

Sangamon County Recovery Oriented Systems of Care (ROSC) Council

Community Needs Assessment & Strategic Plan

Background & Demographics

- Sangamon County is located in Central Illinois and includes the state capital, Springfield.
- Total Population: 196,343 (2020 Census)
- Largest cities: Springfield, Chatham, Sherman, Auburn, Rochester, Riverton (29 cities total).
- 82,193 households; average family size: 3.03.
- Racial/ethnic makeup vs. Illinois:
 - White: 77.4% (county) vs. 58.3% (state)
 - Hispanic: 2.7% vs. 18.2%
- Income, education, unemployment, and poverty rates roughly align with statewide averages.

Housing & Homelessness

Housing Stock & Affordability

- 92,982 housing units (2020 Census); 9.2% vacant (8,579 units).
- Largest share of vacant units (3,589) were for rent.
- 83.1% of homes located in urban areas; 16.9% rural.
- Median household income (2018–2022): ~91% of state median.
- Median gross rent: 79% of statewide rent.
- Homeownership rate: 73.9% vs. 67.1% statewide.

[2020 US Census]

Homelessness

Sangamon County has 92,982 housing units, 9.2% of which are vacant, with most vacant units available for rent. Housing is largely urban (83.1%), and while median income is slightly below the state average, rents are more affordable, contributing to a higher homeownership rate (73.9% vs. 67.1%). As of August 2024, 592 people were experiencing homelessness, and the 2023 PIT count identified 306 individuals, including small but significant shares who were unsheltered, under 18, or chronically homeless. [2024 Heartland Housed homelessness and PIT count data]

- Racial disparities:
 - 13.2% of county residents are Black
 - 45.4% of people experiencing homelessness are Black

Economy

- Poverty:

- 10%+ of residents live below the poverty line (similar to state).
- 20.9% of children in poverty (2023).
- 2021 Sangamon County Community Survey: 10–22% reported not having enough money for basic necessities (food, shelter, healthcare).

Overdose & Substance Use Disorder

The 2024 Community Health Needs Assessment shows worsening behavioral health issues in Sangamon County, with rising depression, anxiety, suicidal ideation, and overdose deaths involving substances such as heroin, fentanyl, alcohol, and alprazolam. In 2023, the coroner reported 82 fatal overdoses—up 10.8% from 2022—with fentanyl involved in most cases. The county’s overdose fatality rate (3.3 per 10,000) exceeds the statewide rate and is one of the few in Illinois where fatal overdoses continue to rise, disproportionately affecting Black residents and men. [2024 HSHS St. John’s Hospital Community Health Needs Assessment] [Sangamon County Coroner’s Office]

Community Needs Assessment & Gap Analysis

Gaps in highlighted in survey:

In terms of true gaps in services, several clear trends emerged:

Survey findings reveal that youth services in Sangamon County are limited and largely underrecognized, with only one to two outpatient substance use disorder (SUD) providers for adolescents, a single inpatient mental health facility for youth, and no known residential SUD treatment options for adolescents. Support groups for specific populations are also scarce, including few options for families of people with SUD or mental health conditions. Additionally, resources for individuals currently incarcerated or reentering the community are limited, and awareness of these services remains low.

Communications & Outreach Plan

Communication Plan: Sangamon County ROSC communicates to advance its goals through four key objectives, tailoring content (WHAT) and using multiple methods (HOW) to reach the community. Outreach includes a regularly updated website and active Facebook page, monthly Zoom meetings with shared agendas and notes, and in-person engagement via print materials, partner meetings, and local events to promote initiatives and strengthen connections.

Communication Goals (Purpose)	Objectives	Target Audiences	Key Messages	Channels & Frequency	Roles and Responsibilities	Evaluation & Feedback
Increase ROSC membership	1. Maintain updated ROSC website and active council meeting links 2. Attend a minimum of two community events/ meetings each quarter to promote ROSC	-General public, Community organizations, People in recovery	-What is ROSC -How and why to join ROSC -ROSC Strategic Plan	-Monthly ROSC Meetings, ROSC New Member Orientation, Monthly Events & Outreach Meetings, In-person tabling and engagement (ROSC events and community org events)	1. ROSC program Manager 2. ROSC Program Manager + ROSC Coordinator 3. Program Manager highlights	1. Track engagement analytics for website and social media 2. Track community events and meetings attended

	3. Boost recruitment by highlighting gaps in sector representation during council meetings.				sector gaps; council members invite contacts in those needed sectors.	3.Tracking/auditing current membership and sector representation
Enhance frequency and quality of resource networking and collaboration across organizations and stakeholders that support recovery	1. Update resource guide monthly. 2. Maintain a ROSC webpage listing member organizations with logos and website links. 3. Share council members event flyers monthly in meetings and on social media 4. Host one monthly speaker to present their organization and services.	1. General public, Community organizations 2. Current members of ROSC, public, service providers 3. Current members of ROSC, public, service providers 4. Current members of ROSC, public, service providers	-Resources available create collaboration opportunities to address service gaps and engage in events	-Monthly updated online public resource guide on website -Website Event Calendar -Active social media pages -Monthly meeting notes & agenda sent to listserv -Event Flyers -Physical resource guide -Updated ROSC brochures -Monthly Zoom meeting, notes, listserv	1.Coordinator updates; council reviews and reports new or updated resources 2. Program manager updates; council members share their current logo and web site link 3. Council members share event flyers; Coordinator shares in monthly meetings/listserv 4. Program manager identifies monthly speakers	1.Track engagement analytics for webpage 2. Track engagement analytics for webpage 3. Track engagement and flyer re-sharing on social media 4. Track meeting connections/ engagement between council members and monthly speakers
Decrease stigma related to substance use and mental health	1. Distribute educational stigma reduction campaign messages on quarterly basis 2. Deliver (2-3) presentations on the strategic plan/community survey findings, highlighting key	1.Community members, service providers, community organizations, people in recovery 2. Community members, service providers & community organizations	1. Positive, evidence-based messages about behavioral health and recovery. 2. Assess and shift public perceptions to reduce recovery stigma.	-Social media posts with resources, promotion of appropriate language -Share data from community needs survey related to stigma attitudes 2. Yearly presentations on the strategic plan/community survey findings, highlighting key insights on stigma	1. Program manager/Coordinator to share stigma reduction campaign messages & partner with council members in dissemination 2. Program Manager + ROSC Coordinator	1. Track social media engagement and flyer re-sharing, as well as the number of organizations receptive to displaying stigma-reduction messages. 2. Monitor number of presentations and assess audience engagement and feedback

	insights on stigma					
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Council Goals, Objectives, and Outcome Measures

In response to the findings described in this assessment, the Sangamon County ROSC will work to achieve the following over the next three years:

Goal 1: Facilitate Improvements to youth substance use disorder services by June 30, 2026			
SMART GOAL	Anticipated completion	Progress Achieved/Next Steps	Outcome measures
Coordinate with the five identified youth-serving agencies in the county to develop marketing materials related to their services, disseminate throughout the community	6/30/2026 <i>2 out of 5 youth agency partners identified</i>	Featured SIU START CLINIC at the ROSC meeting to present youth services, scheduled a follow-up with SIU Marketing for materials and distribution collaboration, and partnered with Birth to Five Illinois to update the youth/family resource guide. Next Steps: Identify (2-3) more youth agencies to help market programs	-Engage all (4-5) youth-serving agencies (100% completion goal). -Develop at least one marketing material per agency. -Distribute materials to at least 10 community locations. -Track number of materials distributed and digital reach.
Conduct a targeted assessment of youth-serving providers AND current adult outpatient SUD providers to identify barriers to initiating youth SUD treatment and/or recovery supports at their organization	12/1/25 <i>Survey completed; data comparison in process</i>	ROSC partnered with Birth to Five Illinois to create and distribute a survey on youth and family support groups, gathering community feedback to improve resources. Next Steps: Identify barriers to youth SUD treatment by comparing results from the Birth to Five survey with	-Track and analyze completed surveys to identify barriers to youth SUD treatment and recovery supports. -Compare youth-related barriers from the Community Needs Assessment with findings from Birth to Five's survey.

		our Community Needs Assessment and develop 2–3 actionable strategies to improve access.	
Identify at least one host organization that can provide or collaborate with others to provide a youth recovery support group in the county	2/1/26 <i>Completed: 2 partners identified</i>	-ROSC partnered with the SIU START Clinic to promote youth recovery groups and SUD treatment in Sangamon County. They also joined efforts to establish a NAMI Springfield chapter, supporting facilitator trainings and future youth/family groups. Next Steps: continue ongoing collaboration with SIU START Clinic and NAMI	At least 1 partner identified
3 Year Plan			
Proactively engage at least 5 youth-serving organizations and invite them to join the ROSC council	12/31/28 <i>In Progress 2 out of 5 partners established</i>	ROSC partnered with SIU START Clinic to promote youth recovery groups and SUD treatment and supported establishing a NAMI Springfield chapter, including facilitator trainings and future youth/family groups. Next Steps: Identify remaining youth organizational partners	At least 5 organizations engaged, at least 2 send representatives to a ROSC meeting

Goal 2: Strengthen partnerships to expand diverse family-focused behavioral health supports by June 30, 2026

<i>Objective</i>	<i>Anticipated completion</i>	<i>Progress Achieved/ Next Steps</i>	<i>Outcome measures</i>
Host at least 5 ROSC events annually focused on supporting and/or engaging family members of people with SUDs	Annual <i>Completed as of 12/7/25</i>	Hosted five free, family-friendly recovery events, including a Parent Café with peer support and resources, holiday celebrations, and activity-based gatherings. Next Steps: Continue to plan additional family-oriented events	At least 5 events held each year
Create working group that includes representatives of large behavioral health providers to try to establish a regular family support group for family members of people with mental health conditions	12/31/25 <i>In progress, work group established support groups in development</i>	ROSC joined the initial planning group to bring a NAMI chapter to Springfield and will help promote facilitator trainings, and future family support and youth groups. Next Steps: ROSC will promote facilitator trainings and support groups once they are running	-At least 1 Family support group will be fully developed and operational as a result of the work group.
3 Year Plan			
Strengthen partnerships with behavioral health providers and peer-led organizations to sustain at least five family-focused recovery events annually, actively market existing family support groups, and promote NAMI family group facilitator training opportunities, increasing awareness of and access to culturally responsive behavioral health supports for families impacted by substance use and mental health conditions.	6/30/2028	ROSC participated in initial NAMI affiliate planning meetings and hosted five free, family-friendly recovery events, including a Parent Café, holiday celebrations, and activity-based gatherings.	-At least 3 Family support groups will be identified and promoted to increase awareness. -15 family friendly events hosted over the course of 3 years.

		Next Steps: Continue planning and hosting family-oriented recovery events. Continue attending NAMI planning meetings.	
Goal 3: Enhance Access to Behavioral health resources for people in criminal-legal system by June 30, 2026			
<i>Objective</i>	<i>Anticipated completion</i>	<i>Progress Achieved/ Next Steps</i>	<i>Outcome Measures</i>
Create a resource bundle for individuals being released from carceral settings, work with local ROSC entities to include harm reduction resources like testing strips and safer use supplies	4/1/26 <i>Planning Committee initiated; actively planning contents of bundle</i>	Sangamon County Jail leadership will help plan the resource bundles. ROSC will finalize contents and assign tasks at the December meeting. Family Guidance Center's Harm Reduction team will assist with assembly and distribution, including supplies. Next Steps: Assemble Bundles and begin distribution	One complete resource bundle of behavioral health and related resources that is provided to local jails and carceral settings
Coordinate with community partners to identify volunteers to provide AA and NA groups within Sangamon County Jail for men and women	Annual <i>In progress</i>	Coordinated with Sangamon County Jail to assess the need for 12-step groups and determine facilitator needs. Connected with a <i>Bridging the Gap</i> organizer (12-step committee supporting incarcerated individuals) to help recruit facilitators.	At least 3 volunteers identified and connected with Sangamon County Jail to meet this need

		Next Steps: Continue coordination with Jail staff and 12 Step members to ensure the need is met on an ongoing basis	
3 Year Plan			
A comprehensive reentry resource bundle will be fully developed, distributed through the county jail, and maintained for ongoing access by individuals leaving incarceration, while 12-Step meetings will continue to be available year-round to support sustained recovery and successful reentry	June 30, 2028 <i>In progress</i>	Progress Achieved: ROSC collaborated with Sangamon County Jail leadership to plan reentry resource bundles, finalized contents, and coordinated with the Family Guidance Center's Harm Reduction team for assembly and distribution. Additionally, ROSC assessed the need for 12-Step meetings in the jail and connected with Bridging the Gap to recruit facilitators. Next Steps: Assemble and distribute resource bundles, and continue coordinating with jail staff and 12-Step members to ensure ongoing access and support.	-Keep a monthly log of resource bundles distributed. -Record 12-Step meetings and facilitator availability each month. Review quarterly to ensure consistent access.