

# Central East Alcoholism and Drug Council (DBA, Hour House)

## ROSC Council

### Membership Protocol

#### ROSC Council Mission Statement

Collaborating with one another to build and empower communities of recovery.

#### ROSC Council Vision and Values

- Addiction is a primary disease and should be treated as such.
- Recovery is possible and people do recover!
- Family members of persons in recovery and/or with substance use disorder should be supported.
- It is a community's responsibility to support persons in recovery and their families.
- Include the voice of all persons on the Council when making decisions.
- Work to empower persons in recovery and families.
- Embrace differences!
- Increase the number of persons in recovery in each community and strengthen their ability to maintain their recovery and thrive in their respective communities.
- The Council is to remain open minded and inclusive to all persons and pathways to recovery.

#### Key Working Definitions

- ROSC (Recovery Oriented System of Care): A ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems. SAMHSA (Substance Abuse and Mental Health Services Administration)
- Recovery: "Recovery for a person with a substance use disorder is the internal process of change that results in living honestly, with serenity and self-respect, in harmony with others, while fulfilling one's responsibilities. Abstaining from the use of alcohol and other mood altering chemicals is both a first step in this recovery process and one of the profound results of the recovery process."
- Addiction: "Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors." ASAM (American Society of Addiction Medicine)

## **Member Recruitment**

It will be the responsibility of the Recovery Outreach Coordinator to successfully recruit members in Coles County. The Recovery Outreach Coordinator will assure representation from all of the stakeholders categories provided from the State in order maintain a diverse representation on each Council. Member recruitment can include, but is not limited to: email distributions, social media outlets, press releases, town hall meetings, pamphlets, radio and/or television interviews, and other community presentations. As the Council continues to grow and gain sustainability, it will also be the responsibility of the current ROSC Council members to continue to grow the Council. This Council is meant to be inclusive, but there will be certain membership protocols members will meet in order to attain and maintain membership on the ROSC Council.

## **Membership Protocol**

- Membership on the ROSC Council is open to any and all persons who understand and agree with the mission of the ROSC Council without regard to age, race, sex, creed, gender, sexual orientation, and or mental or physical challenges.
- Persons on the ROSC Council who serve in the capacity of PLE (Persons with Lived Experience) or a family member of a PLE should not have judgement or criticism placed on them in any situation.
- PLE's must be sober, drug-free, and actively involved in his/her own recovery program.
- Members must be willing to collaborate with other persons or organizations for the purpose of helping persons in recovery.
- Members will remain open minded and flexible in their thinking and willing to learn from one another.
- Members will understand serving on this Council is on a volunteer basis and no compensation will be provided; however, travel reimbursement is available when needed.
- Members must maintain confidentiality and respect the privacy of all members; personal stories and situations may be shared that need to be kept within the ROSC Council.
- All members will have an understanding of the definitions of "ROSC", "addiction" and "recovery" as they pertain to the ROSC Council, and additional trainings on these ideas will be offered as needed.

- Protocols must remain flexible and the ROSC Council will consider issues not addressed in this reference as they arise on a case by case basis. After agreement is reached, and if revision is in the best interest of the Council as a WHOLE, this document may be modified. Unity remains an important component.

### **Orientation to the ROSC Council**

It is pertinent for the sustainability of the ROSC Council that members of the Council understand the ROSC framework and also our definitions of “recovery” and “addiction”. Members new to the ROSC Council will be given our Council history, ROSC Council Mission Statement, Vision and Values and Key Working Definitions as a part of their initial orientation to their membership. The time spent in member orientation will serve to promote Council longevity and improve member retention.

### **Training**

It is the responsibility of CEAD Council, the local ROSC Council sponsor, to provide any trainings that are needed in order to bring awareness and education about substance use disorder to each ROSC Council and member. Training opportunities will be offered to positive influence the lives of persons in recovery within the community. Topics or trainings that the ROSC Council identifies as needed within their communities will be addressed either directly or through collaboration.

### **Community Needs Assessment**

All ROSC Council members will complete a community needs assessment evaluation in order to properly identify current strengths and gaps in each particular community in regards to support of persons in recovery. The community needs assessment will be available in both electronic and in paper copy forms and can be completed anonymously, if preferred. This assessment will be completed annually as community needs/gaps will be both continuously resolved and emerging resulting in the need for assessment updated. Each new member will be asked to complete a community needs assessment prior to his/her participation on the ROSC Council.

### **Strategic Plan**

Using the community needs assessment, the members of the ROSC Council will develop a strategic plan in order to improve community support for recovery. ROSC Council members will adhere to the strategic plan as developed by the Council and will be an active part of plan revision as needed. The Council will work together to develop the plan and may make changes as they sit fit based on a majority vote. The strategic plan will reflect both long and short term goals within the community and actions steps used to attain these goals.

## **Role of Non-Members**

The ROSC Council is meant to be an inclusive Council formed with the sole purpose to improve each community and to better serve persons in recovery. Interested community members not currently serving on the Council can be invited to join, if membership criteria are met. Participation in Council events is a path towards membership. The ROSC Council will decide on a case by case basis the role each non-member can play as needed.