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Alexander/Pulaski County ROSC Council Membership Protocols

Abstract

The Recovery Oriented System of Care's adherence to etiquette and precedence regarding the ROSC Council.

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General ROSC Information

The Arrowleaf Recovery Oriented System of Care (ROSC) Council(s) was formed in 2023 after being awarded a grant in October 2022. This grant was awarded to Arrowleaf to help further the work in creating a system of care that effectively, and collaboratively, addresses the full range of substance use problems within communities. This is done through focusing on all aspects of care which includes prevention, early intervention, treatment, continuing care and recovery in partnership with other disciplines.

General Membership Information

ROSC councils are established to create and enhance networks that assist communities with building local recovery-oriented systems of care and that can network with the statewide ROSC. The councils build and create partnerships and networks within their local communities that enhance recovery connections in their area. All community members willing to support the vision, mission, values, and goals of the Arrowleaf ROSC (see below) are welcome as members of the group(s)

Arrowleaf ROSC Vision

A community system that supports and encourages individuals and families seeking or maintaining recovery for themselves or a loved one

Arrowleaf ROSC Mission

Collaborating to build, foster, and empower communities of recovery

Illinois ROSC Vision:

- People can and do recover.
- Individuals and families determine the supports and services they need.
- Services and supports are continuous and cohesive across different phases of care and are coordinated across the various agencies involved in their delivery.
- Support of recovery is a community responsibility and value.
- There is inherent flexibility in the system, so it can be responsive to different pathways to recovery.
- Measuring quality and outcomes is a system priority.
- Act as a resource/referral coordinator in our area.

Illinois ROSC Values:

- Recognize the right of a person to direct their own recovery.

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- Recognizing that there are many models of, and paths to, recovery.
- Operate with integrity and a sense of personal responsibility.
- 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 cultural diversity.

ROSC Goals:

- Educate and engage key stakeholders in the community.
- Inform, educate and empower individuals and communities.
- Determine existing services available as well as the need to expand necessary services in the areas of prevention, treatment, peer recovery support and systems improvement.
- Develop partnerships that are rich and diverse.
- Increase in the number of people pursuing recovery, improving recovery capital to strengthen capacity to build and maintain lives in recovery and build recovery sustainability.

Membership Recruitment

We retain and solicit Arrowleaf ROSC Council(s) members through:

- Developing an Outreach Power Point presentation to be used by Arrowleaf ROSC Council members during outreach efforts in the community.
- Developing an Outreach Packet to be disseminated during outreach efforts in the community.
- Developing social media posts, website posts, email blasts, media releases, trainings, and other materials intended to recruit membership.
- People with Lived Experience (PLEs, both people in recovery and people with family members or loved ones with substance use disorder or other addictive behaviors).
- Continuing targeting members for specific sector and county involvement.
- Information brochures available at Recovery Resource Center and at community events where Arrowleaf/ROSC information can be shared.

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- Regular community events that help to raise awareness of Arrowleaf ROSC Council(s) and recovery services in our coverage area.
- Extend general invitations to the public via radio interviews and recruitment announcements, public presentation announcements, and by attending other coalition meetings in our area.

The Coalition members will be responsible for:

- Attending trainings developed to assist in recruitment.
- Utilizing other group meeting and events as opportunities to recruit membership in Arrowleaf ROSC Council(s).
- Assisting the Peer Recovery Specialists and ROSC Program Manager in scheduling outreach presentation opportunities and participating in presentations as time allows.

Orientation

Retention of Arrowleaf ROSC Council members is crucial to effective strategy implementation and longevity of the project. As such, careful consideration should be given to the provision of effective orientation of Arrowleaf ROSC Council members. The county Peer Recovery Specialist will oversee the orientation of new members, with assistance from current Council members. The county Peer Recovery Specialist will be responsible for the following:

1. Developing materials for new members to inform them about the purpose, history, and structure of the Arrowleaf ROSC Council.
2. Developing materials for new members to inform of Arrowleaf ROSC Council(s) vision, mission, goals, objectives, and strategies.
3. Encourage new members to follow the Arrowleafs ROSC Council(s) social media and website posts.
4. Including “New Member Introductions” at each council meeting.
5. Reaching out to all new members frequently to encourage continued participation.

Training in ROSC Framework

Training of Arrowleaf ROSC Council and community members will be vital for the success of the council(s) goals. The Peer Recovery Specialists will be responsible for providing training opportunities for both Arrowleaf ROSC Council and community members. Training topics will include but are not limited to:

1. Defining Recovery, recovery advocacy, and recovery support
2. Destigmatizing Substance Use Disorders/Addiction
3. What is a ROSC?

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4. Stories of Hope from other communities in their work to create and support a ROSC
5. Various links to educational materials sent to Council members such as The Addictionary: <https://www.recoveryanswers.org/addiction-ary/> and Substance Misuse Resources — Healthy Southern Illinois Delta Network (hsidn.org)
7. Pathways to recovery including medicine assisted recovery (MAT/MAR).
8. Prevention and intervention techniques along with Hidden in Plain Sight displays, overdose prevention training, and naloxone distribution.

Additional topics will be determined through analysis of assessment data and with input from individuals, families, Arrowleaf ROSC Council members, and community members. Training will be provided through both webinars and in-person training sessions.

Inclusion and role of non-member participants:

- All Council meetings are open to the public.
- Zoom link and in-person location for meetings distributed each month to all contacts on Arrowleaf ROSC Council(s) roster(s).
- Council and community members are encouraged to provide input to ROSC Program Manager or other staff if they cannot attend meetings. In other words, our list serve is larger than our typical list of those who attend meetings. Agendas, minutes and information are posted on the state ROSC website and distributed by email following each monthly meeting.
- We reach out to specific individuals and groups we need to hear from such as recovery groups in the community.
- We reach out to the community intentionally in many ways:
 - By attending other agencies and organization's events, promoting upcoming events on social media, through various activities and educational events, and by supporting other area resource providers.

Community Needs Assessment

Arrowleaf ROSC Council(s) will conduct a community assessment on an annual basis. The Peer Recovery Specialists and ROSC Program Manager will be responsible for all aspects of the needs assessment. The assessment process will include written surveys, focus groups, and other means determined by the Council and ROSC staff. Consideration will be given to ensuring participation of all community sectors in gathering assessment data, particularly those individuals with lived experience and their families. Consideration will also be given to ensuring that all ROSC Council counties are represented in assessment efforts.

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A summary of the assessment data will be made available to Arrowleaf ROSC Council(s) members and the public through the website, meeting minutes, and media releases.

Strategic Plan

Arrowleaf ROSC Council(s) Strategic Plan will be developed based on data gathered during the assessment process. Data will be analyzed and used to develop goals, objectives, and strategies which are specific, measurable, attainable, realistic, and time-bound. The Peer Recovery Specialists and ROSC Program Manager, alongside council members, will be responsible for developing, implementing, and evaluating strategies included in the plan. All strategies will be aligned with Arrowleaf ROSC Council(s) vision and mission, as well as long-term goals and pertinent grant deliverables.

Outcome data will be gathered, assessed, and shared with Arrowleaf ROSC Council(s) members and any other interested parties. Changes to the strategic plan will be permitted by majority vote during a regular Arrowleaf ROSC Council(s) meeting.

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