



#### LMRC MISSION STATEMENT:

*Improving access to health, wellness, and holistic recovery options for people who are at risk of, or suffering from, Substance Use Disorders (SUD) while educating and connecting Logan and Mason Counties to reduce stigma and improve recovery outcomes.*

## LOGAN/MASON ROSC STRATEGIC PLAN

*December, 2022*

## Introduction

From the ROSC Council Network: “The Recovery-Oriented System of Care (ROSC) Councils are a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve recovery and improved health, wellness, and quality of life for those with or at risk of Substance Use Disorders (SUD). The central focus of a ROSC is to create an infrastructure, or “system of care”, with the resources to effectively address the full range of substance use problems within communities. The goals of the Illinois ROSC include:

- ❖ Building a culture that develops and nurtures recovery
- ❖ Building capacity and infrastructure to support a recovery-oriented system of care
- ❖ Developing commitment to implement and sustain a recovery-oriented system of care

We strongly believe:

- ❖ Recovery is possible!
- ❖ Individuals may have many paths to recovery and recovery can look different for everyone.
- ❖ People in recovery and their families can and should determine the services they need.
- ❖ Strong recovery communities translate to improved community health outcomes.
- ❖ Addressing co-occurring mental health, economic, and social issues to create an integrated approach to recovery can improve outcomes for people struggling with SUD.
- ❖ Words matter. Addressing stigma around recovery, Medicated Assisted Recovery (MAR), and SUD can help increase understanding and opportunities for life in long-term recovery.

Our strategic goals for the next 3-5 years are centered on four main concepts:

1. ACCESS
2. OPPORTUNITIES
3. AWARENESS
4. ADVOCACY

## SWOT Analysis

### Strengths

- Strong awareness of the need for expanded recovery services
- Committed ROSC Council
- Passion and willingness for the work
- Compassion and understanding, desire to create an inclusive environment
- Strong foundation in the community: Drug Court etc.
- Collaborative spirit and desire to work together
- PLE representation
- Some exiting movement towards expanding services and supports in the area
- Recovery in Action subcommittee
- Funding available for Peer Recovery Specialist trainings

### Weaknesses

- No existing inpatient treatment centers or sober living options in our area
- Lack of public transportation options or support to help people in recovery get to treatment
- Lack of access to support group meetings
- Lack of MAR services and wraparound services
- Resistance to facing the issue within the community/denial/lack of understanding or education of addiction as a disease, rather than a moral failure
- Despite desire to collaborate, many providers and organizations remain silos of service
- Limited financial resources – two small rural counties
- Limited access to Harm Reduction services
- We need additional representation from PLE
- Lack of safe spaces to gather and feel supported

### Opportunities

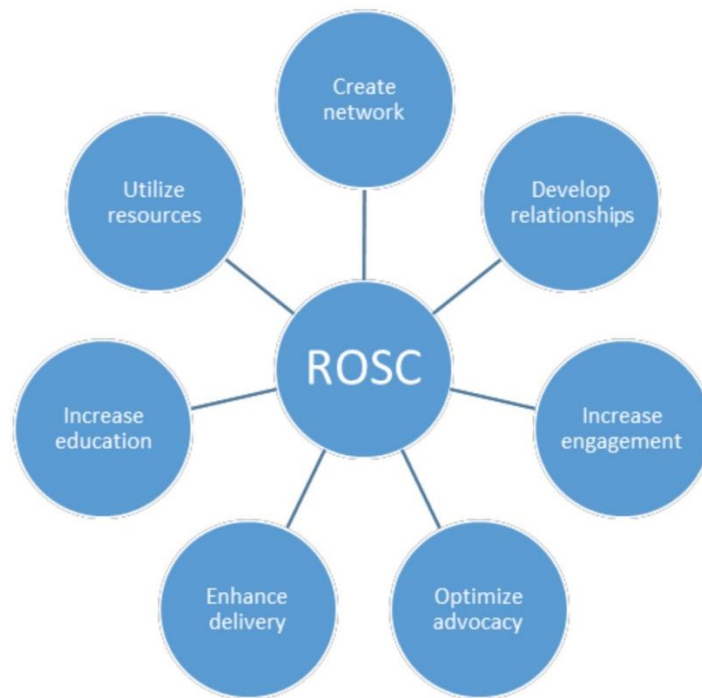
- Other organizations willing to partner/assist with action in Logan & Mason Counties
- SIU MAR program in Logan County
- Push to develop another Celebrate Recovery meeting (Open Arms)
- Technical assistance and free trainings from Faces & Voices of Recovery in Illinois, developing RCOs
- Recovery Corps contracted to provide services to the state – peer recovery specialists
- Heartland Peer Specialist apprenticeship – possible local option
- Oxford House is looking at the area, providing potential for recovery housing
- Government officials are largely aware and supportive of the need for increased recovery actions
- Faith community is interested in further involvement in recovery efforts

### Threats

- No end in sight for new cases/people who need recovery services
- Stigma around recovery and denial that there is a community problem
- Prior failure to deliver on objectives or see tangible results from recovery efforts
- Poor access to Internet/cell phone services – barrier to using Telehealth services
- Healthcare gaps and lack of mental health professionals
- Gaps in in-person services due to COVID
- Inadequate youth services, prevention & treatment options
- Lack of willingness to collaborate/resistance to collaboration

Updates to the Logan/Mason ROSC Strategic Plan was made with community collaboration, data from our Needs Assessment – conducted in winter 2022 – as well as individual and small group discussions throughout the year.

Throughout our planning, the focus has remained on actionable items with the possibility for the most impact.



## Goals, Objectives, Strategies, and Outcome Measures

### Goal 1: Improve ACCESS to recovery supports and services.

**Objective 1: Expand on Year One success with monthly ROSC Council Meetings. The goal of the council is to facilitate networking, and awareness of regional recovery efforts and services available currently. Continue to build increased attendance and participation from People with Lived Experiences (PLEs).**

Strategy 1: Host monthly ROSC Council meetings and post the videos to YouTube. Council will meet 3<sup>rd</sup> Thursday of each month via Zoom.

Strategy 2: Host guest speakers at council meetings to foster increased membership, awareness, and a collaborative spirit around the work we are doing.

Strategy 3: Grow regular council participation by 5% in Year 3 to an average attendance of 18.

Strategy 4: Maintain involvement of PLE and grow PLE Council participation through increased outreach. Add 2-4 new Council participants with lived experience per year.

#### Outcome Measures:

- Did we successfully grow our ROSC Council by the desired metrics?
- Did we increase involvement from PLEs?
- Did our Council serve as a forum for expanded awareness of recovery supports and services?
- Did we maintain monthly Meeting Minutes, post meeting recordings on YouTube to increase access, and obtain appropriate signed MOUs from members?

**Objective 2: Begin to work to advocate for improved transportation options to facilitate getting to and from recovery services.**

Strategy 1: Partner with the local SHOW BUS, taxi services, and (where available in our rural counties) or rideshare options to offer ROSC supported transportation and/or reduced rates for people in recovery.

Strategy 2: Advocate for improved transportation options with local community governments.

Strategy 3: Secure supplemental funding for transportation supports where available.

Strategy 4: Partner with any other transportation providers to offer creative solutions to this ongoing barrier to treatment.

Outcome Measures:

- Did we discuss and work towards improved transportation options in collaboration with our community?

**Objective 3: Support and advocate for increased harm reduction, MAR, and wraparound services.**

Strategy 1: Increase access to MAR treatment options within our network.

Strategy 2: Invite MAR advocates to speak at ROSC Council meetings. -

**Completed.**

Strategy 3: Increase NARCAN®, Naloxone, Peer Recovery Specialist access.

Outcome Measures:

- Did our efforts increase awareness and access to MAR services in our community?

**Objective 4: Work with partner organizations to increase access to recovery housing,**

Strategy 1: Stay connected with Oxford House and their ongoing efforts to explore adding a house in Logan/Mason County.

Strategy 2: Evaluate readiness and investigate existing barriers for community safe housing options starting to operate in our area.

Strategy 3: Build capacity for the recovery community to support the addition of recovery housing in Logan/Mason.

Strategy 4: Continue to discuss the need to add recovery housing with city officials.

Outcome Measures:

- Did we continue to discuss ways to work to add housing options within our community?

**Objective 5: Work with partner organizations to increase access to Mental Health services to provide whole-person care for people with SUD.**

Strategy 1: Continue to strengthen relationship with UnityPoint (Tazwood) in Lincoln, IL.

Strategy 2: Continue to strengthen relationship with Memorial Behavioral Health in Lincoln, IL.

Outcome Measures:

- Did we continue to discuss ways to work to increase Mental Health treatment options as co-occurring care for SUD within our community?

**Objective 6: Create and support opportunities for multiple pathways to recovery, to increase the available choices within Logan & Mason Counties.**

Strategy 1: Raise awareness of existing meetings, support organizations, and dates/times of current options.

Strategy 2: Work to keep updated information available.

Strategy 3: Explore community readiness for additional paths to recovery (SMART Recovery, Winner's Circle etc.).

Strategy 4: Advocate for resuming pre-COVID recovery meeting options locally (currently local probation officers are referring to an online meeting that are based around Central, IL).

Outcome Measures:

- Did we create a distribution list for recovery meetings in the community?
- Did we identify the level of readiness of the community to add new recovery meetings?
- Did we discuss resuming pre-COVID in-person meetings?



## Goal 2: Increase OPPORTUNITIES for people in recovery.

### **Objective 7: Work to build, retain membership in, and strengthen our Recovery in Action (RIA) subcommittee of our ROSC Council, comprised of people with lived experience.**

Strategy 1: Grow size of RIA by at least 10% each year.

Strategy 2: Encourage initiative and support ideas for action in the community by members of the RIA committee.

Strategy 3: Assist with RIA committee member development through: networking and service opportunities, professional development and/or peer support certification, and support in personal recovery goals.

Strategy 4: Begin to lay infrastructure for formation of a Board of Directors comprised of PLEs with the eventual goal of forming an RCO and obtaining 501c3 status.

#### **Outcome Measures:**

- Did our RIA committee grow by 10% each year?
- Did we assist the RIA committee in their goals to host events, network, serve, and pursue professional development opportunities?

### **Objective 8: Promote CRSS Success program to local PLEs for peer recovery specialist trainings and certification through Heartland Community College or other credentialed program.**

Strategy 1: Promote program through email distribution lists, and social media accounts.

Strategy 2: Offer opportunities or secure opportunities for required supervised hours to successfully complete the program.

Strategy 3: Network with potential employers, implement employer toolkit, and educate potential employers on the benefits of hiring PLE.

#### **Outcome Measures:**

- Did we assist with promotion of the CRSS program?

### **Objective 9: Encourage participation in existing trainings and educational opportunities to raise awareness and educate members of our community.**

Strategy 1: Promote Faces & Voices of Recovery training with ROSC members and the general community.

Strategy 2: Encourage people to participate in monthly empowerment call.

Strategy 3: Connect with other Recovery in Action groups (Sangamon ROSC, McLean County, etc.)



Outcome Measures:

- Did we connect with other Recovery in Action groups?
- Did we promote trainings and encourage people to attend the monthly empowerment call?

### Goal 3: Increase AWARENESS around Recovery.

#### Objective 10: Work to reduce stigma around SUD.

Strategy 1: Execute a successful stigma reduction campaign in print and media within Logan and Mason Counties in partnership with local service providers, media, government, religious groups, and schools.

- Continue focus on person-centered language – “Words Matter”

Strategy 2: Follow through on our Communication Plan to disseminate information through multiple outlets – social media, flyers in strategic locations, and in service provider locations.

Strategy 3: Partner with existing events within the community share recovery journeys and allowing for increased public awareness of the obstacles people in recovery face.

Outcome Measures:

- Did we implement a stigma reduction campaign?
- Did we host events, including for Recovery Month?
- Did we successfully execute our Communication Plan?

#### Objective 11: Create opportunities for PLEs to share their stories, connect with community recovery actions, and receive training/peer support certifications.

Strategy 1: Host 1-3 events per quarter (in-person, hybrid, or virtually) with a focus on PLE having an increased voice in the direction of recovery work in Logan/Mason Counties.

Strategy 2: Continue to host a “Speaker Jam” event.

Strategy 3: Continue outreach and encouragement of PLE to join ROSC efforts and attend Council meetings.

Outcome Measures:

- Did we increase opportunities for PLE to share and join recovery efforts?

**Objective 12: Host and promote community events, in-person/hybrid/virtually, to build and strengthen the Logan/Mason recovery community.**

Strategy 1: Host peer-lead panel discussion about what it looks like to live in recovery – utilizing social media platforms. (RIA)

Strategy 2: Encourage and assist recovery groups to coordinate game night/speaker jam/etc. to promote unity.

Strategy 3: Use social media outlets to highlight/promote services available at resource agencies around Logan/Mason Counties.

Strategy 4: Host Recovery month events each September in both counties (2022's Recovery Walks.)

**Outcome Measures:**

- Did we host and promote community events both through the ROSC and with community partners?

**Objective 13: Increase communication around ROSC philosophy and goals within Logan & Mason Counties.**

Strategy 1: Build a strong social media presence, with a combined follower count of at least 250 people during next year between the platforms of Facebook, Instagram, YouTube. Goal to increase this presence by 15-30% each subsequent year.

Strategy 2: Create and distribute bi-annual recovery newsletter with updates, highlights, and a "spotlight on recovery" story.

Strategy 3: Look for opportunities to discuss ROSC goals with community members, local governments, business owners and more.

Strategy 4: Connect with community partners on social media platforms to increase engagement.

**Outcome Measures:**

- Did we grow our social media presence each year?
- Did we create and distribute a recovery newsletter twice per year?
- Did we network to share ROSC goals and philosophy with our community and its leaders?

**Objective 14: Maintain up to date evaluations, strategic plans, and assessment data.**

Strategy 1: Conduct annual review of our Strategic Plan and update any progress made.

Strategy 2: Review Needs Assessment data annually and adjust for any notable changes in community data.

Strategy 3: Make any appropriate changes to our plans and assessments with new data or progress on existing goals.

Strategy 4: Publish all updated documents to the Governor State website.

Outcome Measures:

- Did all documents get annual reviews with appropriate updates to reflect progress and publication to Governor State website?

## Goal 4: Create a culture of ADVOCACY for recovery.

### **Objective 15: Advocate to increase the number of Peer Recovery Specialists in Logan and Mason County by one certified Peer per year.**

Strategy 1: Create volunteer opportunities for Peer Recovery Specialists to supervise their hours for their Certified Peer Recovery Specialist (CPRS)/CRSS.

Strategy 2: Promote different certifications including CPRS, CRSS, recovery coaches, etc.

Strategy 3: Work with treatment centers for employment/additional training opportunities for individuals going through the program.

Strategy 4: Work with groups providing the trainings (Heartland Community College) to encourage involvement with Logan and Mason Counties.

Outcome Measures:

- Did we increase the number of credentialed individuals and demonstrate working with those providing the trainings?
- Did we create additional opportunities for employment for newly credentialed individuals?

### **Objective 16: Ensure continued growth and eventual independence of our ROSC Council with the goal of establishing a 501c3 Recovery Community Organization (RCO).**

Strategy 1: Build towards establishing a board of directors made up of individuals with lived experience.

Strategy 2: Expand the diversity of stakeholders with different sectors represented (business sector, educators, etc.)

Strategy 3: Look into ways to support designation of 501c3 including (helping with structure like mission statement, financial challenges, etc.)

Strategy 4: Encourage ROSC members/board members to attend RCO boot camps/additional trainings.

Outcome Measures:

- Did we engage with members of different sectors?
- Did we promote trainings to help with RCO establishment/success?

## **Objective 17: Promote, educate, and advocate about recovery in all areas of the community.**

Strategy 1: Talk to individuals in community-facing roles such as law enforcement, healthcare, government/municipality members, religious organizations, etc. to understand their knowledge of recovery and areas we can help.

Strategy 2: Promote self-advocacy and empowerment of individuals with lived experience and allies.

Strategy 3: Partner with area Prevention initiatives to expand outreach and further their missions in Logan and Mason Counties.

### **Outcome Measures:**

- Did we connect with individuals in different sectors to advocate for the message around recovery?
- Did we work in partnership with area Prevention efforts?

## **Conclusion:**

*We continue to achieve and make progress on the goals and strategies we have identified in the first eighteen months of the Logan/ Mason ROSC council. We continue to work to develop the capacity to continue to work on these goals.*

With the ongoing support of our ROSC Council, a growing network of PLEs, and collaboration with other recovery services and resources, the Logan/Mason ROSC is laying the foundation for our community to build a thriving RCO and continue to support person-first paths to recovery.

We will continue to review and update this document year over year to track our progress and target future opportunities to improve recovery outcomes and awareness in Logan and Mason Counties.

### **Social Media links:**

Facebook:

[ROSC... - Logan County Recovers Together - a ROSC Community | Facebook](#)

[Mason County Recovers Together - a ROSC Community - Home | Facebook](#)

Instagram:

[https://www.instagram.com/logan\\_mason\\_rosc](https://www.instagram.com/logan_mason_rosc)

YouTube channel:

[Logan Mason ROSC - YouTube](#)