

**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 DeWitt County Recovery Oriented System of Care Council is collaborating to build and empower communities of recovery.

**Vision:**

*"Everyone Needs Someone."*

**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 March 2024
    - ii. Contact school guidance counselors, and the library for assistance with administering surveys March 2024
    - iii. Administer a survey to further understand interest, availability, and barriers March 2024
    - iv. Find volunteer staff and location April 2024
    - v. Promote activity April 2024
    - vi. Host activity June 2024
    - vii. Evaluate activity June 2024
  - b. More activities for those in the recovery community
    - i. Create a survey to indicate interest in specific activities as well as barriers January 2024
    - ii. Consult people with lived experience January 2024
    - iii. Find a location February 2024
    - iv. Plan for funding and resources February 2024
    - v. Promote activity March 2024
    - vi. Host activity April 2024
    - vii. Evaluate activity April 2024
2. Build relationships with transition houses in nearby communities
  - a. Springfield
    - i. Contact transitional housing in Springfield March 2024
  - b. Champaign/Urbana
    - i. Contact transitional housing in a tour March 2024
  - c. Decatur
    - i. Contact transitional housing in Decatur March 2024
  - d. Bloomington
    - i. Contact transitional housing in Bloomington March 2024
3. Figure out transportation assistance
  - a. Show Bus April 2024
4. DECREASE STIGMA
  - a. Billboard with recovery messaging December 2023

## Long Term Goals:

1. Community Enrichment in DeWitt County running/self-sufficient, including all funding.
  - a. Consistent 7+ attendees for the Group we have in Clinton. We also have 6+ attendees for the group in Farmer City. December 2024
2. Monthly/Yearly youth activities in community and surrounding areas to be initiated by July of 2024
  - a. Monthly sober recreation activities will be facilitated

3. Monthly/Yearly activities for those in the recovery community to be initiated by July 2024
4. Decrease Stigma as measured by surveys and key informant interviews December 2025
  - a. Decrease belief that people with SUD do not recover with a communication campaign December 2024
  - b. Increase education on SUD and recovery with information presented to communities through semi-annual presentations/events by December 2024
  - c. Increase education on co-occurring disorders with information presented to communities through semi-annual presentations/events December 2024
  - d. Increase education on the association between addiction and shame with information presented to communities through semi-annual presentations/events December 2024
  - e. Increase education for family members of people with SUD through community enrichment for family members by March of 2025
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 July 2024
  - 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 DeWitt County Probation. July 2024
  - c. ROSC Coordinator will work to build a relationship with Heritage Behavioral Health Group to better serve those in the recovery community by meeting bi-monthly (every other month) with staff to assist with recovery by July 2024

# SWOT

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

## **DeWitt County ROSC: Strategic Plan (2023-2025+)**

### **Goal 1: Increase Peer Recovery Support Services**

Objective 1: Community Enrichment for DeWitt County started as of August 2023. The first group meets every Saturday at the First Christian Church of Clinton in Clinton, IL from 12pm to 1pm. The Second group is Every Sunday at Outreach in Famer City IL, from 6pm to 7pm. These meetings will continue until otherwise stated as there has been expressed need and desire for community enrichment in the DeWitt County. There have been reading materials and workbooks purchased for this group and more materials will continue to be purchased as needed.

Objective 2: A peer community enrichment for the youth has not yet been started but there are plans of this in the future.

Objective 3: 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 DeWitt County.

### **Goal 2: 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 is doing a tour at crossings in Decatur November 20<sup>th</sup> 2023.

Objective 3: ROSC Coordinator toured Heritage Behavioral

### **Goal 3: Figure out transportation assistance**

Objective 1: Transportation only available through the show bus in DeWitt County.

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

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

### **Goal 4: Decrease Stigma**

Objective 1: ROSC Coordinator has discussed and is in the creative planning stages with Lamar billboards for two billboards to be placed in Clinton in December 2023 and the second one May 2024 . 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 the Probation Office, Drug court, Heritage we are working together to Decrease the Stigma.

### **Long-term (2023+)**

#### **Goal 1: Community Enrichment in DeWitt County running**

Objective 1: Group will continue to grow in numbers with a steady consistent attendance of 5 or more group goers

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 the Community in Farmer City and Clinton to continue effort to provide activities free of or low cost to youth the DeWitt County.

Objective 2: ROSC committee will assist in setting up a support group for youth in the DeWitt County.

## **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, Recovery walk, Family movie night, Let's talk about ROSC event.

Objective 2: The ROSC committee will continue to plan, set up, sober activities.

## **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 events to help decrease the stigma an informational tent about ROSC and services provided along with open discussion at Apple 'n Pork Festival.

Objective 2: Bring in an outside presenter on Stigma to be present at local event.

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 through DeWitt County ROSC and Substance and Alcohol Misuse case management.

Objective 2: ROSC Coordinator will continue 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 Heritage Behavioral Health and Law in enforcement to better serve those in the recovery community.