

Strategic Plan FY26

Cumberland County Recovery Oriented Systems of Care (ROSC) Council

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Lead Agency: Hour House

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ROSC Council Mission Statement: The Cumberland County ROSC Council collaborating with one another to build and empower communities of recovery.

ROSC Council Vision: Cumberland County to build a safer, stronger, and healthier community that supports multiple pathways to recovery for families and those individuals affected by substance use disorder (SUD) and/or Mental Health issues.

Needs Assessment

Demographics

Cumberland County is predominantly White alone at 98.6%. Hispanics or Latinos account for 1.4%; African Americans and Asians alone, 0.7%; American Indians and Native Alaskans alone, 0.2%; and two or more races, 1.4% (United States Census Bureau QuickFacts, July 2024).

Persons under the age of 5 years old account for 5.5%, ages 5-18 years old, 22.1%, ages 18-65, 50.6%, and 65+, 21.8% (*Community Demographics Cumberland County, IL, 2025*). Females account for 49.7% and males 50.3% of the population (United States Census Bureau QuickFacts, July 2024).

The median household income is \$69,826, with the persons in poverty rate at 11.2% (*Illinois State Poverty Percentage Map, Illinois Extension*). The number of households for 2019-2023 is 4,180, with the average persons per household being 2.45 (United States Census Bureau QuickFacts, July 2024).

Based on this data, it can be determined that most of the population in Cumberland County is White, has above average income, and between the ages of 18 and 65 years old.

In the past year, Cumberland County reported zero fatal overdoses and three nonfatal overdoses, compared to four fatal overdoses in 2023 and six nonfatal overdoses in 2024. Because overdose counts are fewer than ten, specific numbers by category or age group are not released, and it is important to note that the total number of nonfatal overdoses is likely underrepresented, as not all incidents are reported. In addition, individuals who needed medical attention would have gone to a hospital outside of Cumberland County.

Over the last 11 months, the Cumberland County ROSC Council has distributed 156 Narcan kits through our Narcan Drug Overdose Prevention Program (DOPP) sites, community-wide Narcan trainings, Candlelight Vigil, and other events.

The FY26 Cumberland County ROSC Council Community Survey yielded feedback from **182 community members**, providing crucial insight into local perceptions of recovery, harm reduction, mental health services, and system barriers. The results reveal clear gaps in community awareness, access to treatment and harm reduction services, and stigma reduction, all of which are directly tied to the Cumberland County ROSC Council's FY26-FY28 priority projects: **expanding harm reduction access and awareness, exploring recovery housing, and implementing a Diversion Program for justice-involved individuals**. Across multiple questions, respondents identified limited access to treatment and recovery services, challenges in navigating available supports, and strong support for recovery housing and diversion—demonstrating a community desire for expanded service delivery and more coordinated recovery infrastructure throughout Cumberland County.

Survey data shows that expanding harm reduction is both necessary and strongly supported by the community. When asked whether increasing DOPP (Narcan) sites would be beneficial, **73.4% of respondents agreed or strongly agreed**, reinforcing the urgent need to grow local overdose prevention efforts. Additionally, **56% agreed** that Narcan and syringe programs reduce harm, yet **43.7%** reported that harm reduction services are difficult to find in the community. This aligns with broader survey findings in which **18.8%** of respondents cited a lack of resources and **15.6%** cited substance availability as major barriers to recovery. **These findings directly support Goal 1: Expanding Harm Reduction and**

Awareness by increasing access to lifesaving tools, improving service visibility, and reducing preventable overdose-related harm.

Survey responses demonstrate several gaps in **early intervention**, particularly in connecting individuals to treatment and recovery services before crises escalate. Only **46.5%** of respondents reported knowing where to access substance use treatment, and **52%** knew where to find mental health services—indicating that nearly half of the community remains uncertain about how to access essential care. Furthermore, **64.8%** of residents identified transportation and location as barriers to housing access, reflecting broader structural challenges that also impede timely connection to treatment. The strong community support for recovery housing **85.2%** suggests recognition that early stability in living environments plays a vital role in preventing substance use from worsening. These results highlight the need for better service visibility, improved navigation supports, and earlier engagement. **These results further underscore Goal 2: Exploring Recovery Housing as a preventative intervention that supports early engagement, continuity of care, and long-term recovery outcomes.**

From a **health promotion** perspective, survey results reveal substantial needs in education, awareness, and access to supportive services. When respondents were asked whether they knew where to access various community supports, awareness was high for basic needs, such as food assistance **90.1%**, but much lower for critical behavioral health services, including recovery support **53.7%**, and substance use treatment, **46.5%**. More than half of respondents lack awareness of where to seek treatment or ongoing recovery services, which reflects a major health communication gap in the county. Additionally, there was overwhelming support for recovery housing, with **85.2% agreeing or strongly agreeing** that it would benefit individuals in recovery. This demonstrates strong community readiness to support upstream health promotion strategies centered on stable housing, dignity, and improved access to care. **These findings reinforce Goal 2: Exploring Recovery Housing as a critical upstream strategy to promote stability, dignity, and sustained recovery.** Strengthening public awareness, expanding community education, and increasing visibility of local supports.

One of the most significant issues impacting recovery in Cumberland County continues to be **stigma** surrounding SUD. The survey question, *“People who use drugs deserve respect,”* highlights both progress and ongoing community challenges. While **43.8% strongly agreed** and **30.4% agreed**, reflecting that **74.2% of respondents** hold a compassionate and dignity-focused view, the remaining portion did not demonstrate the same level of confidence. **21.9% remained neutral**, and **3.9% disagreed**, indicating that nearly one-quarter of the community is not fully aligned with a health-based, nonjudgmental perspective of SUD. This neutrality and disagreement suggest that some residents may still associate substance use with moral failure rather than a medical condition. This lingering stigma contributes to shame, hesitation to seek help, and reduced engagement with harm reduction and recovery services. These findings underscore the importance of **Goal 3: Implementing a Diversion Program**, which reframes substance use as a behavioral health issue while promoting dignity, compassion, and equitable access to care.

Prevention efforts must address the environmental, social, and structural barriers identified in the survey. Respondents highlighted environmental triggers, **13.1%** cited people/places, lack of support **12.5%**, stigma **9.4%**, and transportation **10%** as significant obstacles to recovery. Community feedback also demonstrated strong support for treatment-based approaches to justice involvement, with **75.3% agreeing or strongly agreeing** that a Diversion Program would benefit the community, and **72.5%** reporting that individuals with SUD should receive treatment rather than incarceration for non-violent offenses. These results reinforce the importance of **Goal 3: Implementing a Diversion Program**, which reduces long-term harm by addressing root causes of substance use through supportive rather than punitive measures. Preventing relapse, recidivism, and escalation of substance use requires addressing these systemic barriers through upstream supports such as recovery housing, harm reduction access, and community education.

The findings from the Cumberland County ROSC Community Survey clearly demonstrate that while the community shows strong support for recovery-focused initiatives, significant gaps remain in access, awareness, and stigma reduction. With **182 community members** contributing their perspectives, the results highlight a shared belief in the value of expanded harm reduction services, recovery housing development, and treatment-based alternatives to incarceration. The data reflect both the readiness and the need for continued investment in public education, early intervention pathways, diversion programming, and recovery-supportive environments. By focusing on our FY26 priority goals—**expanding harm reduction access and awareness, exploring recovery housing options, and implementing a diversion program for justice-involved individuals**—Cumberland County can build a more equitable, accessible, and recovery-oriented

system of care. Continued collaboration among service providers, community stakeholders, and residents will be essential to reducing stigma, increasing service delivery, and ensuring that every individual has the opportunity to pursue recovery and long-term wellness.

Stakeholder and Community Feedback

Stakeholders have shared that Cumberland County has historically been known for its high rates of methamphetamine use, which has contributed to stigma amongst residents. One stakeholder said, “People with a substance use disorder are judged in this county. The stigma from it is one of the largest barriers that need to be overcome.” In addition, another community activist stated, “Nobody wants to talk about the problem until it affects them. Until people are willing to talk about it, and work together to come up with some solutions to these problems, nobody should be judging. We have gaps that need addressed.” Stakeholders have shared that there is community hesitancy to harm reduction services such as needle exchange services.

“The Prosecutor’s office in Cumberland County is very blessed to have a resource such as ROSC to assist those in need of recovery.” Bryan Robbins, States Attorney, has stated.

“This past year we have continued to build relationships with employers, healthcare providers, educators and law enforcement, as well as, undergird our relationship with court personnel. We have been able to celebrate so many recovered lives and it has been a joy to be involved in the Cumberland ROSC Council since its inception.”, stated a ROSC Council member.

Cumberland County ROSC Council Outreach & Communication Plan

Purpose: This document outlines how the Cumberland County ROSC Council will communicate the ROSC concept by educating community stakeholders on our mission, objectives, events, and other related activities. The information below includes the specific populations we intend to target and the tactical plan for various communication channels. This plan also in-depth how the Cumberland County ROSC Council will provide outreach to its community and implement the ROSC concept.

Objectives:

- Increase public awareness of SUD as a treatable condition.
- Reduce stigma across key stakeholder sectors.
- Promote available treatment, recovery, and harm-reduction resources.
- Build the Cumberland County ROSC Council credibility and visibility.
- Strengthen internal communication across the Cumberland County ROSC Council partnerships.
- Mobilize community members to support systemic change.
- Measure and report community progress.

Target Audiences:

Communication and outreach to the *whole* community are important for increasing the visibility of ROSC & progress on systemic change. During the next three years, the Cumberland County ROSC Council has identified its main target audiences as **persons with lived experience (PLE), judicial, healthcare, businesses, and education** to increase the likelihood of local community change.

- **Persons with Live Experience:** To empower PLEs to use their voices to guide local change in the community.
- **Judicial:** To engage judicial partners in developing treatment-focused pathways that support recovery, reduce stigma, and expand diversion opportunities.
- **Healthcare:** To collaborate with healthcare providers to increase awareness, improve early identification of SUD, and expand access to treatment and harm reduction services.
- **Businesses:** To partner with local businesses to promote recovery-friendly workplaces, increase awareness, and host DOPP display sites.
- **Education:** To work with schools and educational institutions to support youth prevention efforts, improve SUD awareness, and build stronger referral pathways for students and families.

Key Message

The Cumberland County ROSC Council is committed to transparent, inclusive, and collaborative communication, sharing strategic initiatives, progress, resources, and opportunities with stakeholders and the community through regular updates, multi-channel outreach, stakeholder presentations, feedback loops, and accessible meetings to promote engagement, accountability, and community impact.

Channel	Audience	Frequency	Responsible person(s)
Email, phone, text with ROSC Council members	Community members, PLEs, health care, judicial, businesses,	Biweekly	ROSC Council Coordinator, ROSC Council Recovery Navigator
ROSC Council meeting	All sectors	Monthly	ROSC Council Coordinator
Recovery Housing Subcommittee meeting	PLEs, Community member, Law Enforcement	Monthly	ROSC Council Coordinator, ROSC Council Recovery

			Navigator
Narcan Trainings	Community members, local businesses, Seniors	Quarterly	ROSC Council Coordinator, ROSC Council Recovery Navigator
Candlelight Vigil Overdose Awareness Event	Families, PLEs, community members	Annually in August	ROSC Council Coordinator, ROSC Council Recovery Navigator
Recovery Picnic	PLEs, community members, businesses, recovery supports, families	Annually in September	ROSC Council Coordinator, Recovery Navigator, Council members
Recovery Month Testimonials	All sectors	Annually in September	ROSC Council Coordinator
1:1 meetings with key stakeholders	All sectors but focus on target audience	Weekly	ROSC Council Coordinator, ROSC Council Recovery Navigator, Committee members
Cumberland County ROSC Council Facebook page	Community members; PLEs, PLE families	5 posts/week	ROSC Council Coordinator & Council Members
Community free laundry days	PLEs, families of PLEs, unhoused, subsidized housing recipients	Quarterly	ROSC Council Coordinator, ROSC Council Recovery Navigator, Council members
Local community events	Community members; service providers	Quarterly	ROSC Council Coordinator & ROSC Council Recovery Navigator
Host a family-friendly/sober event	PLEs, families, community members	Biannually	ROSC Council Coordinator & ROSC Council Recovery Navigator
Government board meetings	Local government, judicial, law enforcement	Quarterly	ROSC Council Coordinator & ROSC Council Recovery Navigator
Peer-led Recovery Education groups	PLEs, community members	Weekly	ROSC Council Recovery Navigator
Anti-Stigma Campaign (newspaper & social media)	Community members, media	Monthly	Hour House ROSC Council Coordinators
ROSC Concept presentations with key stakeholders	PLEs, judicial, healthcare, businesses, education	5x/year	ROSC Council Coordinator & ROSC Council Recovery Navigator, Council members
Resource folders	PLEs, service providers, law enforcement	As needed	ROSC Council Coordinator & ROSC Council Recovery Navigator
ROSC Council Newsletter (email & social media)	ROSC Council members & Community members	Monthly	ROSC Council Coordinator & ROSC Council Recovery Navigator
Attend Interagency Meetings	Service providers, healthcare	Quarterly	ROSC Council Coordinator
Drug Overdose Prevention	Community members;	Bi-monthly check-ins	ROSC Council

(DOPP) sites	families of PLEs, parents		Coordinator
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Evaluation and Feedback

The communication and outreach of the ROSC Council will be evaluated based on social media analytics, the number of community events attended and hosted, number of harm reduction trainings hosted, number of stakeholder meetings, number of ROSC concept presentations given, number of harm reduction supplies distributed, number of DOPP sites established, number of resource folders distributed, number of individuals attending free laundry days, ROSC Council Community Survey data, number of sectors represented on the ROSC Council, retention rate of the ROSC Council, timeliness of completing goals, survey of the ROSC Council progress.

Cumberland County ROSC Council Goals, Objectives, & Outcome Measures

Goal 1. By June 30, 2026, the Cumberland County ROSC Council will expand community awareness of and access to harm reduction services.

Objectives FY26:

- a. Identify and confirm at least two new DOPP display site locations by September 30th, 2025. (Completed)
- b. Conduct outreach to at least three new sectors—businesses, community centers, and faith-based organizations—to secure a total of four new site partnerships by February 28th, 2026
- c. Deliver the first two Narcan trainings of the year (3 total required), ensuring a minimum of five community participants per session by March 30th, 2026.
- d. Establish two additional DOPP display sites and conduct the second Narcan training session, distributing post-training surveys to measure knowledge improvement by April 30th, 2026.
- e. Establish two additional DOPP display sites to reach a total of six display sites countywide by April 30th, 2026.
- f. Integrate harm reduction messaging into all Cumberland County ROSC Council events, outreach, and council activities, and continue bi-monthly DOPP display site checks throughout FY26.
- g. Conduct the third Narcan training and achieve a cumulative distribution of at least 60 Narcan kits through trainings, display sites, and community outreach by June 30th, 2026.
- h. Utilize the Cumberland County ROSC Council Facebook page to share harm reduction education—including Narcan access, overdose prevention strategies, and training announcements—at least twice per month beginning December 2025 to increase community awareness and engagement.

Progress achieved

- Identified two new DOPP display site partners.
- Hosted the first Narcan training.
- Integrated harm reduction messaging into ROSC Council communications and public events.
- Hosted a Candlelight Vigil Overdose Awareness Event.
- Distributed 132 boxes of Narcan from July to December 2025.

Next Steps

- Continue outreach to businesses, community centers, and faith-based organizations to secure **at least three additional DOPP display site agreements.**
- Establish additional DOPP display sites to reach a **total of six countywide.**
- Schedule and conduct the **second Narcan training session.**
- Implement **training and presentation evaluation tools** to measure participant knowledge and impact.
- Maintain twice-monthly harm reduction education posts on the Cumberland County ROSC Council Facebook page.
- Conduct bi-monthly DOPP display site checks and continue monitoring distribution levels
- Plan and deliver the **third Narcan training** and track cumulative Narcan distribution toward the FY26 target.

Outcome Measures

- Number of new DOPP display sites established.
- Number of Narcan kits distributed (target: minimum 60 per year).
- Number of Narcan trainings conducted (target: three).
- Number of community members trained (target: 50+ across all events).
- Percentage of training and presentation participants demonstrating increased knowledge of overdose response and Narcan use, as measured through post-event evaluation tools.

Year 3: By June 30, 2028, Cumberland County will demonstrate a measurable increase in community acceptance of harm reduction strategies.

Long Term Objectives FY27/28

- a. Expand harm reduction outreach and DOPP display site partnerships by six across additional community sectors, including civic groups, schools, and employers, by June 30, 2028.
- b. Integrate harm reduction education into at least two county-wide community events annually by June 30, 2028.
- c. Sustain delivery of at least three harm reduction/Narcan trainings annually with at least 5 participants per training, incorporating standardized post-training evaluation tools to assess participant knowledge, confidence, and readiness to respond to overdose.
- d. Continue consistent harm reduction education and service visibility efforts, including promotion of Narcan access points and trainings through community outreach and digital platforms.

Long Term Outcome Measures

- Increased number of DOPP/Narcan display partners and distribution sites.
- Annual report documenting Narcan distribution data and community engagement trends.
- Survey-based increases in community understanding and acceptance of harm reduction strategies.
- Increased awareness of where to access Narcan and harm reduction services, as measured through community surveys and outreach feedback.
- Increased participation in harm reduction trainings and community education events over time.
- Participant-reported increases in knowledge, confidence, and readiness to respond to overdose, as measured through post-training and post-presentation evaluation tools.

Goal 2: By June 30, 2026, the Cumberland County ROSC Council will advance exploration of recovery housing options.

Objectives FY26:

- a. Form the Recovery Housing Subcommittee by October 1st, 2025. (Completed)
- b. Hold monthly Recovery Housing Subcommittee meetings throughout FY26 to guide planning and stakeholder engagement, by June 30, 2026. (Ongoing)
- c. Conduct stakeholder listening sessions by January 30th, 2026.
- d. Develop and distribute clear community-education materials (fact sheets, FAQs, and visuals addressing Not In My Back Yard (NIMYBY) concerns) by January 30th, 2026.
- e. Identify potential recovery housing locations and models (e.g., Level I–IV, transitional, family-friendly) by February 28th, 2026.
- f. Present preliminary recovery housing recommendations to the ROSC Council for review and feedback by May 30th, 2026.
- g. Strengthen partnerships by securing at least three community supporters (e.g., churches, civic groups, landlords, or local agencies) who are willing to explore collaboration opportunities related to recovery housing by June 30th, 2026.

Progress achieved

- Recovery Housing Subcommittee formed.
- Three Recovery Housing Subcommittee meetings held to date.
- Two educational community events scheduled.
- Community survey data analyzed showing strong community support for recovery housing.
- Preliminary discussions held with potential property partners.

Next Steps

- Continue monthly Recovery Housing Subcommittee meetings.
- Host community-wide educational events to increase awareness and address misconceptions about recovery housing.
- Narrow down recommended housing models based on community input, feasibility, and best practices.
- Conduct targeted outreach and follow-up meetings with identified churches, civic groups, landlords, and local agencies to formalize interest and secure at least three committed community partners for future recovery housing collaboration
- Continue exploration of potential locations and property partners
- Prepare and present preliminary recovery housing recommendations to the ROSC Council for feedback

Outcome Measures

- Number and diversity of stakeholders engaged in the recovery housing feasibility and planning process.
- Number of community partners secured who are willing to collaborate on recovery housing development.

Year 3: A recovery house will be fully operational in Cumberland County by June 30, 2028, demonstrating significant progress in community readiness and implementation efforts.

Long Term Objectives FY27/28

- a. By June 30, 2028, Secure sustainable community partnerships and funding pathways for potential recovery housing models.
- b. By June 30, 2028, host annual community forums to maintain transparency, address concerns, and sustain and stakeholder engagement throughout implementation and operation
- c. By June 30, 2028, assist community partners to establish policies, referral pathways, and community partnerships to support resident stability, recovery engagement, and continuity of care.

Long Term Outcome Measures

- Increased cross-sector participation in recovery housing planning.
- Documentation of annual community readiness indicators, including stakeholder support, partnership development, and policy or zoning progress.
- Successful opening and sustained operation of at least one recovery house in Cumberland County.
- Number of individuals living in the recovery home.

Goal 3: Assist in the implementation of a Diversion Program for Justice-Involved Individuals substance use and behavioral health by June 30th, 2026.

Objectives FY26:

- a. The Recovery Navigator will collaborate with the State's Attorney to identify individuals who meet the criteria for the Diversion Program by September 30th, 2025. (Completed)
- b. Strengthen collaboration among the State's Attorney, probation, law enforcement, and treatment providers to support implementation of the active diversion program, ensuring that each participant meets with the Recovery Navigator and receives a Cumberland County Resource Guide by October 1st, 2025. (Completed)
- c. Document the current diversion process by gathering information from justice partners and incorporating insights from the first individual completing the program to identify system gaps, barriers, and opportunities for improvement by March 30th, 2026.

- d. Create and distribute an updated diversion resource packet, including treatment contacts, harm reduction materials, recovery meeting lists, and supportive services, for use by justice partners by March 30th, 2026. (Completed)
- e. Convene the State’s Attorney, Recovery Navigator, and clinical staff from the Hour House to establish formalized diversion program policies and procedures—including documentation standards, communication pathways, participant requirements, and follow-up expectations—by April 30th, 2026.
- f. The Recovery Navigator will assist individuals enrolled in the diversion program by facilitating treatment assessments at the Cumberland County Courthouse and supporting connection to appropriate services by June 30th, 2026.

Progress achieved

- Initial discussions have begun regarding formal policy and procedural needs for the program.
- The Recovery Navigator and State’s Attorney are collaborating to identify eligible individuals.
- The Recovery Navigator is actively meeting with diversion participants, providing resource guides, and facilitating connections to treatment and recovery services.

Next Steps

- Complete documentation of the current diversion program workflow using insights from the first participant’s experience.
- Hold a policy and procedure development meeting with the State’s Attorney, Recovery Navigator, and Hour House clinical staff.
- Refine and implement standardized referral, documentation, and communication pathways between courts, probation, law enforcement, and treatment providers. Continue facilitating courthouse-based assessments and warm handoffs to treatment and recovery services.

Outcome Measures

- Number of individuals identified as eligible for the diversion program.
- Number of individuals enrolled in and successfully completing the diversion program requirements.
- Number of treatment assessments completed at the courthouse with Recovery Navigator support.
- Documented increases in treatment referrals and successful warm handoffs to care.

Year 3: By June 30th, 2028, diversion data will show a 25% increase in successful treatment engagement and improved outcomes among justice-involved individuals participating in the program.

Long Term Objectives FY27/28

- a. By June 30, 2028, the Cumberland County diversion program will implement and sustain a structured post-completion follow-up process for program participants by establishing written follow-up protocols, conducting at least two documented check-ins per participant within 90 days of program completion, and tracking follow-up engagement, to promote continuity of care and long-term stability for justice-involved individuals.
- b. By June 30, 2028, Cumberland County will fully integrate the Recovery Navigator into the justice system by formalizing and implementing written warm handoff procedures between courts, probation, law enforcement, and treatment or recovery support providers, with documented referrals and coordination practices used consistently across partners to ensure timely and coordinated connections to services.

Long Term Outcome Measures

- Number of individuals served through the diversion program across FY27-28.
- Sustained treatment engagement among diversion participants, as measured by follow-up check-ins and provider feedback. A reduction in recidivism rates for individuals who successfully complete the diversion program.