

Recovery Oriented System of Care
3 Year strategic plan
Piatt County Mental Health Center

Purpose:

The purpose of establishing the strategic plan below is to break down ROSC goals by providing individualized objectives and activities. 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 energy and resources, strengthen operations, ensure that members and stakeholders are working towards a common goal, establishing agreement around intended outcomes and results, and assess and adjusts the council's direction in response to a changing environment.

Mission:

The mission of the Piatt County Recovery Oriented System of Care Council is collaborating to build and empower communities of recovery.

Vision:

We are here to help when you are ready.

Values:

- Recognize the right of a person to direct their own recovery and that there are multiple models or paths to recovery.
- Progress over perfection – nobody works a perfect recovery program.
- Operate with integrity and a sense of personal responsibility.
- Recovery requires action. The ROSC can facilitate supports and services for recoverees, but ultimately they are the ones who have to do the work and follow through.
- Recovery happens at a community level.
- Include the “voice” of peers, family members, and the community in planning and decision-making.
- Implement programs with competency and good stewardship.
- Empower individuals and families.
- Embrace diversity, equity, and inclusion.

Short Term Goals:

1. Increase Peer Recovery Support Services
 - a. More activities for youth not involved in sports or clubs
 - i. Create a survey to indicate interest in activities by July 2022 (Completed)
 - ii. Contact school guidance counselors, and the library for assistance with administering surveys by August 2022 (Completed)
 - iii. Administer a survey to further understand interest, availability, and barriers by August 2022 (Completed)
 - iv. Find volunteer staff and location by January 2023 (Completed)
 - v. Promote activity in February 2023 (Completed)
 - vi. Host activity in May 2023 (Completed)
 - vii. Evaluate activity (Completed)
 - b. More activities for those in the recovery community
 - i. Create a survey to indicate interest in specific activities as well as barriers by May 2022 (Completed)
 - ii. Consult people with lived experience by May 2022 (Completed)
 - iii. Find a location by July 2022 (Completed)
 - iv. Plan for funding and resources by July 2022 (Completed)
 - v. Promote activity in August 2022 (Completed)
 - vi. Host activity by September 2022 (Completed)
 - vii. Evaluate activity by September 2022 (Completed)
2. Promote Mocktail Menu's at local Pubs/Bars
 - a. Speak with Michelle at Field House (Monticello)
 - i. Create menu by August 2022 (Completed)
 - ii. Promote menu by August 2022 (Completed)
 - iii. Evaluate by October 2022 (Evaluation email sent, waiting for reply.)
 - b. Speak with Amanda at West End (Bement)
 - i. Create menu by June 2022
 - ii. Promote menu by June 2022
 - iii. Evaluate by August 2022 (Bar Owner has not responded to any communication)
 - c. Speak with Bridget at Lucky Monkey (Bement)
 - i. Create menu by June 2022 (Completed)
 - ii. Promote menu by June 2022 (Completed)
 - iii. Evaluate by August 2022 (Bartender requested assistance but has since backed out of wanting a mocktail menu in the bar. Reason unknown.)
 - d. Speak with Main Street Pub (Monticello)
 - i. Create Menu by June 2022 (Completed)
 - ii. Promote Menu by June 2022 (Completed)
 - iii. Evaluate by August 2022 (Waiting for supervisor to contact back. Supervisor has been out sick for a couple months)
 - e. Speak with Issac at Red Wheel (Monticello)
 - i. Create menu by June 2022 (Completed)
 - ii. Promote menu by June 2022 (Waiting for owner to respond)

- iii. Evaluate by August of 2022 (Owner is not interested in a mocktail menu at this time.)
- 3. Build relationships with transition houses in nearby communities
 - a. Springfield
 - i. Contact transitional housing in Springfield by October 2022 to schedule a tour (completed 6/16)
 - b. Champaign/Urbana
 - i. Contact transitional housing in Champaign/Urbana by October 2022 to schedule a tour (Terrapin Station – Urbana does not do tours) (Rosecrance emailed, waiting for contact from new director)
 - c. Decatur
 - i. Contact transitional housing in Decatur by October 2022 to schedule a tour (Completed 6/16)
 - d. Bloomington
 - i. Contact transitional housing in Bloomington by October 2022 to schedule a tour (Completed 6/16)
- 4. Figure out transportation assistance
 - a. Piattran
 - i. Schedule a meeting with Piattran director by July 2022 to discuss collaboration possibilities (Completed)
 - b. Peers on the path to sobriety/wellness
 - i. Go over budget to evaluate incentives and/or resources for peers willing to transport by May 2022 (Completed)
 - ii. Explore local resources willing to donate to peers helping by September 2022 (Reached out to Tony Comtois, CU Church) (Tony Comtois has agreed to be transportation. Service agreement will be prepared and signed for start of FY '24)
- 5. DECREASE STIGMA
 - a. Billboard with recovery messaging by May 2022 (Completed)

Long Term Goals:

- 1. Community Enrichment in Southern Piatt County running/self-sufficient, including all funding by December 2023
 - a. Consistent 5+ attendees by December 2022 (The support group has 5 consistent members who regularly attend on Wednesday evenings)
- 2. Monthly/Yearly youth activities in community and surrounding areas to be initiated by June of 2023
 - a. Monthly sober recreation activities will be facilitated and promoted (Started June of 2023, every month with the exception of January 2024 has a planned event)
 - b. The annual Recovery Picnic will take place in September (Completed 9/10/2023)
- 3. Monthly/Yearly activities for those in the recovery community to be initiated by August 2022 (Completed August 2022)
- 4. Decrease Stigma as measured by surveys and key informant interviews by December 2024

- a. Decrease belief that people with SUD do not recover with a communication campaign by December 2023
 - b. Increase education on SUD and recovery with information presented to communities through semi-annual presentations/events by December 2023
 - c. Increase education on co-occurring disorders with information presented to communities through semi-annual presentations/events by December 2023
 - d. Increase education on the association between addiction and shame with information presented to communities through semi-annual presentations/events by December 2023
 - e. Increase education for family members of people with SUD through community enrichment for family members by March of 2024
5. Build relationship with local community stakeholders
- a. ROSC Coordinator will work to build a relationship with local law enforcement agencies to better serve those in the recovery community by holding bi-monthly (every other month) meetings with the Sheriff and those incarcerated due to SUD/AUD by January 2023. **(Bi-Weekly discussions with Director of Corrections about how things are going)**
 - b. ROSC Coordinator will work to build a relationship with Probation Officers to better serve those in the recovery community by holding monthly meetings with Piatt County Probation by January 2023. **(Monthly meetings held at Piatt County Probation Office)**
 - c. ROSC Coordinator will work to build a relationship with Kirby Medical Group to better serve those in the recovery community by meeting bi-monthly (every other month) with staff to assist with recovery by January 2023. **(Coordinator and Addiction Medicine Staff discuss weekly/bi-weekly how things are going)**

SWOT

Strengths	Weaknesses
<ul style="list-style-type: none"> ○ Development of ROSC with diverse council ○ Evaluation/Intake services ○ Individual counseling ○ Community Enrichment in Bement, IL ○ Intensive outpatient treatment ○ Medication Assisted Recovery <ul style="list-style-type: none"> ○ Suboxone ○ Vivitrol ○ Narcan provided/trained ○ Parks and recreational opportunities ○ Supportive community ○ 2-1-1 ○ Collaboration with EMS and Police Departments 	<ul style="list-style-type: none"> ○ Lacking enough options for sober living ○ Lack of community awareness of services ○ Grants could be discontinued ○ Lack of community education involving substance use and mental health issues as well as recovery ○ Stigma re: SUD, Mental Health, COD ○ Lack of grief support groups ○ Lack of sober activities outside 12-step events ○ Lack of employment, childcare, housing, and other resource opportunities ○ No long-term SUD or COD treatment facilities ○ Limited support for young peoples' meetings
Opportunities	Threats
<ul style="list-style-type: none"> ○ Community involvement ○ Community education and awareness ○ Heightened acceptance of people struggling with SUD and/or COD ○ Networking with community stakeholders ○ Building rich and diverse community partnerships and collaborations ○ Increase of number of individuals pursuing recovery ○ Connect recovery communities to provide a menu of services ○ Making our communities healthier and stronger ○ Recognizing successful recovery stories ○ Positive attitude towards our communities future ○ Future grants/funding ○ Increased hope among recoverees based on new opportunities provided by ROSC/community ○ Service/volunteer opportunities for the recovery community outside 12-step arena. 	<ul style="list-style-type: none"> ○ Lack of funding ○ Stigmas ○ Lack of consistent, ongoing collaboration ○ State of Illinois legislative changes ○ Lack of understanding of rural challenges for treatment ○ Apathy and lack of open-mindedness ○ Growing opioid epidemic ○ Legalization of Marijuana ○ Absent parents/family ○ Recovery community unwilling to try new things or get out of comfort zone ○ Many folks in the recovery community unable to secure subsidized or sober housing due to criminal history

Piatt County ROSC: Strategic Plan (2021-2024+)

Goal 1: Increase Peer Recovery Support Services

Objective 1: Community Enrichment for Southern Piatt County started as of May 4th 2022. This group meets every Wednesday at the Crossroads Church of Bement in Bement, IL from 5 pm to 6 pm. This meeting will continue until otherwise stated as there has been expressed need and desire for community enrichment in the Southern Piatt County. There have been reading materials and workbooks purchased for this group and more materials will continue to be purchased as needed. There is a possibility of having a second meeting time during the noon hour for those who cannot attend the 5p to 6p time slot. This will be decided if the need is communicated. An ad can be ran in the newspaper in Bement, Cerro Gordo, Monticello, Atwood, and surrounding communities to increase community knowledge of support group.

Objective 2: A peer community enrichment for the youth has not yet been started but there are plans of this in the future. (Youth Community Enrichment started January 2023 at Bement High School. Plans for this to continue next school year are in discussion and looking promising).

Objective 3: ROSC Coordinator has been in contact with Donna Techau, Director of the Bement Public Library and Holly Fuson, Activities Director of Bement to discuss and go over planned activities during the summer and possible future activities for the at risk youth in this area. ROSC Coordinator provided Bement School district with a 3 question survey to the 5th grade thru 8th grade students in regards to activities they would like to see, if transportation was a barrier, and reasons they wouldn't attend. This survey was very enlightening and all three parties, Holly, Donna, and ROSC Coordinator plan on doing this survey yearly near the end of the school year so to get up to date information from students in this age group.

Objective 4: ROSC Coordinator provided the substance misuse counselor with a 3 question survey to provide to their clients to get an idea of what kind of sober recreation they would like to see in the community. This survey will be enlightening and helpful to the ROSC Coordinator and ROSC Committee in providing options for sober recreation in the community throughout Piatt County. ROSC Coordinator is also planning a Recovery Picnic of some sort in the September month which is National Recovery Month.

Goal 2: Promote Mocktail menu's at local Pubs/Bars

Objective 1: ROSC Coordinator has not been able to be in contact with Michelle at the Field House in Monticello to further discuss Mocktail menu ideas and move forward with this in her establishment. ROSC Coordinator will continue to attempt to make contact.

Objective 2: ROSC Coordinator has been in contact with Amy at the West End Pub in Bement to discuss Mocktail menus. Amy was very excited to have lots of ideas in regards to mocktails. ROSC Coordinator gave a suggestion to Amy when asked how she could promote the Mocktail menus. ROSC Coordinator

suggested that she highlight a Mocktail drink with her alcoholic drink as to give options. Amy was agreeable to this and sounds like things are going good.

Goal 3: Build Relationships with transition houses in nearby communities

Objective 1: ROSC Coordinator has not been able to tour any homes in the Springfield area

Objective 2: ROSC Coordinator is coordinating a time and day to tour Rosecrance on Moreland.

Objective 3: ROSC Coordinator toured Heritage Behavioral and has established a good relationship with the director of their inpatient/outpatient treatment. This will hopefully prove to be a great working relationship in the Decatur, IL area.

Goal 4: Figure out transportation assistance

Objective 1: Transportation worked out with Piattran (Completed May 2023. Meeting went well. Funding being figured out for future collaboration).

Objective 2: Transportation has yet to be worked out with sober allies. (Completed)

Objective 3: Reach out to churches to see if transportation assistance is a thing. (Completed)

Goal 5: Decrease Stigma

Objective 1: ROSC Coordinator has discussed and is in the creative planning stages with ADAMs billboards for two billboards to be placed in Monticello in June. Moving forward, this will be an ongoing relationship putting out more billboards to assist in reducing stigma around recovery. ROSC Coordinator has also been in contact with several community members to set up an informational tent about ROSC and services provided along with discussing with the Impact Coalition team on harm reduction efforts around holidays were having a sober driver would be a great need.

Long-term (2022+)

Goal 1: Community Enrichment in Southern Piatt County running

Objective 1: Group will continue to grow in numbers with a steady consistent attendance of 5 or more group goers by December 2022 (Completed)

Objective 2: Have community enrichment info ran in the local paper to garner more participation

Goal 2: Youth activities in community increased in community and surrounding areas

Objective 1: ROSC committee will continue to work with Bement Public Library and Bement Activities Coordinator in a continued effort to provide activities free of or low cost to youth the Southern Piatt region.

Objective 2: ROSC committee will assist in setting up a support group for youth in the Southern Piatt region. (Completed)

Goal 3: Activities of sober recreation in community and surrounding areas

Objective 1: The ROSC committee will continue setting up and promoting sober recreational monthly activities including activities in the park, painting parties, physical work out activities

Objective 2: The ROSC committee will continue to plan, set up, and promote a “Recovery Picnic in the Park” every September.

Goal 4: Decrease stigma

Objective 1: ROSC Coordinator will continue an ongoing relationship putting out more billboards to assist in reducing stigma around recovery. ROSC Coordinator has also been in contact with several community members to set up an informational tent about ROSC and services provided along with discussing with the Impact Coalition team on harm reduction efforts around holidays were having a sober driver would be a great need.

Objective 2: Bring in an outside presenter on Stigma to be present at local event. Live 4 Lali has a great presentation on Stigma that they do, but would likely be virtual. Ginny La Rue is presenting at Addiction Grand Rounds through Carle and might be a help too.

Objective 3: Meet with local stakeholders including members of the community to talk about how to reduce stigma and what that looks like for them. Ex) What information do they think would be helpful to reduce stigma?

Goal 5: Build relationships with community stakeholders

Objective 1: ROSC Coordinator will work to build a relationship with local law enforcement agencies to better serve those in the recovery community. More specifically, provide information about services offered at The Piatt County Mental Health Center in regards to ROSC and Substance and Alcohol Misuse case management.

Objective 2: ROSC Coordinator will work to build a relationship with Probation Officers to better serve those in the recovery community. More specifically, provide case management services for those seeking to get sober and get on a path of recovery.

Objective 3: ROSC Coordinator will work to build a relationship with Kirby Medical Group to better serve those in the recovery community. More specifically, provide case management services for patients in Dr. Mandhan’s MAR program.