assists communities with building local recovery oriented systems of care that can network with the statewide ROSC Council. ComWell serves as the lead Agency collaborating with community members to form the local ROSC Council. To ensure sustainability of the ROSC Council, ComWell has demonstrated a commitment to establish the ROSC Council permanently with a long-term (5-year) strategic plan, either as a stand-alone non-profit organization or with a permanent business relationship with the lead agency. This agreement is set forth by terms and conditions applicable to services funded by the Illinois Department of Human Services (IDHS), Division of Substance Use Prevention and Recovery (SUPR) for the development of Recovery Oriented Systems of Care Council.

SISAA Mission:

Preventing substance misuse by youth and adults and supporting recovery activities in Southern Illinois.

SISAA Vision:

Healthy Communities in Southern Illinois focused on prevention and recovery free of stigma and without judgement.

17 Essential Elements of a ROSC:

1. Person-centered
2. Family and other ally involvement
3. Individualized and comprehensive services across the lifespan
4. Systems anchored in the community
5. Continuity of care (pre-treatment, treatment, continuing care and recovery support)
6. Partnership/consultant relationship, focusing more on collaboration and less on hierarchy
7. Strengths-based (emphasis on individual strengths, assets and resilience)
8. Culturally responsive
9. Responsive to personal belief systems
10. Commitment to peer recovery support services
11. Inclusion of the voices of individuals in recovery and their families
12. Integrated services
13. System-wide education and training
14. Ongoing monitoring and outreach
15. Outcomes-driven
16. Based on research
17. Adequately and flexibly financed

Identified at the National Summit on Recovery in 2005. Referenced from the Wisconsin Department of Health Services, ROSC education materials, April 6, 2016.

Strategic Plan Building Blocks:

The community needs assessment returned information that the community needs to build its recovery capital in every way. In short, many different people let us know that our community has many recovery capital needs. This can create a problem in determining where and how to start. It was decided that the best approach was to use SAMSHA's Recovery Support Dimensions in creating the Strategic Plan: Health; Home; Purpose; and Community.

These are defined as (from SAMSHA.gov):

- **Health**—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable and safe place to live.
- **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

Year 4 Strategic Plan

Goal 1: Recovery community needs assessment

Goal 1	Our year 4 assessment will be comprised of interviews and meetings conducted with participating agencies and directors. Based on our collective knowledge from previous assessments and practical experience, we have identified a need to develop a regular and ongoing individual needs assessment that can be used
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	to coordinate volunteer help and services. We will use compiled data from these efforts in an ongoing gap reduction effort.
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Goal 2: Attract and recruit more individuals with personal lived experience. We define lived experience as personal knowledge about substance use disorders (SUDs), including co-occurring mental health and substance use disorders (CODs) treatment, and recovery gained through direct involvement, which may include that individual's involvement as a patient, family member or loved one of a person receiving SUD/COD treatment services.

Goal 2a	We learned in the past year that this effort is a very slow and steady marathon. We worked through two local vibrant Recovery groups and promoted widely with little response. This year we continue to hone our attempts at recruiting by focusing efforts to fill the Recovery Corps positions that have become available. We are confident that growing staff will increase our capacity and ability to add weight to the structures that we have been building. We continue to strive for more ongoing involvement by PLE's in order to help further refine our approach in this area.
Goal 2b (carried)	RCO development – We continue to develop recovery supports and are mindful of building a stronger recovery ready community. The SISAA Better Together recovery committee feels that most systems are in place to support a local RCO but a need to attract and retain individuals who are willing to take leadership roles in the organization.
Goal 2c (carried)	Recovery resource center – We believe that identifying and establishing a recovery resource center will further empower those already on an improvement plan and those who are yet to come into treatment and recovery. Having a physical location within walking distance is important for the many without reliable transportation. Having the ability to walk into a place for immediate support is a link that our community has been lacking so far. We aim to identify and create a timeline to identify the steps necessary to lead us to this goal.

Goal 3: In order to reach our longer-term objectives, we will strengthen our community connections. We have made some strong advancements especially during the past 2 years with interagency relationships. In working to meet all of our objectives, we realize this is a continued effort. We work to promote and engage with other agency community priorities, which allows us a better full-spectrum understanding of Recovery needs in our communities. We will continue working in value-added ways with our local hospitals, primary care, mental health, law enforcement, local business owners, court systems, local government representatives and policy makers, persons with lived experience and SUD intervention, treatment, prevention and recovery support providers. We will keep working to inform, educate and empower individuals and communities through various community engagements such as within our towns and villages.

Goal 3a	We will continue to promote useful strategies for teaming up with law enforcement to help support work against Meth and Opioids. We will promote a 3-part prevention strategy to further these efforts. Initial response is positive.
Goal 3b	Festival appearances and pop-up information stands at high-level traffic areas allow us to collaborate with other local agencies in order to cross-promote one another as important components of our local Recovery continuum of care.
Goal 3c	We will cooperate and engage closely with council building and development. Efforts are underway for complete restructuring and branding into what will be

	the Healthy Communities Alliance. Our purpose is to keep Recovery front and center in all discussions on re-development.
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Goal 4: Collaborate with village and county law enforcement on community policing and education programs.

Goal 4a	Promote a 3-part Meth prevention program that incorporates a Drug Endangered Children and neighborhood watch component.
Goal 4b	Design a consolidated tri-fold brochure that includes information about SUD, domestic violence, homelessness, and suicide awareness. Write for ICAHN grant to pay for printing and purchase a trunk kit for all first-responder vehicles.
Goal 4c	Attend quarterly all-department meetings by invitation.

Goal 5: Manage council meetings in a way that is inviting and engaging members to participate actively and return regularly. Keep accurate meeting notes for review.

Goal 5a	Continue working with coalition re-development work team, keeping mindful of certain PLE sensitivities. Keep a modest representation of people with lived experience in these meetings and conversation to help shed light on special needs and accommodations as we work to make them feel welcome, wanted, and engaged.
Goal 5b	Schedule meaningful and informative quarterly guest speakers with broad appeal.
Goal 5c	We will continue meeting monthly for the Better Together Recovery Committee, while our meeting schedule for SISAA will look something different next year. There, we will meet monthly as a core coalition and then meet monthly in a larger networking format.

Goal 6: Work in conjunction with Sparta Community Hospital community and other lead agencies to build greater capacity for communities to provide advocacy, education and recovery support services for people in recovery from Mental Health and SUDs and co-occurring Disorders (COD) with the goal of mitigating communication and meeting redundancy.

Goal 6	Collaborate with Sparta Community Hospital through Delta Healthy Communities Grant and HRSA grant to help better coordinate services for individuals between agencies.
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Community Readiness: SISAA finds itself in a confident position as we work into year four of our program. Year three was an interesting learning and growth period. We have identified and mapped local recovery capital resources and have started gaining a better understanding and appreciation for the larger Recovery continuum of care; being mindful and sharing the strong message that every agency in our community service provider network plays an integral role in fulfillment.

We have seen kindness and generosity demonstrated for those seeking a better way of living in Recovery and we generally have strong support for our ongoing endeavors.

In 2021, ComWell became intentional about collaborating to open and operate a local care facility as crisis stabilization and psych-care unit within a part of a local nursing home. While this

may take a number of years to come to full fruition, expecting that a voting referendum pass, we see this as potentially a strong cap to the many necessary goals that we are building along the way. We think that Randolph and Washington Counties, and Southern Illinois overall can become a “recovery oasis” that will continue to help communities and individuals heal from the ravaging effects of addiction and restore a more meaningful way of life for many.

Whether or not we ultimately move in this direction, we do understand the need for a local residential treatment facility and recovery housing. We have been in initial discovery meetings with the Fletcher Group, based in Kentucky. We are familiar with in this area of research and comfortable with the well-versed support that they are providing. These things are a matter of timing as ComWell moves through a number of major capital development objectives in 2022 and 2023.

Technical Assistance Needed: We feel that we are in fine shape and new TA support measures or coming into play from SUPR through Chestnut Services. Additionally, we are working with The Fletcher Group. We are looking forward to experiencing the new TA rollout structure as it becomes available during the coming year.