



Northwest Suburban ROSC Council 5-Year Strategic Plan

Kenneth Young Center's (KYC) mission is to provide "compassionate service to people of all ages in order to overcome life's challenges and achieve their goals through personalized behavioral health and older adult services." Our services include individual, family and group therapy, psychiatric evaluation and medication monitoring for youth to seniors, counseling for folks across all ages, transitional living program, rapid assessment and service planning, case management, employment services, mental health crisis evaluation, drop-in recovery support services, MISA services for adults with co-occurring substance abuse and mental health. We help people "feel good, do better, and find solutions." KYC coordinates a community coalition (Northwest Suburban ROSC) who provide community oversight and input from multiple sectors from North-West suburban and Western Cook County, as well as Kane County that is served by School Districts 131, 129, and 204, as well as Cook County High School Districts 214 and 211 – the ROSC service area. The council has led the strategic planning process for the ROSC to address recovery support services in our community.

To describe the need for a ROSC in the service area, KYC staff reviewed the 2024 Illinois Youth Survey (IYS) data and determined that many students may benefit from an individual substance use assessment based on the CRAFFT assessment criteria (C= ridden in a CAR driven by someone intoxicated; R= use alcohol/drugs to RELAX; A= use alcohol/drugs while ALONE; F= FORGET things you did while intoxicated; F= FAMILY or friends tell you to reduce drinking/drug use; T= gotten into TROUBLE while using alcohol/drugs). The Suburban Cook and Kane County Illinois Youth Survey reports show the following substance use rates by grade:

Non-Chicago Illinois Youth Survey (2024)

Substance Used	8th Grade	10th Grade	12th Grade
Used Past Year			
Any common substance (including alcohol, inhalants or marijuana)*	19%	31%	44%
Any common substances plus vaping (including alcohol, tobacco products, e-cigarettes or other vaping products, inhalants, or marijuana)*	20%	31%	44%
Alcohol	17%	29%	43%
E-cigarettes or other vaping products	4%	9%	15%
Any Tobacco Product (including smokeless tobacco, tobacco smoked through cigarettes or cigars/cigarillos, or tobacco used in a hookah water pipe)	1%	3%	8%
Inhalants	4%	2%	1%
Marijuana	3%	10%	21%
Synthetic marijuana	0%	1%	2%
Alcohol and marijuana at the same time	1%	5%	12%
Alcohol and energy drinks at the same time	2%	4%	8%

Kane County Illinois Youth Survey (2024)

Substance Used	8th Grade	10th Grade	12th Grade
Used Past Year			
Any common substance (including alcohol, inhalants or marijuana)*	21%	29%	33%
Any common substances plus vaping (including alcohol, tobacco products, e-cigarettes or other vaping products, inhalants, or marijuana)*	23%	29%	34%
Alcohol	18%	26%	31%
E-cigarettes or other vaping products	7%	10%	11%
Any Tobacco Product (including smokeless tobacco, tobacco smoked through cigarettes or cigars/cigarillos, or tobacco used in a hookah water pipe)	2%	2%	3%
Inhalants	4%	2%	1%
Marijuana	5%	10%	14%
Synthetic marijuana	1%	1%	1%
Alcohol and marijuana at the same time	2%	4%	5%
Alcohol and energy drinks at the same time	2%	3%	4%

Responses to the 2025 Community Needs and Resource Assessment Survey conducted by KYC Northwest Suburban ROSC indicated that the leading obstacles in the community are “access and availability to behavioral healthcare.” **Respondents named “embarrassment and stigma” as the greatest contributors outside of funding that impact treatment and recovery**, also highlighting a need for support through individual and family trauma, thus demonstrating a need for a ROSC Council in our community.

ROSC Service Area: Northwest Suburban Cook County

The geographic areas served are Suburban Cook County, as well as Kane County, located northwest of Chicago. This service area covers 1,229.8 square miles, approximately, and has a combined population of about 2,894,406 residents (2023 Census Reporter). The demographic profile of Cook County is: Caucasian/White (40%), African American (22%), Asian (8%), Native American (0.2%), Pacific Islander (0.1%), Other (0.25%), and Two or More Races (3%). Ethnically, 27% of the population is Hispanic. In Kane County, the demographic profile is: Caucasian/White (53%), African American (5%), Asian (4%), Native American (0.1%), Pacific Islander (0.1%), Other (0.25%), and Two or More Races (4%). Ethnically, 33% of the population is Hispanic. In both counties, the three most widely spoken languages at home are English, Spanish, and Indo-European languages. Roughly 77,799 residents are veterans.

ROSC Target Population

Ages of 14 – 65 with a particular focus on veterans and youth/young adults, ages 14-25.

Strategic Plan Development

The council's method for developing the Strategic Plan consisted of the following steps and timeline:

1. Conducted a ROSC Needs Assessment survey in January 2025.
2. Created a recovery-based Community Resource Assessment, completed in April 2025; assessment had 70 total participants, representing the sectors: Persons with Lived Experience (PLE), community members, parents of children under 18, primary care, mental health, law enforcement, local government and policymakers, substance use prevention providers, veterans, pastors or other from local faith-based community, and others.
3. Provided background information on the community as well as the results from the initial survey and resource assessment and used their ideas to assess how to address the biggest "issues" that those in recovery face within the community.
4. Collected the ideas and combined them to form the updated Strategic Plan.

Contributors to the strategic plan included persons with lived experiences, community members, parents, and local elected officials, and representatives from the following organizations:

- Harper College
- Elgin Community College
- Oakton College
- Schaumburg Township
- The City of Rolling Meadows
- Palatine Police Department
- Schaumburg Police Department
- Hoffman Estates Police Department
- Elk Grove Village Police Department
- Des Plaines Police Department
- Elgin Police Department
- Kane County Sheriff's Office
- Northwest Compass
- Schaumburg Library

We would also like to thank the 70 community members who completed the anonymous survey as part of the assessment to inform the strategic plan.

Goals, Objectives, and Activities

Goal 1: Decrease stigma about recovery in the community.

Objective 1: Increase opportunities for members of the community in recovery to tell their story.

Activities for FY27-28

- Host weekly panels in the month of September to give community members with personal lived experience in recovery a platform to share their experiences.
- Host monthly, educational “lunch and learns” with professionals in various sectors such as schools, law enforcement and government, behavioral health and recovery support services, and non-profit organizations
- Continue to host and participate in community events: Semi-annual Interfaith Luncheon, Organizational and School Resource Fairs, “Remember, Recover, Discover,” International Overdose Awareness Day, and “Seasons in Recovery” annually to connect PLE with resources as well as each other for community, building capacity and expanding the ROSC Council.
- Hold ongoing, weekly SMART Recovery meetings online 5 days a week for various populations: Spanish Speaking Adults, LGBTQ+ Adults, General Adults, Adolescent/Restorative, Family & Friends, as well as Veterans.

Activities for FY26 – FY27

- Host a quarterly educational event at local libraries and/or other public areas.
- Host a quarterly community presentation on the science of addiction by medical professionals and provide a panel of experts to facilitate discussion.
- Continue to host and participate in community events: Semi-annual Interfaith Luncheon, Organizational and School Resource Fairs, “Remember, Recover, Discover,” International Overdose Awareness Day, and “Seasons in Recovery” annually to connect PLE with resources as well as each other for community, building capacity and expanding the ROSC Council.
- Hold ongoing, weekly SMART Recovery meetings online 5 days a week for various populations: Spanish Speaking Adults, LGBTQ+ Adults, General Adults, Adolescent/Restorative, Family & Friends, as well as Veterans.

Activities for FY25 – FY26

- Host three community presentations on the science of addiction by medical professionals.
- Host weekly events and educational material for SAMHSA Recovery Month.
- Continue to host and participate in community events: Semi-annual Interfaith Luncheon, Organizational and School Resource Fairs, “Remember, Recover,

Discover,” International Overdose Awareness Day, and “Seasons in Recovery” annually to connect PLEs with resources as well as each other for community, building capacity and expanding the ROSC Council.

- Hold ongoing, weekly SMART Recovery meetings online 5 days a week for various populations: Spanish Speaking Adults, LGBTQ+ Adults, General Adults, Adolescent/Restorative, Family & Friends, as well as Veterans.
- Facilitate monthly council meetings inclusive of diverse members from various sectors
- Design a targeted campaign to bring awareness to reducing stigma in the community using visual advertisement (digital billboards, posters, banners, etc.)

Activities for FY25:

- Host and participate in community events: Semi-annual Interfaith Luncheon, Organizational and School Resource Fairs, “Remember, Recover, Discover,” International Overdose Awareness Day, and “Seasons in Recovery” annually to connect PLE with resources as well as each other for community, building capacity and expanding the ROSC Council.
- Design and implement mentorship programs with surrounding high schools and school districts within suburban Cook and Kane Counties.
- Hold ongoing, weekly SMART Recovery meetings online 5 days a week for various populations: Spanish Speaking Adults, LGBTQ+ Adults, General Adults, Adolescent/Restorative, as well as for Family & Friends.
- Facilitate monthly council meetings inclusive of diverse members from various sectors

Objective 2: Provide community training opportunities.

Activities for FY27 – FY28

- Host up to two Trauma Trainings each year
- Host up to two Verbal De-escalation and Crisis Prevention/Intervention Trainings.
- Provide Naloxone Training and overdose prevention education to groups in libraries, colleges, and other community settings, as well as at special events hosted with partnering organizations.
- Fund SMART Recovery Trainings for ten PLEs each year.
- Provide credentialed professional development for local coaches twice a year.
- Share new information in recovery research via the council’s social media platform (LinkedIn, Facebook, Twitter, Instagram, Pinterest, etc.).

Activities for FY26 – FY27

- Host up to two Trauma Trainings each year
- Host up to two Verbal De-escalation and Crisis Prevention/Intervention Trainings.
- Provide Naloxone Training and overdose prevention education to groups in libraries, colleges, and other community settings, as well as at special events hosted with partnering organizations.
- Fund SMART Recovery Trainings for ten PLEs each year.
- Provide credentialed professional development for local coaches twice a year.

- Share new information in recovery research via the council's social media platform (LinkedIn, Facebook, Twitter, Instagram, Pinterest, etc.).

Activities for FY25-26:

- Host Trauma Trainings (Webinar Series).
- Host Verbal De-escalation and Crisis Prevention/Intervention Trainings.
- Fund SMART Recovery Trainings for ten PLEs.
- Provide Naloxone Training and overdose prevention education to groups in libraries, colleges, and other community settings, as well as at special events hosted with partnering organizations.
- Provide Recovery Coach Training
- Helping PLEs become CRSS Certified

Goal 2: Improve access to timely care.

Objective 1: Raise awareness and access to the available services in the community.

Activities for FY25 – FY28

- Update annually an interactive online resource guide in multiple languages, including organization, type of treatments, cost of treatment, location, specialties, financial/insurance details, age groups, contact information, and website.
- Update annually the one printed resource guide to distribute to residents and local police and fire departments in English and Spanish.
- Update quarterly the resource guide app and/or website for special populations (youth, adults, LGBTQ+, and veterans).

Activities for FY25

- Revise the council's bylaws to include recovery goals and objectives.
- Develop an interactive online resource guide in multiple languages, including organization, type of treatments, cost of treatment, location, specialties, financial insurance, age groups, contact information, and website.
- Create one printed resource guide to distribute to residents and local police and fire departments in English and Spanish.
- Develop an app and/or website for special populations (youth, adults, LGBTQ+, and veterans).

Goal 3: Increase access to multiple recovery support options.

Objective 1: Provide various community recovery services.

Activities for FY25 – FY28

- Identify gaps in recovery support options annually.
- Present new recovery support services at monthly council and community meetings.
- Increase number of population-specific recovery groups (e.g. adult men, adult

women, restorative SMART, LGBTQ+, veterans, people living with positive HIV status, and families impacted by mental health and substance use disorders).

Activities for FY25:

- Identify gaps in recovery support options.
- Present multiple recovery providers at council and community meetings (e.g. AA, NA, SMART, Recovery Dharma, etc.).
- Establish the Northwest Suburban ROSC as a permanent entity supported by the Kenneth Young Center.

Objective 2: Increase community members' access to services.

Activities for FY25 – FY28:

- a. Fund a local Recovery Hotline for 24/7 recovery coaching and referrals.
- b. Plan two annual community events promoting local recovery support services annually.
- c. Host population-specific recovery groups (e.g. teens, LGBTQ+, veterans, young adults, etc.).
- d. Install NARCAN vending machines and supplies in all service areas, Cook and Kane Counties.
- e. Co-host community events promoting local recovery support services with partnering organizations
- f. Provide services to individuals facing transportation barriers in accessing recovery support services

Activities for FY25:

- Plan two annual community events promoting local recovery support services annually.
- Host population-specific recovery groups (e.g. teens, LGBTQ+, veterans, young adults, etc.)
- Install NARCAN vending machines and supplies in all service areas, Cook and Kane Counties
- Co-host community events promoting local recovery support services with partnering organizations
- Solidify services for individuals facing transportation barriers in accessing recovery support services

