



Effingham County ROSC Council Membership Protocols Lead agency, Hour House

Who is Hour House?

Hour House is a community-based not-for-profit corporation offering services to address substance use disorder located in Charleston, IL. Hour House began helping east central Illinois and other state residents as the Central East Alcoholism & Drug Council originally incorporated in 1972. They rebranded in 2020 to "Hour House" to reflect the history behind the main campus facility as well as the nature of recovery. They opened their first facility in 1973 and now operate 10 sites including intake and assessment services, detoxification, men and women's residential facilities, intensive outpatient services for men and women, outpatient services for men, women, and adolescents, men and women's halfway houses, women and children recovery home, men's ¾ recovery home, stabilization and transition unit, prevention services, DUI evaluation and gambling services, and community outreach programs—Illinois Family Resource Center, ROSC, CORS, B.A.S.E., and Circle of Care. To view more information about Hour House services, please visit>>

[Hour House - Drug Rehabilitation Center - Charleston, Illinois.](#)

Hour House is the organization who holds the ROSC grant for Effingham, Shelby, Moultrie, Clark, Cumberland, Coles, Douglas, and Edgar counties funded by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

Key Working Definitions

- Recovery Oriented Systems of Care (ROSC): A coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or -co-occurring conditions. The central focus of a ROSC is to create an infrastructure, or "systems of care", with the resources to effectively address the full range of substance use and/or co-occurring disorders within communities.
- Protocol: A system of rules and explanations that explains the expected conduct and procedures in reference to the ROSC Council. We should always display proper respect to anyone with substance use and/or mental health challenges at the ROSC Council meetings or related events.
- Recovery: "A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery signals a dramatic shift in the expectation for positive outcomes for individuals who experience mental and substance use conditions or the co-occurring of the two" (SAMHSA, 2024.)
- Systemic change: An overhaul of a system to create a lasting difference by modifying policies, processes, relationships, mindsets, and power structures within that system to address and fix underlying issues. This type of change affects the general behavior of the entire system, leading to a more profound and sustainable impact.
- Addiction: "Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences. It is considered a brain disorder, because it involves functional changes to

brain circuits involved in reward, stress, and self-control. Those changes may last a long time after a person has stopped taking drugs” (National Institute on Drug Abuse, 2020.)

- Multiple pathways: Various organizations, communities, and programs that include but are not limited to the promotion of an active lifestyle through fitness, connection to nature through outdoor activities, creative projects, harm reduction, 12-step programs through faith or nondenominational groups, and more, in coordination with community-building to help people on their path to sustained recovery.

What is ROSC?

Let’s break it down— ROSC serves as a facilitator to bring all sectors of a community (healthcare, businesses, helping agencies, education, law enforcement, persons with lived experience, family members, etc.) together to talk about what barriers are preventing people from accessing and achieving recovery. Then, members of a ROSC Council find creative ways to address these barriers through the use of community champions, stakeholders and local resources. ROSC also exists to reduce stigma, provide trainings and events, and use the voices of persons with lived experience to be the guiding force of systemic change through real time or past experiences.

There are 45 ROSC Councils across the state of Illinois doing the same type of work that’s being doing in our county. To view the ROSC work done thus far (for Effingham County & other counties), please visit>> [Recovery Coaching Network at GSU](#). This is where all of the ROSC Council’s meeting minutes, days/times of ROSC meetings, events, strategic plans, needs assessments, communication and outreach plans, and other pertinent information is housed.

The Effingham County ROSC Council meets every 3rd Monday of each month at 1:00-2:00pm at 104 E. Blohm Ave.

Effingham, IL & on Zoom. If the day of the meeting falls on a holiday, the Council meeting will be the following week on Monday. Please contact the ROSC Coordinator for the Zoom link.

Effingham County ROSC Council Mission Statement

ROSC aims to build and foster relationships throughout the community to better serve individuals and families who are affected by substance use and mental health disorders. We use voices of persons with lived experience to guide our progress of systemic change alongside local agencies and businesses through the collaboration with such entities to provide connections to resources to meet people where they’re at on the continuum of care in their recovery journey. “WE CAN & DO RECOVER” is the focal point of recovering out loud to reduce stigma and build a healthier, stronger future for our community.

Effingham County ROSC Council Vision

Effingham County working together to build a safer, stronger, and healthier community that supports multiple pathways of recovery for families.

Effingham County ROSC Values & Guiding Principles

- ❖ Empower the voices of individuals and family members affected by addiction in community planning and decision-making alongside community stakeholders; cohesive services.
- ❖ Recovery happens in communities; therefore, support of recovery is a community responsibility and value.
- ❖ Recovery requires action; therefore, the ROSC can facilitate supports and connect individuals to services, but the work to recover falls into the hands of individual.
- ❖ Progress, not perfection; We shall not condemn those who stumble in their recovery process.
- ❖ Person-centered; meet a person where they at in their journey without judgement.
- ❖ Strength based approach; focus on and utilize the assets of a person and/or family
- ❖ Embrace different perspectives with respect and an open mind.
- ❖ Operate with integrity and a sense of personal responsibility.
- ❖ Maintain good stewardship to those who reach out for help.

Member Recruitment

It will be the responsibility of the ROSC Coordinator & members of the Council to successfully recruit members in Effingham County. The ROSC Coordinator will assure representation from all of the stakeholders' categories provided from the State in order maintain a diverse representation on each Council. Member recruitment can include, but is not limited to: email distributions, social media outlets, press releases, community meetings, pamphlets, radio and/or television interviews, word of mouth, and other community presentations. As the Council continues to grow and gain sustainability, it will also be the responsibility of the current ROSC Council members to continue to grow the Council. This Council is meant to be inclusive, but membership will require continuous actionable tasks by each person who identifies as a ROSC Council member to create sustainably in our community.

Membership Protocol

- ❖ Membership on the ROSC Council is open to any and all persons who understand and agree with the mission of the ROSC Council without regard to age, race, sex, creed, gender, sexual orientation, and or mental or physical challenges.
- ❖ Persons on the ROSC Council who serve in the capacity of PLE (Persons with Lived Experience) or a family member of a PLE should not have judgement or criticism placed on them in any situation.
- ❖ Members must be willing to collaborate with other persons or organizations for the purpose of helping persons where they're at in their recovery journey.
- ❖ Members will remain open minded and flexible in their thinking and be willing to learn from one another.
- ❖ Members will understand serving on this Council is on a volunteer basis and no compensation will be provided.
- ❖ Members must maintain confidentiality and respect the privacy of all members; personal stories and situations may be shared which need to be kept within the ROSC Council.
- ❖ All members will understand the definitions of the "Key Working Definitions" as they pertain to the ROSC Council, and additional trainings on these ideas will be offered as needed or upon request.
- ❖ Protocols will remain flexible. The ROSC Council will consider issues not addressed in this reference as they arise on a case by case basis.

Membership Expectations

- ❖ Engage in active participation within the ROSC Council.
- ❖ Participate in networking in regard to the ROSC Council mission.
- ❖ Invite 1 new potential member to a ROSC Council meeting monthly.
- ❖ Promote the work of the Effingham County ROSC Council to create a space for individuals with a common goal.
- ❖ Participate in ROSC activities, such as sharing new ideas, volunteering for events, data sharing, best practices, sharing flyers, and other important and relevant news related to the ROSC.
- ❖ Remain respectful and open-minded in group collaborations.
- ❖ Work towards the SOLUTION of identified barriers as a collaborative with the ROSC Council, other agencies, and individuals and family with lived experience.
- ❖ Have the willingness to share ideas no matter how "big" or "small." Every step counts in systemic change.
- ❖ Provide regular feedback about barriers and potential community champions in the community to the ROSC Council (or ROSC Coordinator to disseminate amongst the Council).

Orientation to the Effingham County ROSC Council

It is pertinent for the sustainability of the ROSC Council that members of the Council understand the ROSC concept and our "Key Working Definitions." New members to the ROSC Council will be given our Council history, ROSC Council

Mission Statement, Vision and Values, and Key Working Definitions as a part of their initial orientation to their membership. The time spent in member orientation will serve to promote Council longevity and improve member retention. The ROSC Coordinator will ensure each new member is provided these items and oriented to the ROSC Council via one-on-one meeting.

Role of Non-members

The Effingham ROSC Council's goal is to be inclusive rather than exclusive. There will be no "non-participant" distinction at this time. If someone wishes to be an "actionable" Council member, the ROSC Coordinator and/or Council member will identify such person and direct them to the ROSC Coordinator for orientation. It shall be the right of the Council to change membership protocols at such time as the Council determines a change is necessary.

Training

It will be the responsibility of the ROSC Coordinator and/or other partners in the substance use and/or mental health field to provide trainings to Council members. Members are encouraged to attend trainings when offered through the ROSC Council via webinar, Zoom, or in-person events. Topics or trainings that the ROSC Council identifies as needed within their communities will be addressed either directly or through collaboration. This is not mandatory, but education will be a vital piece of combating stigma and misunderstanding surrounding substance use and mental health disorders.

Community Needs Assessment

The ROSC Council will be a part of and provide a community assessment on an annual basis. The ROSC Coordinator will be responsible for the final document submitted to SUPR, but will need input for all Council members to accurately execute. The assessment process will include written surveys, focus groups, and other means determined by the Council and the ROSC Coordinator. Consideration will be given to ensuring participation of all community sectors in gathering assessment data, particularly those individuals with lived experience and their families. A summary of the assessment data will be made available to ROSC Council members and the public through the GSU website provided above.

Strategic Plan

Using the community needs assessment, the members of the ROSC Council will develop and carry out the implementation of the strategic plan in order to improve community support for recovery. The strategic plan will be developed based on data gathered during the needs assessment process and will include individuals that represent community stakeholder interests. ROSC Council members will adhere and work toward the strategic plan's goals as developed by the Council and will contribute active participation to the revisions of the strategic plan if needed. The strategic plan is a living document, and all ROSC Council member's input towards the strategic plan's activities, objectives, and goals is needed to build a stronger, healthier community that supports recovery.