

Recovery Oriented Systems of Care Strategic Plan Healthy Communities Alliance Fiscal Year 2024

Purpose:

This Strategic Plan will serve as a road map to evaluate our progress toward building a Recovery Oriented System of Care as the Healthy Communities Alliance (HCA) 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 Healthy Communities Alliance (formerly Southern Illinois Substance Abuse Alliance) was founded in February 2016. HCA'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.

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.

HCA Mission:

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

HCA 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 5 Outlook

2022-23 was a year of great transition that yielded a restructured and re-branded coalition. In doing so, several changes happened internally. What was formerly the Better Together Recovery Group transitioned to the Better Together Support pillar of our coalition. The Recovery pillar also lost several long-standing members as they transitioned to Support work. Doing so has allowed us to take a fresh inventory of ROSC participants and to turn back more closely to fulfilling several stakeholder categories that have been recently inactive. 2023-24 brings a

renewed outlook and an opportunity to better align the new Recovery pillar with SUPR/ROSC expectations, even as they continue to develop. The first 4 years of our program have been provisional in that we have been focused on systematic change and advancement in the community. We believe that we have come to a turning point, in that we are able to further grow and advance into the next phase, being a Recovery Community Organization. We are currently in the process of applying for funding for an RCO and conjunctive community drop-in center to operate that from. We understand that our chances are strong that this will happen and we feel ready for it. This comes at a time that work has begun and as happening at the Randolph County Care Center. Plans continue to ebb and flow and information is only imparted on a need-to-know basis. But we do understand that Recovery Housing will be factored in along with this development likely within the next 2-3 years. We currently anticipate having a Crisis Stabilization Unit along with a level 3.7 psychiatric unit although details have been mostly speculative up unto this point. We expect more absolute details to come soon from leadership.

Keeping local Recovery development needs in the forefront of discussions is key to ongoing advancement. We have pointed our ship toward a robust local continuum of care model and we are proud to have an active role in that development. We want individuals here to have every opportunity for effective treatment and successful Recovery and to make our work a best practice model for others throughout Southern Illinois and beyond.

We are equally proud of our ongoing work with the Randolph County circuit court district. In the prolonged absence of a local Problem Solving court, we are working to advance a program that will offer participants better opportunity toward advancement into treatment and Recovery. Each year we have been able to build soundly on the foundation that we laid before and this year seems no exception to that rule.

Year 5 Strategic Plan

Goal 1: Stigma Reduction - While some goals change year-to-year, others remain constant. Stigma will never disappear completely and so our efforts to combat it must remain persistent and vigilant. We fight stigma on a regular basis through the general essence of the work that we do.

Goal 1a	Reach out to churches and ministerial alliances to ask permission for on-site stigma reduction workshops. Our goal is to arrange for one engagement per quarter. This could include speaking to congregations, assemblies, council meetings, presence at picnics. Our goal is to be flexible with this.
Goal 2a	Participate with local Recovery support groups in Steeleville Parade for 4 th of July to hand out stigma reduction campaign material along parade route. Participate Chester Fall Festival parade October 21 with same plans.
Goal 3a	Partner with local restaurants for Recovery month in September to distribute campaign stickers with to go and delivery orders. We on cross-promotion a week before the event through a week after with three messages over that period of time (Promotion/day of/thank you). We will work to get one restaurant per week throughout September.

Goal 2: Facilitate a Problem Solving (mental health/drug court) in Randolph County

Goal 2a	Continue quarterly meetings and updates with Circuit Clerk (appointed courthouse lead)
Goal 2b	Ask for meeting with newly seated Judge Walker, Circuit Clerk Carnahan, States Attorney Kelley, and the Probation department for a formal presentation on MRT and "Intense Probation" services model
Goal 2c	Carry on regular quarterly meetings with court staff to implement and monitor new operational model

Goal 3: Recovery Ready/Recovery Friendly Workplace initiative

Goal 3a	Council will provide training in conjunction with Randolph County Economic Development for employers to understand SUD and hiring and supporting employees with lived experience
Goal 3b	Council will work with Gilster Mary-Lee to develop a definitive RR/RF workplace model that will be an impetus for development of a coalition of Recovery friendly employers throughout our area.
Goal 3c	Council will work with economic development and GML on a Recovery Friendly workplace designation that we will promote to other employers in our region

Goal 4: Recovery Housing

Goal 4a	Council will work to advocate and plan for Recovery housing as part of our ongoing continuum of care focus. This will afford transitional living for those coming out of drug/alcohol treatment programs for a period as they work toward permanent housing.
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Goal 5: RCO research and implementation

Goal 5a	Meet with various existing RCO leadership to learn about application process
Goal 5b	Establish meeting with Faces and Voices of Recovery to determine help and support available
Goal 5c	Arrange meeting with Recovery Café organization to discuss advantages of that model
Goal 5d	Make application to SUPR for requested funding

Community Readiness: The new Healthy Communities Alliance (formerly Southern Illinois Substance Abuse Association – SISAA) has played a pivotal role between agencies and affiliates across county lines to build toward a sustainable community readiness level year-by-year. Annual strategic planning and execution have allowed us to make a number of advancements that have positioned us to make some very substantial moves this year. We have achieved buy-in from Agency leadership and have researched the proper people and channels to work through at the SUPR (State level) in order to continue successfully moving toward to goals that we have set forth.

Technical Assistance Needed: SUPR continues to do sound supportive work – meeting us where we are at each step of our development and providing the critical connections and means to move to each next level as we are ready and able to do so from a council as well as an agency perspective.