

Recovery Oriented System of Care



Alexander/Pulaski County ROSC Strategic Plan Fiscal Year 2025

Purpose

The strategic plan serves as a roadmap to guide the work of the Arrowleaf ROSC Council. It outlines clear, individualized objectives that help measure the Council's impact, ensure accountability, and support ongoing growth. These objectives also provide structure and direction for Council members as they work collaboratively to support recovery in Southern Illinois.

Strategic planning is a critical tool for aligning efforts, setting priorities, and focusing on resources where they are most needed. It strengthens operations, builds shared understanding among members and stakeholders, and ensures everyone is moving toward common goals. As needs evolve, the strategic plan allows the Council to assess progress, remain flexible, and adjust course – ensuring sustained momentum in creating a vibrant, recovery-oriented community.

Recovery Support Dimensions

In shaping this strategic plan, the Arrowleaf Alexander/Pulaski County ROSC Council has aligned its goals with the four major dimensions that support a life of recovery, as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA):

- **Health** – Managing one's disease or symptoms and making informed, healthy choices that support physical and emotional well-being
- **Home** – Having a stable and safe place to live.
- **Purpose** – Engaging in meaningful daily activities, such as employment, education, caregiving, or creative endeavors, and having the independence, income, and resources to participate in society.
- **Community** – Building relationships and social networks that provide support, friendship, love, and hope.

These dimensions serve as a framework to guide our efforts and ensure that our work addresses the whole person – not just their recovery from substance use, but their ability to thrive in all areas of life.

ROSC Definition

A Recovery-Oriented System of Care (ROSC) is a coordinated network of community-based supports that is person-centered and strength-based, designed to support individuals and families in achieving and sustaining recovery from substance use and/or mental health challenges.

Key Features of a ROSC:

- **Person-Centered:** Services are tailored to the individual's needs, values, and goals – not a one-size-fits-all approach.
- **Strength-Based:** Emphasizes individuals' capacities, assets, and potential for recovery, rather than focusing solely on their pathology or deficits.
- **Holistic:** Addresses a broad range of needs including housing, employment, education, health care, and social connections – not just treatment for substance use.
- **Peer Support:** Involves people with lived experience of recovery by providing support, mentorship, and guidance.
- **Family and Community Involvement:** Recognizes the importance of involving family members, faith-based groups, employers, and other community resources in the recovery process.
- **Continuity of Care:** Offers a long-term, flexible approach to care that supports people throughout all stages of recovery – not just during crises.
- **Culturally Responsive:** Ensures services are inclusive and respectful of diverse backgrounds, identities, and experiences.

ROSCs aim to shift the focus from acute care and short-term interventions to a long-term recovery management model, helping people not just survive but thrive within their communities.

Arrowleaf ROSC Mission

To empower individuals and families in Southern Illinois to achieve and sustain recovery through a person-centered, strength-based network of supports. We build community connections that promote well-being, reduce stigma, and ensure equitable access to recovery resources for all, so that every person can reach their full potential.

Arrowleaf ROSC Vision

We envision a Southern Illinois where recovery is celebrated, support is accessible to everyone, and individuals in recovery are thriving contributors to safe, vibrant, and inclusive communities.

Alexander and Pulaski County Community Needs

The Alexander/Pulaski County Community Needs Assessment identified multiple, interconnected barriers impacting individuals with substance use and mental

health challenges, as well as those in various stages of recovery. These barriers not only affect individuals but also create ripple effects across the overwhelmingly rural communities and the broader Southern Illinois region. In response, the Alexander/Pulaski ROSC Council's Strategic Plan is designed to address these challenges through targeted, actionable goals aimed at reducing transportation obstacles, overcoming systemic issues in accessing care, and mitigating the effects of economic decline to improve behavioral health and substance use outcomes at the community level.

Health disparities in the region remain significant and are often rooted in systemic inequities and persistent structural challenges. The community has a higher proportion of Black residents compared to neighboring counties, and residents face elevated rates of substance use, mental health concerns, chronic illness, and preventable overdose deaths. Contributing social determinants such as housing instability, lack of broadband access, and insufficient local healthcare providers further complicate these issues. Community members have voiced concerns that services are not equally accessible to all individuals regardless of income, insurance status, race, primary language, gender identity, or citizenship status. This underscores the urgent need for equity-driven, community-centered strategies like those outlined in the Alexander/Pulaski County ROSC Council's Strategic Plan.

Goal 1: Expanding Telehealth Services with Infrastructure Support. Enhance access to recovery services in Alexander and Pulaski Counties by expanding stigma-free entry points to care that address the counties' unique challenges of transportation barriers, economic decline, and limited broadband access.		
Objective	Target Date	Performance Measure
Establish partnerships with at least three trusted community organizations (i.e. libraries, schools, clinics, or mobile partners) in Alexander and Pulaski County (a minimum of one location in each County) to offer monthly drop-in telehealth access hours in private, welcoming settings. These locations will be selected to maximize accessibility for residents facing transportation barriers and economic limitations.	12/31/2025	Number of formalized partnerships established
Support at least 20 residents in accessing virtual and/or in-person recovery services through drop-in locations, offering on-site assistance	06/30/2026	Number of referrals made to additional recovery support services through drop-in hours

with technology, service navigation, and connections to resources such as insurance enrollment, MAR, and peer support.		
Facilitate four hybrid “Recovery Roundtable” events annually, each drawing a minimum of 10 participants to highlight diverse recovery pathways and increase public awareness of available services, including harm reduction and peer-led support – while fostering inclusion of culturally and linguistically diverse residents to address historic mistrust and promote equity.	Quarterly; 09/30/2025, 12/31/2025, 03/31/2026, and 06/30/2026	<p>Number of Recovery Roundtables held</p> <p>Average number of participants per event</p> <p>Percentage of events featuring culturally and linguistically diverse speakers of panelists</p> <p>Participant satisfaction and perceived inclusiveness</p>

Goal 2: Community-Based Education and Support Initiatives. Increase public awareness of recovery resources and reduce stigma in Alexander and Pulaski Counties through monthly community education campaigns and peer-led engagement efforts that specifically address local social determinants of health, including transportation challenges, economic hardships, and racial equity.

Objective	Target Date	Performance Measure
Develop and distribute monthly printed and digital resource materials on topics including transportation, food assistance, Medicaid, education, employment, and recovery services in at least 10 high-traffic community locations (i.e. pantries, libraries, clinics, schools, and courthouses) across Alexander and Pulaski Counties.	12/31/2025	<p>Number of monthly resource materials developed and distributed</p> <p>Number of distribution sites maintained each month</p>
Engage at least 5 individuals with lived experience in recovery as volunteers in community service initiatives – such as food distribution, gardening, or harm reduction events – to promote empowerment, skill-building, and peer visibility.	06/30/2026	<p>Number of individuals with lived experience engaged as volunteers</p> <p>Number of community service events or initiatives involving peer volunteers</p>

		Peer-reported impact on empowerment and skill-building
Implement at least 6 community awareness events or campaigns annually, each designed to normalize recovery conversations, increase visibility of local services, and include measurable outreach (i.e. 100+ materials distributed, or 50+ people reached per campaign).	Bi-Monthly between 07/01/2025 and 06/30/2026	Number of community awareness events or campaigns implemented Number of individuals reached per event or campaign Number of collaborative partners involved in planning or hosting events Social media or media engagement
Provide Narcan (naloxone) training to at least 75 Alexander and Pulaski County residents through a minimum of 10 community-based training events. These events will be hosted in accessible, trusted locations such as libraries, schools, community centers, and food pantries, with the goal of increasing overdose prevention awareness, reducing stigma, and empowering community members to respond to opioid-related emergencies.	06/30/2026	Number of Narcan training events conducted Number of Alexander and Pulaski County residents trained Number of Narcan kits distributed Community feedback on stigma and preparedness Participant confidence in responding to an overdose

Goal 3: Mobile Engagement through Community Partnerships. Expand access to behavioral health and substance use services in Alexander and Pulaski Counties through mobile, community-based outreach that addresses transportation barriers and systemic inequities while promoting equity, trust, and community engagement.		
Objective	Target Date	Performance Measure
Coordinate with at least two regional mobile service providers (i.e. Southern Seven Wellness on Wheels, PECaD Community Van, etc.) to host monthly	12/31/2025	Number of regional mobile service provider partnerships established

mobile outreach events offering behavioral health screenings, harm reduction materials, and care navigation.		Number of mobile outreach events held
Engage at least 200 community members in mobile outreach events, providing brief screenings, education, and direct referrals to services including MAR, mental health support, and recovery housing.	06/30/2026	<p>Number of community members engaged through mobile outreach</p> <p>Number of brief screenings, shared educational materials or harm reduction resources, and referrals completed</p> <p>Number of direct referrals made to services</p>
Ensure ROSC Council representatives participate in 100% of mobile events, using lived experience to provide person-centered support, reduce stigma, and build community trust, with pre- and post-event feedback surveys implemented twice throughout the award year to assess community perceptions and needs.	12/31/2025 06/30/2026	<p>Percentage of mobile outreach events attended by ROSC Council representatives</p> <p>Number of peer interactions or engagement during mobile events</p> <p>Implementation of pre- and post-event community surveys</p> <p>Community-reported perception of stigma and trust</p>