



The Recovery Oriented Systems of Care Strategic Plan sets the direction and prioritizes the activities that will make our vision for a Recovery Community Organization become a reality.

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Recovery Oriented System of Care

Strategic Plan

McLean County ROSC (lead agency: Chestnut Health Systems)

Purpose

The purpose of establishing the strategic plan below is to break down ROSC goals by providing individualized objectives and activities, which will be carried out to achieve the ROSC's overall mission. These objectives will provide a means for determining the success of the ROSC Council as well as guiding its members.

Strategic planning is an organizational management activity that is used to set priorities, focus energy and resources, strengthen operations, ensure that members and stakeholders are working towards a common goal, establishing agreement around intended outcomes and results, and assess and adjust the council's direction in response to a changing environment.

***NOTE:** The Strategic Plan documents the goals, objectives, and associated action known at this point-in-time. In other words, it is a live document that is reviewed and updated periodically to reflect new realities and more concrete timeframes for the ROSC coalition. It will also be updated as more concrete timeframes are established and associated processes and collaborations mature.*

Mission Statement

"Collaborating to Build and Empower Communities of Recovery."

Improving health, wellness, and recovery for individuals and families, who are struggling with (or are at risk of) substance use disorder (SUD), mental health (MH) issues, and/or *co-occurring disorders (*COD: a person with both a SUD and MH diagnosis in tandem), with the ultimate goal of promoting healthy and safe communities.

The ultimate objective of the McLean County ROSC is to maximize the chances McLean County's recovering citizens have to achieve a safe, sober, healthy and fulfilled life.

One of the goals of a ROSC is to organize addiction and *co-occurring disorders (COD) treatment and involve the community in supporting *all* McLean County's recovering people. ROSC also seeks to further destigmatize addiction and co-occurring disorders. If the community agrees that addiction is a problem and is killing its citizens, then hopefully, the community as a whole (not just the recovery community) is willing to be part of the solution. The ROSC also recognizes it is not pragmatic or effective to expect one part of the overall McLean County community (i.e. the recovery community and/or established 12-step community) to "carry all the water" for either newcomers seeking recovery for the first time or existing recoverees still requiring support in a particular area or area(s).

From this standpoint, a ROSC will be built on the agreement that “recovery happens within the community”. We hope that if community members recognize the disease of addiction and alcoholism as being near epidemic proportions, then these same community members will ideally want to be part of the solution. 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, psychiatric services, sober living, childcare, sober recreation, spiritual outlets, and many 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 SUD and COD. This includes collaboration with other agency representatives, specialists, and people with lived experience (PLEs) to help us carry the message of hope in recovery. The message includes creating awareness about the various recovery-oriented services within McLean County. Examples may range from guest speakers to special training workshops offered to the community at large through a variety of events and activities.

Additionally, the strategic plan will help the ROSC map resources and assess needs, including overall readiness for a Recovery Community Organization (RCO) or Recovery Community Center (RCC). A ROSC seeks new ways to involve the community and its various assets and services to help recovering people achieve progress and improvement with their individual programs (e.g. decreased or eliminated substance use, maintain employment, improved relationships, increased reliability, and so on). Recovery looks different to everyone so the ROSC hopes to diversify its services to cast as wide a net as possible in order to “catch” as many people who need help as possible.

We subscribe to the “it takes a village to raise/lift a person”-type approach. The McLean ROSC recognizes that recoverees (along with family and friends) have a choice in their own recovery path and we seek to provide a means to connect struggling people into community resources to support their recovery. Examples of immediate needs include sober housing, employment, mental health and dual diagnosis treatment/healthcare, primary care physicians, safe and sober recreation, as well as more traditional and emerging recovery communities like Alcoholics Anonymous, Narcotics Anonymous, Celebrate Recovery, and SMART. We are always looking at new fellowships or recovery programs to incorporate as well.

ROSC Vision:

- People can and do recover. *Recovery is a reality!*
- Individuals and families determine the supports and services they need (i.e. person-driven recovery).
- 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.
- Cast a wide enough net to catch as many recoverees as possible who need assistance (i.e. a variety of recovery programs and support groups).

ROSC Values:

- Person-centered Approach: Recognize the right of a person to direct their own recovery.
- Multiple Pathways to Recovery: Recognizing that there are multiple models, programs, and paths to recovery and spirituality.
- Progress over perfection: Nobody works a perfect recovery program and recovery is not always linear.
- 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.
- Recovery happens in the community: Gain traction and increase variety of supports for recoverees when the community as a whole is committed to recovery initiatives.
- Include the “voice” of peers, family members, and the community in planning and decision-making (i.e. authenticity of the recovery community’s “voice”).
- Implement programs with competency and good stewardship.
- Empower individuals and families.
- Embrace cultural diversity.
- Utilize trauma-informed care.

ROSC Goals:

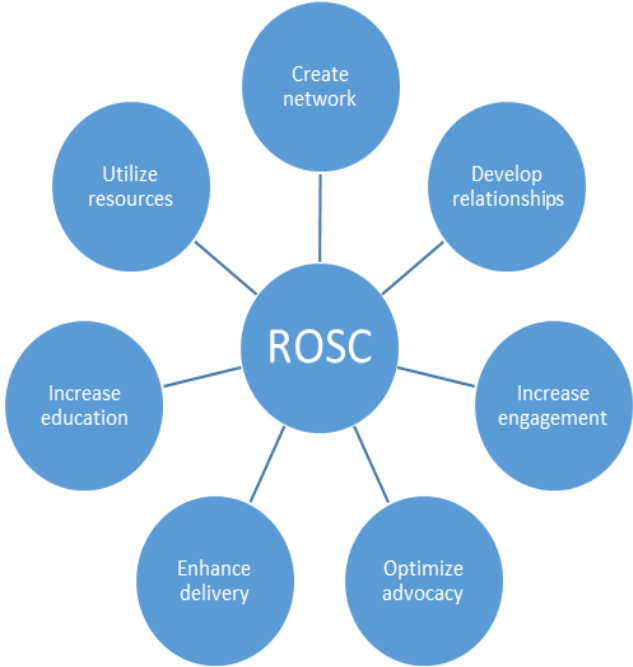
- Inform, educate and empower individuals, families, allies and communities about addiction as a disease, a public health issue, role of the ROSC Coalition, as well as its network of services and events.
- Reduce stigma through education and awareness about SUD and CODs.
- Identify existing services available, as well as the needs to expand necessary services in the areas of prevention, treatment, peer recovery support and systems improvement.
- Encourage partnerships that are rich and diverse, and establish rapport and collaboration with community stakeholders (e.g. through joint functions or events).
- Increase the number of people involved with recovery, in order to increase both individual and community-wide recovery capital and also strengthen community’s capacity to enrich and build sustainable lives in recovery.
- Help decrease the relapse rate through myriad new services, events, support groups, training, peer support opportunities, etc.

- “Carry the message” of hope, resilience and recovery to those still struggling day-to-day with substance use and/or mental health challenges.
- Identify “unmet needs” in the community relative to recovery supports and aim to fill those gaps through increased support groups, demographic-specific supports, and others as identified by council members and PLE constituents.



Strengths	Weaknesses
<ul style="list-style-type: none"> • Development of ROSC Council with diverse council members • Evaluation/intake services • Individual counseling • Inpatient/Outpatient group therapy • Intensive outpatient treatment • TelePsych/FUSE Program • Insight program • Relapse prevention services • Medication Assisted Treatment <ul style="list-style-type: none"> ▪ Suboxone ▪ Vivitrol ▪ Narcan Provided & Trained ▪ Methadone • Strong AA, NA, and CA presence and multitude of meetings • Presence of ISCPAA (Illinois State Conference for Young People in Alcoholics Anonymous) • Celebrate Recovery • Launched BRIDGES, SMART Recovery and an LGBTQ+ Support Groups • Parks and recreational opportunities • Advocate BroMenn/OSF Resource Link • Advocate BroMenn/OSF Navigation Link • Oxford House (two homes per gender as of 2022) • Labyrinth House • Supportive Community 	<ul style="list-style-type: none"> • Community gaps in services • Lack of Adolescent Services • Lacking enough options for sober living (many clients leaving treatment unable to find availability). • Inability for early recoverees to pay first month’s rent or deposit for sober living • Lack of treatment-supported recovery homes • Lack of community awareness of services • Grants could be discontinued • Lack of community education involving substance use and mental health issues as well as recovery • Family support and education • Stigma re: SUD, Mental Health and COD • Lack of grief support groups • Limited number of providers providing in-patient care for individuals with a dual diagnosis • Lack of sober activities outside 12-step events • Lack of employment, childcare, housing and other resource opportunities • No long-term SUD or COD treatment facilities (residential) • Community could not support an adolescent facility • Homelessness (cold Winters and hot Summers) • Poverty • Limited support for young peoples’ meetings • Loss/Lack of Detox Services in McLean County (sans hospital ER)

<ul style="list-style-type: none"> • 2-1-1 • Mental Health First Aid • Faith-based support • Collaboration with EMS and Police Department • Sober Redbirds (Program for college students interested in abstinence and sober recreation) 	<ul style="list-style-type: none"> • Non 12-step recovery programs largely unavailable in person
Opportunities	Threats
<ul style="list-style-type: none"> • Community involvement • Community education and awareness • Heightened acceptance of people struggling with SUD and/or COD. • Networking with community stakeholders • New, meaningful Initiatives • Building or enhancing a culture that nurtures recovery • Building rich and diverse community partnerships and collaborations • Increase the number of individuals pursuing recovery • Connect recovery communities to provide a menu of services • Making our communities healthier and stronger • Recognizing successful recovery stories • Treatment program for adolescents • Faith-based opportunities • Positive attitude towards our communities future • Future grants/funding • Increased hope among recoverees based on new opportunities provided by ROSC/community • Service/volunteer opportunities for recoverees outside 12-step arena. • YouTube Channel and Social Media • Narcan Availability & Training 	<ul style="list-style-type: none"> • Lack of funding • Stigmas • Lack of consistent, ongoing collaboration • State of Illinois legislative changes • Lack of understanding of rural challenges for treatment • Apathy and lack of open-mindedness • Growing opioid epidemic • Legalization of Marijuana • Absent parents/family • Negative word-of-mouth or misrepresentation about the ROSC. • Aggressive law enforcement • Negative media portrayals of addiction and recovery • Recoverees unwilling to try new things or get out of comfort zone • Negative “can’t-do” attitudes among ROSC council members, community, and recoverees. • Many recovering people unable to secure subsidized or sober housing due to criminal history. • Employers with antiquated hiring practices • Established 12-step programs may not always be receptive to ROSC framework.



McLean County ROSC: Strategic Plan (2021-2024+)

Goal A: Maintain diversity on the local ROSC Council in McLean County. (2021-ongoing)

Objective 1: Recruit and maintain census of community stakeholders for ongoing ROSC Council membership.

Activity 1: Collaborate with subject matter experts to identify potential organizations (and appropriate representatives) that fit the ROSC framework.

Activity 2: Contact potential ROSC members via phone or email to set-up a meeting to discuss the ROSC.

- Utilizing networking skills to 'cold contact' potential stakeholders and recruit via face-to-face meetings/luncheons, text messages, emails, etc.
- Facilitate 'word of mouth' through 12-step and recovery community by discussing ROSC and related events before and after local meetings.

Activity 3: Develop 'marketing materials' (executive summary, brochures, flyers, Q&A) to bolster awareness, which explain what a ROSC is, mission and vision statements, council roles and responsibilities, expectations, upcoming events, etc. (completed 2018-2019).

- Continue to review, update, and disseminate ROSC literature (brochures, pamphlets, newsletter, etc.) as necessary to key locales, such as Alano Clubs (e.g. Cedar Lake Fellowship), meeting sites and churches, agency locations and lobbies, dispensaries, laundromats, and other locations that are prone to people in or seeking recovery.

Activity 4: Disseminate ROSC information-sharing materials as necessary throughout community and among council membership community. Examples include quarterly newsletter and key updates to ROSC materials like the ROSC Brochure made for the 12-step community.

Activity 5: Maintain Social Media platforms via Facebook, YouTube and Instagram (created Facebook page in February 2019; YouTube in 2020, and Instagram in 2022).

- Continue to update Facebook and Instagram with regular postings of latest events, recovery-oriented and educational videos, photos of recovery happening in the community, motivational excerpts, and more.

Activity 6: Mature Social Media platforms by building followers list and repository of useful resources and links. Maintain relevance with regular, reliable updates.

Activity 7: Continue to utilize local media (newspaper, radio, etc.) to increase awareness about the ROSC project and its initiatives.

- Created 'boilerplate' media release that can be used in consistent, repeatable manner to communicate ROSC events and messages to the media, as deemed necessary by the council and its delegated sub-committees.

- Develop ROSC 'Welcome Packet' with key information about ROSC background, purpose and mission, goals, and existing supports and resources. Audience ranges from media to PLEs to potential volunteers or benefactors.

Activity 8: Create a sub-committee or team of volunteers to research needs of rural areas within McLean County (i.e. outside Bloomington-Normal) and seek representation from these communities speak to each town's recovery needs (LeRoy, Downs, Lexington, Chenoa, Hudson, et al).

Objective 2: ROSC council will meet monthly to discuss stakeholder's vision, action plans, events, stigma reduction campaigns, and cultural barriers to recovery supports, and education/awareness in the community.

Activity 1: Facilitate discussions to solicit feedback from existing stakeholders about key organizations and agencies not presently represented on the ROSC council.

Activity 2: Maintain regular contact with existing council members to ensure they are aware of upcoming meetings and activities. (Created Newsletter in June 2019).

Activity 3: Continually solicit and follow up on advice from existing stakeholders on other agencies, organizations or community members who should be invited to ROSC Council (i.e. continuous recruitment).

Activity 4: Conduct periodic 'planning sessions' (semi-annually) with ROSC Council to revisit goals and ensure the objectives and activities in the Strategic Plan are still valid and/or remain the most pressing concerns for the council.

Objective 3: Council members will volunteer for ROSC projects

Activity 1: Project coalition leaders to establish and communicate specific tasks for council members in advance of monthly council meetings.

Activity 2: Identify sub-committee (i.e. 'workgroups') tasks to be performed by council members willing to commit additional time beyond monthly council meetings.

Activity 3: Articulate sub-committee tasks in person and via phone/email to recruit council members for these designated actions.

Activity 4: Establish regular, repeatable meeting dates/times to meet as a sub-committee/workgroup to work towards respective objectives.

Goal B: Continue offering eclectic recovery supports to community stakeholders to reduce barriers for recovery services. (2021-ongoing)

Objective 1: Complete an inventory of services and supports offered in McLean County for those in Recovery. (2019+)

Activity 1: Hold facilitated sessions with council members to identify services provided by organizations represented in the ROSC.

Activity 2: Utilize Internet, email and phone to research additional services and supports performed by organizations not yet represented on ROSC council.

Activity 3: Assign sub-committee task force to conduct detailed assessment/gap analysis of recovery services and supports available in the community. Repeat this process periodically (every 2-3 years) to ensure gap analysis is still relevant.

Activity 4: Utilize existing directories of services already compiled by local organizations, such as PATH.

Activity 5: Continue to keep Path-o-Gram updated on ROSC activities and events, as well as other local publications/resources that outline recovery services and supports.

Activity 6: Create and disseminate annual ROSC 'Healthcheck' Survey to ensure Council members and stakeholders have consistent input on their perspective of the McLean ROSC's overall direction and "health".

Activity 7: Utilize ROSC Newsletter (Recovery Relics) to announce/advertise new or spotlighted community services to its readers.

Objective 2: Build a variety of self-help groups in the community

Activity 1: Identify a sub-committee to research 'unmet needs' in community relative to mutual support groups, including the feasibility and accessibility of forming the following support groups, Women for Sobriety, Harm Reduction, Secular Organizations for Sobriety (SOS), SMART Recovery, Refuge Recovery, and specific 12-step oriented groups that are not yet present in the community (e.g. Spice-Anon, CASA, All Recovery, etc.).

Activity 2: Continue SMART Recovery Meetings

Activity 3: Continue LGBTQ+ Support Group meetings

Activity 4: Continue "Bridges" All Recovery & Family Support group for new recoverees and Family members.

Activity 5: Explore the demand and viability of implementing consistent, repeatable Harm Reduction program to the community.

Activity 6: Once plan is formed, assess ideal locations and communicate with building or property owners to determine rent costs, method of payment, smoking areas, and other logistics.

Activity 7: Conduct interview or focus groups of PLEs (and utilized anecdotal evidence via knowledge of local recovery community and available meetings) and identify support group gaps that could be addressed through new meetings (e.g. K2-Spice Anonymous, Refuge Recovery, additional SMART Recovery, Process Addiction Groups for gambling, overspending, shoplifting, etc.), and others as needed.

Activity 8: Create flyers and other marketing materials as necessary to communicate new meetings or online forums to recovering people (treatment centers, 12-step announcement boards, etc.) via the Facebook page, radio ads and word-of-mouth.

Objective 3: Educational seminars for SUD and mental health education/awareness and stigma reduction (2021-ongoing)

Activity 1: Collaborate with ROSC council to gain consensus on subjects to present. Examples include, but are not limited to the following:

- Disease of Addiction/Stigma Reduction
- Mental Health afflictions
- SUD interwoven with CODs
- Recovery as a process and journey
- Relapse Prevention
- Harm Reduction (HR)
- Back to Basics: Spirituality in Recovery; Addiction as a physical, mental and spiritual malady
- Common paths of recovery – 12-step, CR, SMART, All Recovery, HR, etc.
- Popular, powerful treatment movies such as *Pleasure Unwoven*, *Anonymous People*, and *Unguarded*.

Activity 2: Establish audience and format for sessions/seminars.

Activity 3: Create marketing materials to advertise upcoming education/awareness topics.

Activity 4: Continue to solicit new and ‘hot’ recovery-oriented topics from council members to ensure topics are timely and relevant.

Objective 4: Provide awareness and trainings to families and community members about addiction and mental health (2021-ongoing).

Activity 1: Collaborate with ROSC council to gain consensus on subjects to present.

- Codependence and Denial
- Mutual aid support groups (Al-Anon, Families Anonymous, etc.)
- Asking for Help
- Addiction as a Family Disease
- Mental Health awareness 101 or Mental Health First Aid beginner course
- Personal recovery stories and testimonials (SUD, Family, Process Addiction)
- Treatment movie *Pleasure Unwoven* and *The Anonymous People* to help explain addiction as a disease.
- Create ‘Family Program’ (one day ‘workshop’) for family members and early recoverees that collaboratively teaches:
 1. Addiction as a disease (include video like *Pleasure Unwoven* to complement)
 2. Impact of SUD/COD on family
 3. Basics of family dynamics & childhood roles,
 4. Explanation of Al-Anon and family recovery
 5. Speaker from Al-Anon (Q&A)
 6. Other activities or topics as later determined
- Adolescent Recovery

- Other family-based treatment program activities as later defined

Activity 2: Identify audience (specific sessions for employers, realtors and community members) and format for sessions/seminars.

Activity 3: Establish assigned team or individual to research feasibility and availability of high profile speakers for potential engagement that would attract community at large.

Activity 4: Create marketing materials and update social media to advertise upcoming education/awareness topics.

Objective 5: Provide educational workshops about employment, housing, and therapies to individuals in recovery (2021+).

Activity 1: Collaborate with agencies that provide employment services to offer workshops or training seminars

Activity 2: Establish audience (specific sessions for employers, realtors and community members) and format for sessions/seminars.

Activity 3: Create marketing materials to advertise upcoming education/awareness topics.

Activity 4: Continue partnership with Thrive Housing (a new, local non-profit), PATH, and other related organizations to communicate potential housing services and solutions relative (e.g. rent/deposit assistance, re-entry services, etc.).

Objective 6: Provide Health and Wellness activities to individuals in recovery (2021-ongoing).

Activity 1: Seek collaboration opportunities with fitness/wellness organizations (i.e. YMCA, Planet Fitness, et al) to provide cost-free instructor led conditioning classes for ROSC constituents.

- Self-Defense/Defend Together
- Balance and Flex Together
- Cardio Step Together
- Yoga and Meditation

Activity 2: Continue with and/or establish new intramural sports leagues or city league teams for people in recovery seeking athletic recreation.

- Coed 12" Softball (started ROSC All Recovery softball team in Spring 2022)
- Indoor or Outdoor Volleyball
- Basketball
- Pickleball, etc.

Activity 4: Create marketing materials and communication strategies to advertise classes and teams.

Goal C: Implement solutions to address the community support/services gaps. (2021 - ongoing)

Objective 1: Increase capacity for sober living and stable housing in the community.

Short-Term (2021-2024):

Activity 1: Support existing Oxford House growth and maintenance (two male and female houses). Encourage client referrals from treatment centers for those who have legitimate need and desire for sober living.

- Support local recovery homes through a variety of volunteer-based services and donations. Examples include providing kitchenware, interview clothes, winter clothing, holiday turkeys/meals, etc.

Activity 2: Seek opportunities to support developments of halfway home(s) and/or Three-Quarter Houses in the community.

Halfway House:

- Communal living arrangements with up to 22 hours of support on site (counseling, groups, etc.).

Three-Quarter (3/4) House(s).

- Apartment-based with support on site; less restrictions than halfway house.
- Determine requirements and differences between halfway and ¾-homes relative to support on site, rules and requirements, employment, community service, curfew, etc.
- These homes could potentially be staffed by Chestnut employees with initial estimation of approximately five hours a week on site (CD Education Groups, counseling, etc.).

Activity 4: Continue relationship with Thrive Housing (a new, local non-profit), PATH, and other related organizations to create solutions for rent/deposit assistance through fundraising, re-entry rent help, etc.

Activity 5: Explore housing opportunities specifically for veterans recently out of treatment (and/or in recovery) who require stable, sober living arrangements.

Activity 6: Work with Problem Solving Courts (Drug Court, Recovery/Veterans Court) to find out if there is potential to receive rent funding from related court boards.

Activity 7: Encourage ROSC engagement from community agencies including McLean County Community Action, Mayor's Manor, Home Sweet Home Ministries, and Salvation Army to gain their insights and recommendations within the ROSC Council.

Activity 8: Perform ROSC fundraiser events and earmark funds for sober living rent assistance and other means of assisting recovering people with a safe, stable foundation for their recovery journey.

Long-Term (2025+):

Activity 9: Collaborate with local business owners and property owners (e.g. Core 3) to help create affordable permanent housing for people in early recovery. Continue serving on the THRIVE Housing board to address affordable housing for all.

Activity 10: Work with local treatment agencies, businesses, developers, and property owners to communicate need for additional sober living locally.

- Halfway Homes
- ¾-Homes
- Veterans-Specific
- Family and/or Married Couples

Activity 11: Cooperate with community agencies, business owners, and/or property owners to determine need to help establish sober living, specifically for lower income families and/or newly married couples.

Activity 12: Formalize involvement of Continuum of Care (CoC) to support and substantiate client transitions from treatment to sober living.

Activity 13: Partner with Habitat for Humanity and McLean County Community Action (MCCA) to increase opportunities for sober living residences.

- Explore possibility of working with Habitat for Humanity and other organizations for recovering people to own their own homes or rent to own.

Activity 14: Work together with rapid rehousing to assist homeless recoverees to quickly find more permanent, sober living conditions.

Activity 15: Connect recoverees with City of Bloomington Township or Mid Central Community Action (MCCA) to help educate them on financial planning and how to go about owning one's own home.

Objective 2: Increase and enhance psychiatric services and medication availability to those diagnosed with co-occurring disorders in a timely manner.

Activity 1: Bring together leading agencies to hire psychiatrist(s) dedicated to diagnosing and treating recoverees with co-occurring disorders.

Activity 2: Determine ways ROSC can assist new McLean County program to support people with mental illness who have frequent encounters with law enforcement and emergency departments (i.e. FUSE).

Activity 3: Foster collaboration within the community to support triage program, with the goal of assessing individuals in a mental health crisis and refer them for additional services.

Activity 4: Research other ways to supplement CHS' mobile crisis team in addition to triage center; identify where the ROSC can support Crisis Care Continuum.

Activity 5: Establish, or leverage existing, workgroup(s) to develop long-term plan for new mental health referrals with community partners.

Activity 6: Determine if this is an area to focus ROSC attention or if it would be overlap with other boards/organizations launched since 2019 to address this very objective (i.e. increased support and access to services for those with dual diagnosis/COD). This objective may no longer be in scope of McLean ROSC services, as of FY22.

Objective 3: Establish SUD and COD education and awareness to community, including family-oriented sessions.

Short-Term (2021-2023):

Activity 1: Establish audience and format for sessions/seminars.

Activity 2: Create marketing materials to advertise upcoming education/awareness topics.

Activity 3: Conduct periodic speaking events at Law and Justice Center to get the word out about the McLean ROSC, upcoming events, and other services available to recoverees in the community.

Activity 4: Establish ongoing, periodic (e.g. monthly) education and awareness speaking engagements that educate the public as a whole, not exclusive to people already in recovery or the SUD profession. These should be turnkey processes in place whereby different topics or speakers can be plugged into the existing operation in a consistent manner.

- Community Awareness and Education through media appearances or plugs (radio, newspaper, billboards, television).
- Topics could include (but are not limited to) Disease of Addiction/Stigma Reduction, Appropriate Language (to reduce stigma), Addiction as a Family Disease, How to Talk to Active Addict, Motivational Interviewing, Local Recovery Support Groups (A.A., N.A., CR, etc.), History of Recovery in America, Spirituality, Good Samaritan Laws/Narcan, Types of Opiates and Prescription Use Patterns, Harm Reduction, Treatment Movies, etc.
- Establish Recovery Story Sharing Program: Include speaker sessions with people in recovery sharing their story of what it was like, what happened, and what it is like today (in recovery) in order to help reduce stigma within the community, as well as offer hope to people still struggling or very new to recovery.

Activity 5: Establish links for housing/support/groups on McLean County Recovers (ROSC) Facebook page and other social media outlets.

Activity 6: Add speaker testimonials/videos to ROSC YouTube channel and ROSC Facebook page, with recoverees sharing their experience, strength, and hope.

Activity 7: Utilize PATH's directory of services and supports.

Activity 8: Offer Mental Health First Aid training courses, but tailor the subject to addiction levels/mediums/audiences for educational purposes.

- A course of this type could educate family members, friends, caretakers, etc. who deal with people actively dealing with SUD on what signs, symptoms, and behaviors to watch for when the person they care about is actively using/drinking, close to relapsing,

approaching crisis mode, etc. Ways to try and diffuse this type of tension, offer to help, demonstrate compassion, etc.

Activity 9: Continue to record, publish, and disseminate videos for ROSC YouTube channel. Includes testimonials/stories, education and awareness of recovery themes, overview of local services, breakdowns of specific recovery topics (e.g. "Steps 4 & 5" or "Open-Mindedness").

Long-Term (2024+):

Activity 10: Ongoing collaboration with local media to continuously update, inform, educate and empower the community about ROSC initiatives through local television, newspapers, radio and social media.

Activity 11: Engage speakers to provide testimonials about how the ROSC framework helped their own recovery. Seek to carry the message of ROSC and recovery in an emotional and relatable manner.

Activity 12: Engage larger local business such as State Farm Mutual Automobile Companies, Country Financial, ISU, and others to further educate them about SUD, COD, and recovery.

- Identify employees of these firms that are in recovery and would be willing to speak out and help carry the message.
- Open dialogues with such organizations to gauge interest and possibility of securing funding for one or more ROSC objective.

Activity 13: Recruit circuit, Keynotes or special guest speakers with a particular skill for carrying the recovery message for special event(s) to maximize ROSC and recovery messaging to community at large.

Activity 14: Continued education and awareness campaigns through variety of media types: Social media, billboards, local newspaper, radio, etc.

Objective 4: Create safe and sober recreational opportunities for recoverees.

Activity 1: Offer safe and sober congregation and recreational opportunities for adolescents and members of the LGBTQ community that are in recovery, including mutual support group(s).

Activity 2: Contact Boy and Girls Club, YMCA, Western Avenue, and other family-centric organizations to establish partnerships for ongoing recreational events and activities.

Activity 3: Work with Chestnut Health Systems' MLK Facility to schedule Timed Events utilizing its basketball and volleyball courts (e.g. open gym night for recoverees on certain nights of the week).

Activity 4: Launch a ROSC co-ed intramural softball team or league. Include volleyball or other sports, based on feedback from potential participants, as word of mouth and interest cultivates.

Activity 5: Initiate discussions with Chestnut decision makers to explore how the Glenn covert Building can be utilized for safe and sober recreation. Examples include recreational events, game nights, classes for independent living skills (e.g. cooking), other forms of training, movie nights, holiday parties, support group meetings, and more.

Activity 6: Collaborate with Chestnut Marketing Coordinator and other treatment agencies in the county, as well as local recovery communities (A.A., N.A., C.A., CR) to estimate the number (or percentage) of people in McLean County who are in recovery.

- Utilize this information as a selling point among community leaders and business owners to justify funding for recreational and other related ROSC programs.
- Chestnut to provide its most recent rolling annual report of how many clients came through treatment as a starting point (residential, detox, outpatient's services).
- A.A. Intergroup Office should also be able to provide estimation of how many people attend A.A. within the community.

Activity 7: Establish partnership with Coalescence Theatre project in McLean County to support artistic expression and camaraderie of recovering people; other organizations that could provide opportunities include Normal Parks and Recreation, ISU, YWCA, 4 Seasons, State Farm Mutual Automobile Company, and more.

Activity 8: Communicate with local recovery communities to ensure established sober events (e.g. holiday picnics, BNAA Roundup & Stampede, etc.) are advertised on ROSC social media sites (and the ROSC does not plan events that interfere or compete with these annual events).

Activity 9: Contact local schools and churches to determine if open gymnasium opportunities could be fostered. For example, Illinois Wesleyan has a volleyball facility that could be perfect for a ROSC volleyball league.

Activity 10: Conduct ad hoc conversations or surveys with PLEs to gain feedback about what recreational activities or events are most requested among recoverees.

Long-Term (2024+)

Activity 11: Develop a sober café/clubhouse environment in convenient location where recovering volunteers or employees could work.

- Traditional bar/tavern concept but with no alcohol served—coffee, soft drinks, snacks. Pool table, foosball, board games, puzzles, etc. Recovery library and local archive of recovery history possible.
- Developments in FY22 led to creation of a Recovery Community Center (RCC) Board in McLean County, with members from the McLean ROSC, Center for Human Services, Business Owners, Chestnut, and more.

Activity 12: Create awareness campaigns focusing on the recovery principles of tolerance to better assimilate LGBTQ and straight communities so both are comfortable sharing same recreation facilities.

Activity 13: Collaborate with Prairie Pride and any other LGBTQ community organizations to provide safe, sober recreational services to LGBTQ recoverees. Examples could include making annual picnics more frequent, creating dedicated space (i.e. rec center) outside of bars/taverns, and partnerships with AIDS Task Force, Central IL Pride Health Center, and more.

Objective 5: Enhance adolescent-based recovery services in McLean County.

Activity 1: Continue with campaigns like *Always Unstoppable* in local High Schools to promote tolerance and healthy decision making by youths.

Activity 2: Bring speakers into schools to educate about SUD, Co-Occurring Disorders symptoms and signs. Educate adolescents about who they can reach out to for help.

Activity 3: Establish partnerships with The Center for Youth and Family Services and other related providers to analyze ways to enhance existing crisis intervention processes for adolescents.

Activity 4: Continue partnership with Sober Redbirds to provide recovery services and fellowship to college students and young adults.

Activity 5: Communicate ISCYPAA events and committees to young recoverees who may not attend 12-step meetings to explore opportunities for socialization and service; seek to align ROSC and ISCYPAA objectives through awareness and by requesting a younger council delegate to serve as a liaison.

Activity 6: Work with McLean County Fatherhood Coalition (MCFC), Sober Redbirds, local high schools, and other relevant agencies to foster additional adolescent-facing recovery events and activities.

Activity 7: Collaborate with Ala-Teen fellowship and Sober Redbirds to determine need for Adolescent/Teen recovery services, such as support group(s) or even a re-introducing idea of a youth recovery home to the community.

Activity 8: Research other support group alternatives and work within community to bring these potential groups to the adolescents of McLean County.

Objective 6: Provide general recovery support in identified key areas of early recovery (e.g. create additional employment opportunities for those in recovery with a criminal record; increase childcare services, access to transportation, STI Testing, Narcan training, drug takebacks, etc.).

Short-Term (2021-2023):

Activity 1: Update list of local companies willing to hire those with felonies on criminal record.

Activity 2: Place calls to these companies and speak with HR to confirm their hiring policy.

Activity 3: Collaborate with local business owners within recovery community to establish requirements and processes for hiring people in early recovery.

Activity 4: Conduct ROSC-sponsored employment workshops and job fair events to connect organizations with potential hires

Activity 5: Request Prairie Legal member speak to Council or record YouTube video about how recoverees with criminal record can seek to have offenses removed or their records sealed/adjusted/expunged/etc. Create YouTube video highlighting the "To Employers" chapter of A.A. big book.

Activity 6: Build awareness among recovering citizens regarding anonymous, free STI testing done at Health Department every Thursday afternoon; contact H.D. to determine if timeframe can be created for recoverees.

Activity 7: Foster and leverage relationships with community transit and/or Uber-Health to help transport people to support services.

Activity 8: Examine potential for receiving Transit System Passes for people in recovery (i.e. Recovery Passes).

Activity 9: Collaborate with local Health Department and/or related agencies to assess feasibility of establishing a safe needle exchange program in the county.

Activity 10: Build awareness among recovering citizens regarding anonymous, free STI testing done at Health Department every Thursday afternoon; contact H.D. to determine if timeframe can be created for recoverees.

Activity 11: Coordinate and communicate related services being provided by other outside agencies to ensure local recoverees' awareness of recovery supports is maximized.

Long-Term (2024+):

Activity 11: Provide 'soft skill' training to recoverees, such as resume building, job interviewing, cooking, budgeting, assertive communication, etc.

Activity 12: Continue with other objectives (e.g. recovery community center) to create employment opportunities within ROSC Framework (entry-level jobs in childcare, recreation clubhouse, CRSS, renovations, painting and maintenance of facility, office manager).

Activity 13: Provide childcare certification training to people in recovery so they are accredited to provide such services to other people in recovery.

Activity 14: Foster 'sponsorship' programs between local church members and recoverees and/or existing treatment clientele.

Activity 15: Initiate discussions with Chestnut decision makers to explore how the Glenn Covert Building can be utilized for safe and sober recreation and support group meetings.

Activity 16: Collaborate with local Health Department and/or related agencies to incorporate safe needle exchange and drug takeback programs in the county.

Activity 17: Cooperate with existing recovery community to create list of 'recovery mentors' and pair these volunteers with clients currently in treatment. This would ensure clients have a solidified, sober contact upon their discharge from treatment (whether ASA, ASR or AP).

- Encourage existing treatment clients to utilize their recovery mentors for transportation/passes to outside meetings, sober recreation and networking, temporary sponsorship, relapse prevention assistance, etc.

Goal D: Create tools to measure the success of an operational ROSC. (2022 - 2025)

Objective 1: Define what constitutes “success” at an operational (day-to-day) level.

Activity 1: Interview local treatment center leadership to determine how they measure success rates.

Activity 2: Collaborate with stakeholders and recoverees to establish baseline of what factors generally are viewed as ‘success’ in recovery (continued sobriety timeframes, level of involvement in community and service, length of sustained employment, duration of stable housing, etc.).

Activity 3: Track attendance levels at support groups, activities and events

Activity 4: Conduct research via articles, videos, books to determine how other industry subject matter experts measure success in the treatment industry.

Activity 5: Define what is “success” in recovery? (i.e. is it not “using” just for today, pure abstinence, abstinence from drug of choice (DOC), employed, improved relationships, decrease in arrests, and so on?)

Objective 2: Establish universal metrics between providers. Providers work to measure progress independently based on the service they alone provide.

Activity 6: Collaborate with treatment agencies and subject matter experts to determine parameters of “success”

Activity 7: Develop a collaborative data system for input, tracking and reporting in order to manage data and quality measurements

Activity 8: Develop metrics “quick reference” dashboard of key measurements and data once identified and agreed upon.

Summary:

In summary, the development of a collaborative ROSC will work to create a culture that builds, expands, and nurtures recovery, as well as ‘carries the message’ to the community at large that “Recovery IS a Reality”. This includes carrying the message of hope, self-respect, happiness, empowerment, and connectedness to our recovering people. It is our sincere hope that implementation of any number of the initiatives and actions above will go a long way towards relapse prevention by increasing the opportunities and options that recovering people will have available to them.

This mission entails some of the following objectives: Inform, educate, and empower individuals and communities in order to reduce stigmas; provide prevention and early intervention; enhance treatment and recovery services; recommend and implement policy and practice changes; mobilize community partnerships; and evaluate services for ongoing improvement. A significant undertaking is also to identify gaps in the community and collaboration from various stakeholders, and to then develop and implement tangible solutions within the community (e.g. increased sober living, improved recovery support, more sober recreation, expanded education and awareness about SUD and COD, and more).

Once again, the ultimate objective of this McLean County ROSC is to maximize the chances McLean County's recovering citizens have to achieve a safe, sober, healthy and fulfilled life.

[McLean County ROSC - YouTube](#)

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