

McLean County Recovery-Oriented Systems of Care (ROSC) FY2025 Strategic Plan

Updated April 2025

The McLean County Recovery-Oriented System of Care (ROSC) is funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention & Recovery.

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 time, energy, and resources; strengthen operations; ensure that members and stakeholders are working towards a common goal; establish agreement around intended outcomes and results; and assess and adjust the council's direction in response to a changing environment.

<u>NOTE</u>: 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 central focus of the McLean County ROSC is to create an infrastructure or system of care with the resources available to effectively address the full range of substance use and/or cooccurring disorders within a community. The ROSC Council is a local collaboration of key community stakeholders that seek to improve the support that their community provides to individuals who are on a pathway to recovery. Through their work in the community, ROSC Councils will:

- 1. Promote a culture that nurtures recovery.
- 2. Build capacity and seek structure to support a recovery-oriented system of care.
- 3. Develop a commitment to implement, enhance, and sustain a recovery-oriented system.

ROSC Vision:

- **Recovery is possible** People can and do recover.
- Person-driven care Individuals and families determine the support and services they need.
- Continuous and coordinated support Services are cohesive across all phases of care and agencies.
- **Community responsibility** Recovery support is a shared community value.
- Flexible and inclusive The system adapts to different recovery pathways and offers diverse programs and support groups.
- **Outcome-focused** Measuring quality and outcomes is a system priority.

ROSC Values:

- **Person-Centered and Empowering Approach:** Recognize the right of individuals to direct their own recovery, empowering them to take personal responsibility while embracing progress over perfection, as recovery is not always linear.
- **Multiple Pathways to Recovery:** Acknowledge that recovery can take many forms, including different models, programs, and spiritual paths.
- Action-Oriented Recovery: While the ROSC can provide support and services, recovery ultimately requires individual action and follow-through.
- **Community-Based Recovery:** Recovery thrives when the broader community is engaged and committed to supporting various recovery initiatives.
- Inclusive Decision-Making: Include the voices of peers, family members, and the community in planning and decision-making to ensure authenticity and alignment with recovery needs.
- Integrity and Competence: Implement programs with integrity, competency, and responsible stewardship.
- **Diverse and Trauma-Informed Support:** Embrace cultural diversity and utilize trauma-informed care to meet the unique needs of individuals and families.

ROSC Goals:

- Educate and empower individuals, families, allies, and communities about addiction as a disease, a public health issue, and the role of the ROSC Coalition, including its network of services and events.
- Reduce stigma by increasing public awareness and understanding of substance use and co-occurring disorders (CODs).
- Identify and expand service delivery in prevention, treatment, peer recovery support, harm reduction, and systems improvement to address unmet community needs.
- Strengthen partnerships by fostering collaboration with diverse community stakeholders through joint events and initiatives to prioritize and promote health equity.

- Increase recovery involvement to build individual and community recovery capital and enhance long-term recovery outcomes, leading to a recovery-enriched community.
- Support relapse prevention by expanding services, events, support groups, training, and peer recovery opportunities.
- Promote hope and resilience by sharing recovery success stories and encouraging connection within the recovery community.

Strengths	Weaknesses
 Support for undocumented individuals Empowerment for diverse identities Big spirit of collaboration Agencies strive to advocate for and support everyone Strong education system from Pre-K through higher education (3 colleges) Diverse population Abundance of community resources Robust healthcare networks Safe and family friendly community Public transportation Deflection services Re-entry services/supports Variety of community-based coalitions and interagency meetings Law enforcement involved in collaboration and embraces community mindset Mediation Assisted Treatment (MAT)/Medication Assisted Recovery (MAR services) – 8 providers in total Diversity of secular and faith-based support programs and services Sober living facility offerings, including Oxford House Wide distribution and access to Naloxone/NARCAN Prevention services and support for youth and adults Reintegration services to formerly incarcerated women 	 Many resources exist but are not well-shared or widely known, especially in rural areas Some dismiss local issues like homelessness, addiction, and mental health concerns Stigma exists around socioeconomic status, culture, and mental health Lack of adolescent treatment services Limited services for veterans and reentry programs Insufficient education and resources for human trafficking and sexual assault Lack of accessible resources in rural areas Shortage of housing and sober living options Financial barriers for early recoverees (e.g., rent and deposits for sober living) Lack of treatment-supported recovery homes Lack of community awareness about crisis services and providers Lack of youth programs and weekend activities Limited sober activities outside of 12-step events Lack of employment, childcare, and support opportunities McLean County's size makes reaching rural communities difficult

Opportunities	Threats
 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 (and exploration of other recovery supports and services specifically for adolescents) Faith-based opportunities Positive attitude towards our community's 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 Rural McLean County outreach Community partnerships to address housing needs Targeted outreach to underrepresented sectors More in-person sober social events & activities Creation and distribution of more ROSC literature in the community Partnership & collaboration with A New Horizon RCC Tapping into and leveraging council member strengths & interests for community projects 	 Current federal government climate with changes, stigma, and misinformation City ordinances, such as the removal of tent cities, displacing individuals Negative stereotypes and stigmas impacting communities Loss of DEI (Diversity, Equity, and Inclusion) initiatives General fear of the unknown and feelings of erasure in different communities Political concerns, funding cuts, and loss of larger businesses Absent parents or family members Negative word-of-mouth and misrepresentation of the ROSC (Recovery-Oriented Systems of Care) Challenges for recovering individuals in securing subsidized or sober housing due to criminal history Established 12-step programs may not fully embrace the ROSC framework Long wait times to access psychiatric or counseling services due to a shortage of providers

McLean County ROSC: Strategic Plan (2025-2028+)

<u>Goal 1:</u> Increase the number of community members that have factual knowledge of substance use disorder and mental health issues by 10% in three years (Ongoingly, FY26+)

Objective A: Reduce stigma surrounding substance use and co-occurring disorders by increasing community education, promoting recovery success stories, and fostering an inclusive environment through targeted campaigns and engagement initiatives

Strategy 1: Collaborate with community partners to offer training for the community on topics such as harm reduction, medication-assisted recovery (MAR), substance use disorders, co-occurring disorders, trauma-informed care, recovery-friendly practices, and the intersection of homelessness and having a substance use or co-occurring disorder.

• Offer trainings 2-4 times/year.

Strategy 2: Utilize social media and other public platforms to spotlight Mclean County ROSC achievements and initiatives.

Strategy 3: Host community discussion forums around identified community recovery priorities; offer opportunities for individuals in recovery to share their experiences and educate others through panel discussions, workshops, and support groups.

• Host community discussion forums 2-4 times/year.

Strategy 4: Engage local media (i.e. WGLT, The Pantagraph, local news stations, etc.) to spotlight local stories of recovery and recovery resource information; engage community leaders, elected officials, and public figures to publicly advocate for reducing stigma and supporting those with substance use and co-occurring disorders.

• Engage local media outlets to share 1-2 stories/year.

Strategy 5: Invite recovery, mental health, and substance use subject matter experts to share knowledge and best practices with the community; offer advocacy workshops to teach community members how to speak up against stigma and advocate for those affected by substance use and co-occurring disorders.

• Highlight a monthly council meeting community resource spotlight quarterly.

Strategy 6: Distribute educational materials like brochures, posters, flyers, business cards, and social media posts to share facts and challenge misconceptions about substance use and co-occurring disorders.

- Distribute at least 20 virtual resource app business cards in the community
- Schedule at least 1 social media post/week that addresses stigma

Strategy 7: Share personal recovery stories through social media, local news outlets, and community events to humanize those affected by substance use and co-occurring disorders.

• Share at least 1 personal recovery story/month on social media.

Strategy 8: By 2027, develop a subcommittee to create, evaluate, and implement a substance use stigma awareness campaign

Outcome Measures:

- Number of outreach events attended
- Number of hosted/co-hosted workshops, seminars, trainings, or panel discussions
- Decreased stigma perceptions as evaluated by community surveys, needs assessments, etc.
- Number of recovery stories shared/highlighted
- Number of local media outlet engagements
- Number of social media interactions
- Number of monthly council meeting community resource spotlights
- Number of social media posts scheduled that address stigma
- Increased number of partnerships that work to support stigma reduction efforts
- Development of a substance use stigma subcommittee

Objective B: Expand outreach efforts to connect individuals with substance use and cooccurring disorder support services by increasing community presence, strengthening partnerships, and ensuring accessible resources through local outreach initiatives.

Strategy 1: Support local businesses in creating recovery-inclusive workplaces by providing information on recovery resources and best practices for developing a recovery-friendly workplace culture.

• Identify and conduct targeted outreach to at least 5 employers/year to share recovery resources for employees.

Strategy 2: Expand outreach to faith-based communities to equip them with the knowledge and skills needed to support individuals seeking or maintaining recovery.

• Expand outreach efforts to include engaging with 1 faith-based community per quarter

Strategy 3: Continue to promote sober social opportunities within McLean County

- Promote 1 upcoming recovery friendly activity/social opportunity per week on social media
- Work with planning committee to plan 1 recovery social event/quarter

Strategy 4: Forge stronger partnerships with local healthcare providers, schools, religious groups, social service agencies, and community centers to increase the number of referral pathways for individuals in need.

- Create 1 marketing material on how to recognize the signs of SUD
- Create and offer community training on how to refer individuals to resources using the McLean County ROSC virtual resource app and business card
- Explore three different solutions for creating an informal referral network

- Determine the need for the different types of referral network
 - Service providers
 - PLEs

Strategy 5: Collaborate with law enforcement, probation officers, and local courts to connect individuals involved in the criminal justice system with appropriate support services.

- Attend drug court monthly to share information on ROSC, resources within the community, and how to get involved with ROSC
- Present 1x/year to Reentry Council on ROSC

Strategy 6: Create and distribute an up-to-date, comprehensive directory of local recovery services, mental health professionals, addiction treatment centers, support groups, and harm reduction resources; make this directory easily accessible both online and in print at local libraries, clinics, schools, and businesses

• Identify at least 5 locations/year to distribute the McLean County ROSC Community Recovery Resource Directory

Strategy 7: Identify neighborhoods or populations with higher rates of substance use or co-occurring disorders and conduct targeted outreach in these areas. This could include door-to-door outreach, flyers in public spaces, or direct mail campaigns

• Attend at least 1 community outreach event/quarter that strategically targets specific underresourced populations (i.e. reentry, veterans, adolescents, trafficking victims, co-occurring disorders, unhoused, etc.)

Strategy 9: Train local community leaders, including teachers, clergy, social workers, and healthcare providers, to recognize signs of substance use and co-occurring disorders and refer individuals to appropriate services.

- Create 1 marketing material on how to recognize the signs of SUD
- Create and offer community training on how to refer individuals to resources using the McLean County ROSC virtual resource app and business card

Outcome Measures:

- Number of outreach events attended and data from these events
- Growth in partnerships with local organizations
- Number of individuals referred to support services through partnerships
- Decreased stigma perceptions as evaluated by community surveys, needs assessments, etc.
- Number of social media interactions
- Number of local employer partnerships developed
- Number of faith-based communities engaged
- Number of recovery social events planned and implemented
- Number of informal referral networks developed
- Number of training courses offered on how to refer people to resources

- Number of directory copies distributed in local community hubs (libraries, clinics, schools, businesses, etc.)
- Website traffic to the online directory
- Number of outreach efforts to high-risk areas
- Number of people trained in presentations/training

<u>Goal 2:</u> Over the next three years, increase harm reduction support within the community through at least two new initiatives (Ongoingly, FY26+)

Objective A: Advocate for and support community partners in expanding harm reduction efforts throughout the county by promoting NARCAN[®] trainings and supporting increased access to harm reduction resources.

Strategy 1: Promote NARCAN[®] trainings and education resources in the community- host and collaborate with local organizations to organize regular NARCAN[®] training sessions for community members, law enforcement, first responders, and healthcare professionals

• Host quarterly trainings – identify specific groups or organizations to engage with for delivering a training

Strategy 2: Advocate for and partner with local organizations to create mobile harm reduction units or pop-up resource centers that can travel to rural and underserved areas to distribute harm reduction supplies (i.e. NARCAN[®] and safe needle exchange) and offer education; collaborate with local law enforcement and healthcare providers to identify key deployment locations and ensure accessibility for individuals with substance use disorders

• Partner with known mobile health unit providers to have harm reduction supplies/materials available at 1 mobile unit event/quarter

Strategy 3: Coordinate with state and federal partners to advocate for policies that provide stable funding and resources for harm reduction strategies.

Strategy 4: Organize and facilitate quarterly roundtable discussions or events with key community partners, including law enforcement, healthcare providers, social service agencies, and recovery organizations, to share best practices and resources for harm reduction

• Host at least 1 quarterly roundtable discussion event

Strategy 5: Distribute resources that help families understand harm reduction approaches and how they can support their loved ones in using harm reduction strategies.

- Attend 1 family-oriented community outreach event/year to share harm reduction resources
- Create 1 marketing material (i.e. harm reduction resource poster) to share during Recovery Month (including the full spectrum of SUD)

Outcome Measures:

- Quarterly training collaborations
- Number of Narcan training courses offered in the community
- Number of harm reduction resource materials created and distributed in the community
- Increase # of trainings participants over 3 years
- Number of new locations offering harm reduction resources
- Number of roundtable discussions/events
- Number of discussions/outreach events for mobile harm reduction outreach
- Number of people served through mobile outreach collaborations
- Number of new policies that support harm reduction efforts

Objective B: Enhance public and professional education on harm reduction to promote broader acceptance and implementation, while actively addressing stigma and encouraging greater community support

Strategy 1: Integrate harm reduction messaging into social media posts to focus on de-stigmatizing substance use disorders and promoting harm reduction as a compassionate and effective approach to reducing the harms of substance use

• Schedule at least 1 harm reduction-related post a week on social media

Strategy 2: Continue to update and promote the existing McLean County ROSC Virtual Resource Guide JotForm app with information on local recovery supports and services, harm reduction education and resources, NARCAN[®] community training, and funding opportunities

• Perform quarterly audits on virtual resource guide JotForm app to ensure resources are most current and up-to-date

Strategy 3: Share new harm reduction funding opportunities with community partners, McLean County ROSC Council members, and the community at large.

Strategy 4: Distribute online content (e.g., blogs, videos, infographics) that educates the public on harm reduction principles and how they can contribute to local efforts

- Schedule at least 1 harm reduction-related post a week on social media
- Create 1 marketing material (i.e. harm reduction resource poster) to share during Recovery Month (including the full spectrum of SUD)
- Share at least 2 personal harm reduction success stories/year on social media

Strategy 5: Share personal success stories and testimonials from those in recovery to highlight the importance of harm reduction strategies and reduce stigma

• Share at least 2 personal harm reduction success stories/year on social media

Strategy 6: Ensure local healthcare providers, local businesses, religious/fraternal organizations, criminal justice professionals, schools, law enforcement officers, fire departments, and emergency medical services are trained in harm reduction strategies, including the use of NARCAN[®], overdose prevention, and recognizing the signs of substance use disorder

- Host quarterly trainings identify specific groups or organizations to engage with for delivering a training
- Create 1 marketing material on how to recognize the signs of SUD
- Create and offer community training on how to refer individuals to resources using the McLean County ROSC virtual resource app and business card

Outcome Measures:

- Number of social media interactions
- Number of trainings offered in the community on how to refer people to resources
- Number of audits performed on JotForm app
- Number of harm reduction educational materials created and distributed in the community
- Number of harm reduction educational posts scheduled on social media
- Decreased perceived stigma surrounding harm reduction practices and substance use (surveys, needs assessments, key informant interviews, etc.)
- Increased number of trained first responders and professionals
- Number of views for McLean ROSC Virtual Resource App
- Number of new funding opportunities shared with community partners and council members
- Attendance and engagement at collaborative NARCAN[®] workshops
- Increase in NARCAN[®] distribution or usage in the community
- Number of success stories and testimonials shared via social media or community platform
- Increase in public perception of harm reduction effectiveness based on survey feedback
- Feedback from training participants regarding knowledge gained and confidence in applying harm reduction practices

<u>Goal 3:</u> Ensure Effective Service Delivery - Expand the number of agencies with established MOUs to improve service delivery, increasing participation by 10% (Ongoingly, FY26+)

Objective A: Expand access to recovery support services by addressing location-based barriers to accessing services and resources, advocating for additional peer recovery services, and developing comprehensive referral networks to ensure continuity of care across healthcare and treatment settings.

Strategy 1: Collaborate with community partners who engage in mobile unit outreach to increase service delivery to individuals dealing with barriers to accessing care and resources due to lack of transportation; raise awareness of and promote virtual resources, telehealth options, and flexible transportation solutions within the community.

- Develop a marketing material that troubleshoots and provides resource information for location-based barriers in accessing care and resources to share with the community.
- Attend at least 1 mobile unit outreach event/quarter

Strategy 2: Promote and strengthen expansion of peer recovery services, ensuring more individuals have access to recovery supports and services; collaborate with local recovery networks to identify areas of need and advocate to expand peer recovery services where gaps exist.

• Conduct yearly needs assessment, gap analysis, and updated community resource mapping

Strategy 3: Enhance collaboration among service providers to develop comprehensive referral networks to ensure continuity of care across various service settings

- Explore three different solutions for creating informal referral networks
 - o Determine the need for the different types of referral network
 - Service providers
 - PLEs

Outcome Measures:

- Number of mobile unit outreach events that share ROSC/recovery resource information
- Number of marketing materials created and distributed that help troubleshoot location-based barriers in accessing resources
- Number of informal referral networks developed and established
- Number of recovery network partnerships formed or strengthened
- Number of new partnerships established with healthcare providers, mental health professionals, and recovery organizations.
- Number of joint initiatives or programs developed and implemented.
- Stakeholder-reported improvements in coordination and service delivery.

Objective B: Strengthen community partnerships and engagement to enhance the delivery of recovery services by fostering cross-sector collaborations; integrating recovery support into community life; and building sustainable, transparent communication channels that involve individuals with lived experience, local leaders, and service providers in joint initiatives aimed at increasing access to substance use and co-occurring disorder resources.

Strategy 1: Collaborate with community partners to build integrated support networks, improve crisis intervention, raise awareness, share resources, advocate for supportive policies, and use community feedback to enhance the effectiveness of recovery services.

• Plan and implement at least 1 major community collaboration/year (i.e. Recovery Month library book display campaign, Essential Items Drive outreach bags, professional clothing drive, etc.)

Strategy 2: Partner with major employers (e.g., Rivian) to provide recovery resources and support services for employees. Establish workplace-based initiatives to increase access to substance use and mental health resources.

• Identify and conduct targeted outreach to at least 5 employers/year to share recovery resources for employees.

Strategy 3: Continue working with A New Horizon Recovery Community Center and similar organizations to align efforts, expand recovery networks, and increase outreach within the community.

• Plan and implement at least 1 major community collaboration/year (i.e. Recovery Month library book display campaign, Essential Items Drive outreach bags, professional clothing drive, etc.)

Strategy 4: Maximize the expertise and networks of McLean County ROSC council members, the Planning Committee, and community volunteers to broaden access to recovery resources and increase community involvement.

• Conduct talent assessment yearly

Outcome Measures

- Number of new or strengthened partnerships established with community organizations.
- Number of community feedback sessions conducted, and recommendations integrated
- Number of new employer partnerships established
- Number of employees accessing recovery resources through workplace-based initiatives
- Number of joint events, initiatives, or outreach efforts conducted
- Number of individuals connected to recovery services through collaborative efforts
- Number of community outreach events that are supported by council members and volunteers.
- Increase in volunteer participation and engagement
- Number of major community collaborations planned and implemented

Objective C: Expand and Strengthen Awareness and Promotion of Recovery Resources to Improve Accessibility and Engagement

Strategy 1: Enhance the visibility of available recovery services by consistently promoting them through McLean County ROSC social media, GSU website updates, McLean County ROSC virtual resource guide JotForm app updates, and targeted email campaigns. Strengthen outreach to ensure individuals and families know where and how to access support.

- Share at least 1 community resource on social media each week
- Perform quarterly audits on virtual resource guide JotForm app to ensure resources are most current and up to date

Strategy 2: Actively market and promote local and regional substance use, mental health, and cooccurring disorder treatment options through public-facing platforms and direct outreach efforts to increase awareness and accessibility.

• Share at least 1 community resource on social media each week

Strategy 3: Collaborate with local businesses, community centers, healthcare providers, etc. to secure joint participation in events and showcase wraparound supports

- Share at least 1 community resource on social media each week
- Attend at least 1 community outreach event/quarter
- Showcase a community resource spotlight during monthly council meetings at least once quarterly

Strategy 4: Create engaging booths and presentations that offer free resources, ROSC information, education material on recovery, substance use, harm reduction, co-occurring disorders, etc.

- Create an updated intro to ROSC community presentation incorporating strategic goals to present to community stakeholders
- Create strategic plan infographic to share with the community at community outreach events

Strategy 5: Engage with local media outlets to publicize events, raising awareness about the availability of recovery resources and ROSC initiatives

• Work to engage with local media outlets to share at least 1 news story/year promoting recovery-related events.

Strategy 6: Monitor the effectiveness of outreach activities and effectiveness of partnerships to ensure increased awareness of and access to recovery resources

• Monthly document outreach and engagement efforts

Outcome Measures

- Increase in social media reach and engagement (e.g., likes, shares, comments).
- Number of JotForm app visits
- Number of JotForm app audits
- Number of community resource spotlight social media posts scheduled
- Number of monthly council meeting community resource spotlights
- Number of community outreach events attended
- Number of presentations delivered within the community
- Number of public-facing platforms and outreach channels used.
- Number of direct outreach efforts conducted
- Number of new partnerships established with local businesses and organizations.
- Number of resources distributed at events.
- Number of media features or mentions secured.
- Increase in public event attendance due to media outreach.
- Increase in survey-reported awareness and access to recovery resources.

Summary:

In conclusion, the establishment of a collaborative Recovery-Oriented System of Care (ROSC) aims to foster a culture that cultivates, enhances, and supports recovery, while also conveying to the broader community that "Recovery <u>IS</u> a Reality." This initiative encompasses the dissemination of messages centered on hope, self-worth, joy, empowerment, and community connection for individuals in recovery. We earnestly believe that the execution of various proposed initiatives and actions will

significantly contribute to preventing relapse by broadening the opportunities and resources accessible to those in recovery.

This mission includes several key objectives: to inform, educate, and empower both individuals and communities to diminish stigma; to provide prevention, harm reduction, and early intervention services; to improve treatment and recovery options; to advocate for and implement changes in policy and practice; to foster community partnerships; and to assess services for continuous enhancement. A crucial aspect of this effort is to identify community gaps and facilitate collaboration among diverse stakeholders, leading to the development and implementation of effective solutions within the community, such as increased harm reduction services and resources, enhanced recovery support and services, and expanded education and awareness regarding substance use disorders (SUD) and Co-Occurring Disorders (COD to reduce stigma). Ultimately, the primary goal of the McLean County ROSC is to optimize the opportunities for its recovering residents to lead self-directed, safe, healthy, and fulfilling lives.

https://govst.edu/ROSC-GSU/ROSCC/CMLC/

https://www.facebook.com/McLeanCountyRecovers/

https://www.jotform.com/app/McLean-ROSC/virtual-resources

https://www.youtube.com/channel/UCe17dMnMe0lKI19pmARgj8Q

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