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## **Recovery Oriented System of Care**

### **Strategic Plan: FY 25**

#### **Purpose**

The purpose of establishing the strategic plan below is to provide individualized objectives. 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.

#### **Mission, Vision, Values and Goals**

##### ***ROSC Mission:***

"Collaborating to build and empower communities of recovery"

##### ***ROSC Vision:***

- People can and do recover.
- Individuals and families determine the supports and services they need
- 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
- There is inherent flexibility in the system, so it can be responsive to different pathways to recovery
- Measuring quality and outcomes is a system priority

### ***ROSC Values:***

- Recognize the right of a person to direct their own recovery
- Recognizing that there are many models of, and paths to, recovery
- Operate with integrity and a sense of personal responsibility
- Include the “voice” of peers, family members, and the community in planning and decision-making
- Implement programs with competency and good stewardship
- Empower individuals and families
- Embrace cultural diversity

### ***ROSC Goals:***

- Inform, educate and empower individuals and communities
- Determine existing services available as well as the needs to expand necessary services in the areas of prevention, treatment, peer recovery support and systems improvement
- Partnerships that are rich and diverse
- Increase in the number of people pursuing recovery, improving recovery capital to strengthen capacity to build and maintain lives in recovery and build recovery sustainability

## **SWOT**

Strengths  
Opportunities

Weaknesses  
Threats

### **STRENGTHS**

- Development of ROSC Council with diverse council members
- Henry County Mental Health Alliance
- Evaluation/intake services
- Individual counseling
- Outpatient group therapy
- Intensive outpatient treatment
- Adolescent services
- Insight program
- Relapse prevention services
- Treatment Transportation System
- Medication Assisted Treatment
  - --- Suboxone
  - --- Vivitrol
  - --- Narcan Trained
- AA
- NA
- Celebrate Recovery
- Western Illinois Works, Inc.
- Parks and recreational opportunities

### **WEAKNESSES**

- Community gaps in services
- No detoxification facility
- No inpatient
- No residential treatment facility
- No peer ran sober living with various services offered in house
- Lacking of women’s sober living options
- Lack of community awareness of services
- Market concentration
- Grants could be discontinued
- Lack of community education involving substance use and mental health issues as well as recovery
- Family support and education
- Stigma
- Lack of grief support groups
- Limited number of providers
- Lack of employment, housing and other resource opportunities
- Unhoused/Homelessness

- Knox County Drug Court
- Henry County Drug Court
- Warren/Henderson County Drug Court
- OSF Resource Link
- OSF Navigation Link
- Prairie State Legal Services
- Crossroads
- Oxford House
- Supportive Community
- 2-1-1
- Silvercloud App
- Mental Health First Aid
- Faith Based Support
- Older Adult Behavioral Health Unit
- Collaboration with EMS and Police
- 708 Boards in Knox, Warren, & Henry Counties
- Certified Peer Support Groups
- Highlighting successful recovery stories
- Peer recovery support in county jails
- Multiple Deflection Initiative participation – WISE & EMPOWER
- Hope Initiative
- Hope Outreach
- Poverty
- LGBTQ Community Recovery Services
- Lack of youth support groups and peer support for youth

## **OPPORTUNITIES**

- Community involvement
- Community education
- Networking with community stakeholders
- Initiatives
- Building a culture that promotes and nurtures recovery
- Building rich and diverse community partnerships and collaborations
- Increase the number of individuals pursuing recovery
- Advocate for needed services
- Connecting communities
- Stronger and healthier communities
- Transportation system
- Treatment program for adolescents
- Telehealth options
- Faith-based opportunities
- More outpatient treatment options
- Positive attitude towards our communities future
- Future grants and funding
- Increase sober activities
- Parents in Recovery Support Group

## **THREATS**

- Funding
- Stigmas
- Lack of consistent, ongoing collaboration
- Rural demographics (recruitment challenges)
- State of Illinois legislative changes
- Lack of understanding of rural challenges for treatment
- Apathy
- Growing opioid epidemic
- Absent parents and/or role models

## **On-going Strategic Goal:**

### **Goal A:** Maintain local ROSC Council meetings

**Objective 1:** ROSC Council will continue to meet monthly and increase member attendance.

**Activity 1:** ROSC Council meets monthly, every third Thursday of the month on Zoom. Council voted to go to hybrid format starting in August of 2024.

**Activity 2:** Continue to update contacts and email list.

**Activity 3:** Email blasts sent out monthly and bi-weekly to remind members.

**Activity 4:** Send out invitations two and one week ahead, plus a reminder the morning of meeting.

**Activity 5:** ROSC Council website will be kept up to date.

**Activity 6:** West Central Illinois ROSC Facebook page to be updated on a regular basis.

## **On-going Strategic Goal:**

### **Goal B:** Community Awareness, Stigma Reduction and Education

**Objective 2:** Inform, educate and empower the community through media outlets and events.

**Activity 7:** Narcan Trainings and Community Events.

**Activity 8:** Community resource social media campaign.

**Activity 9:** Utilize social media platforms weekly.

**Activity 10:** Empower individuals to tell their recovery stories. Their stories hold power.

**Activity 11:** Maintain Knox County's 2 free Narcan vending machines. Continue to monitor and stock with Narcan and test strips.

**Activity 12:** "Thank you, Narcan!" campaign will utilize videos, media, and event to promote education and stigma reduction.

**On-going Strategic Goal:**

**Goal C:** Involvement of all schools in Henry, Henderson, Knox and Warren counties in a prevention program through Bridgeway

**Objective 3:** Adolescence is the critical period to prevent substance use disorders. Implement this program in all schools for the 2024-2025 school year.

**Activity 13:** Speak with school administration and ROE to establish an ongoing relationship.

**Activity 14:** Develop a plan/program that will be sustainable. This includes speaking and providing resources to the schools. West Central IL ROSC will provide narcan trainings to school staff.

**On-going Strategic Goal:**

**Goal D:** Increase the amount of peer supported activities in all 4 counties

**Objective 4:** Peer activities provide opportunities for peers to interact with each other in a fun, community-based setting that allows for social support and friendships to flourish.

**Activity 15:** Offer education opportunities presented by people with lived experience in a centralized location.

**Activity 16:** One recovery event per quarter - "Thank you, narcan!" campaign, Multiple pathways event, ROSC awards night.

**Goal E:** Develop a sober social guide

**Objective 5:** Part of recovery is learning how to have substance free fun. West Central IL ROSC Council will create a comprehensive sober social guide for individuals and families seeking recovery or substance free activities.

**Activity 17:** Survey all 4 counties in the service area and make a list of opportunities for sober social fun.

**Activity 18:** Participation from council members to finalize the sober social guide.

**Activity 19:** The council members will determine the best way to disseminate this new community resource.

**Activity 20:** Create a QR code that when scanned will take you directly to an online PDF of the sober social guide.

## **Goal F: Recovery Community Organization**

**Objective 6:** A Recovery Community Organization (RCO) is a resource for skill-building education, information, support and socialization for those in recovery and their loved ones. It makes real the belief that recovery from addictive disorders is possible. The basis for available services and programming through an RCO are Peer Based Recovery Support Services (P-BRSS)

**Activity 21:** Establish a timeline and seek funding options and/or collaboration and potential partnership with already established RCO (Jolt Harm Reduction, Peoria, Illinois).

**Activity 22:** Apply for funding and establish residency of the RCO and/or partner with an already established RCO (Jolt Harm Reduction, Peoria, Illinois).

**Activity 23:** Recruit volunteers to run activities and/or partner with already existing RCO and its members and volunteers (Jolt Harm Reduction, Peoria, Illinois).

**Activity 24:** Develop schedule and sustainability plan and/or partner with an established RCO (Jolt Harm Reduction, Peoria, Illinois).

**Activity 25:** Gather information and insight from an already established RCO in an area near WCI ROSC coverage counties (Jolt Harm Reduction, Peoria, Illinois).

## **Goal G: Recovery Ally Training**

**Objective 7:** A Recovery Ally Training, will be a tool/training developed by professionals and individuals with lived experience to educate and train our community partners and community members that want to get involved in ROSC and support the recovery community. We have found that people want to show support and sometimes they just don't know how.

**Activity 26:** Put together a small work group.

**Activity 27:** Develop recovery ally training.

**Activity 28:** Train our communities.

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