

Sangamon County ROSC Strategic work plan : 2/20/24

Introduction:

This strategic plan has been developed for the Sangamon County ROSC (Recovery Oriented Systems of Care) Network for the State fiscal Year 2024. The development of this plan involved the staff of Family Guidance Centers, Recovery Connections (RCO) and with input from the ROSC committee.

ROSC (Recovery Oriented Systems of Care):

ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve recovery and improved health, wellness, and quality of life for those with or at risk of substance use disorders.

Substance Abuse and Mental Health Services Administration (SAMHSA), states that the process of recovery is a **process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.**

A personal recovery plan for substance use requires the following key elements:

- Hope for the future.
- Personal responsibility.
- Education about the disorder and about wellness
- Self-advocacy/self-empowerment for self-determination
- Support from family, significant others, and the community.
- Patience, as personal growth takes time and has setbacks
- Perseverance in staying the course for recovery.
- Persistence in making commitments and sticking to them.

Recovery within the community requires individuals to seek connectedness, hope and optimism, self-identity as a community and group member as well as an individual.

As one obtains these things a greater sense of the meaning of life and one's role in it leads to enhance self-growth and personal empowerment.

With the needs assessment completed by ROSC and the concepts stated the ROSC strategic plan has identified four areas for targeted outreach activities and tasks for ROSC. These four areas are:

- 1-ROSC Network Development
- 2-Support/outreach to veterans
- 3-Support /Outreach to Families/Youth
- 4-Support/Outreach to Rural communities

Multiple meetings have been held and the tasks identified below for each area identified .

1-ROSC Network Development

Topic Maintain ROSC Council and Subcommittees

Monthly reports

Monthly Reports Postings

Quarterly Reports PPR

Hold ROSC Committee meetings

Complete Minutes

Hold Subcommittee; Outreach

Complete minutes

Subcommittee: Interfaith

Complete minutes

Subcommittee: Recovery In Action

Complete minutes

RCO Development

Complete minutes

Make Strategic Plan for RCO Development

Staff Development

Training Sessions on :

Holding Chairpersons meetings

Recruit New Members

Court Systems Liasons
Rentry Liasons

2-Support/outreach to veterans

Veterans:

Goal: Perform activities which will Enhance , facilitate and support for Veterans as individual's/family's in long term recovery from a substance use disorder. This will be done using 12 step programs and recovery coaching activities .

Objective 1: Increase access to veteran specific AA meetings.

Task 1: Begin/enhance access to a Veteran specific AA meeting via intergroup

Task 2: Begin a Veteran Specific Meeting at a new location like the salvation Army

Task 3 : Develop on line veterans meeting 1 time per week

Objective 2: Increase outreach to Veterans in Recovery stage 4 change.

Task 1: Conduct Outreach to the Veterans house once per week

Task2: Meet with veterans at the VA center once per week.

Task 3: Meet with veterans being discharged from FGC and Gateway, and in other treatment twice per month

Task 4: Attend AA Veterans specific meetings.

Objective 3: Enhance Resources

Task 1: Restart a wellness for health series specific to veterans

Task 2: Conduct training and actual event to develop and review personal recovery plans

Task 3: Explore ability to access affordable house in a timely manner

Task 4: Develop a Veterans specialized Recovery coaching Ombudsman program with paid staff

Objective 4: Increase acquisition to resources.

Task 1: Work out how to obtain bus passes for veterans from SMTD

Task 2: Develop write up on how to enroll for bus passes as a disabled individual(when applicable)

Task3: Develop a share-ride program to attend AA meetings.

3-Support /Outreach to Families/Youth

Families and Youth:

Goal: Perform activities which will enhance, facilitate and support and families and significant others in long term recovery from a substance use disorder. This will be done using teaching groups, support groups and recovery coaching, and special activities.

Note :Tasks stated below each objective are possible options to be selected as a task

Objective 1: Increase understanding of family resources.

Develop a family resource specialist on the team

Develop family recovery support take home bags

Objective 2: Increase family bonding activities/outreach .

Have a family game night

Meet with families of individuals being discharged

Have fishing ,boating, running, bow; walking, other outdoor events

Have couples night out events and suppers"

Show how to develop family support network planning tree

Have father/son; Mother/daughter; Father/Daughter; Mother/son suppers and entertainment event

Objective 3 : Provide family growth and recreation opportunities.

Hold a session on Family of origin impacts and responses for personal growth.

Have group on discussion of how family structure and dynamics shape family activities and communications.

Develop family strength trees focusing on skills and recovery capital.

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Review Locus of control from a family perspective."

Hold a series of sessions on individual and family growth, behaviors, decision making, individuation and enmeshment with respect to family roles/responsibility and growth."

Objectives 4: Enhance family communication skills as it relates to recovery /Increase Relationship building skills in families.

Show videos and have discussions regarding focus on the family sessions.

Review Barriers to positive communication: Ie trust, anger, envy; selfishness; greed; fear; respect; racism; culturalism; social status ; economics

Have relationship weekend retreat once per year for couples' development.

Teach families active listening/perception skills.

Teach children positive communication skills.

TED talks

Objective 4: Enhance family problem resolution skills for the family

Conduct a family under trauma 4 part education series

Conduct an escape room exercise for families that requires communication.

Conduct stress and anger management session.

Assist in the development of family crisis resolution and intervention plan(s) for each family

Teach the art of family conflict, compromise, and resolution skills

4-Support/Outreach to Rural communities

Rural Populations/Communities:

Goal: Perform activities which will enhance, facilitate and support families and significant others in long term recovery from a substance use disorder living within a rural setting . This will be done using outreach, teaching groups, support groups, recovery coaching, and special community based outreach activities.

Objective 1: Gap analysis of community Needs in a rural setting

Task 1: release and analyze a gap survey for each quarter to 4 communities.

Task 2: Develop report and discuss the report with community leaders and ROSC

Task 3: assist local community members in making a plan to address gaps, when possible

Task 4: Identify key informal leaders for these communities such as:

Objective 2: Increase Relationship building community stakeholders.

Task1; Identify a roster of key formal community stakeholders for4 communities each quarter related to community leaders:

Task 2: Develop report and discuss the report with community leaders and ROSC

Task 3: assist local community members in making a plan to address gaps, when possible

Objective 3: Enhance information dissemination of resources available to family members living in a rural setting.

Task 1: Develop information leave behind bags for first responders.

Task 2: develop an “I am in Recovery in Rural Illinois” short video

Task 3: provide anti-stigma material to community leaders use

Objectives 4: identify and enhance direct recovery support networks of ROSC resources

Task 1: Develop local meeting groups sessions at locations of their choice for families and individuals in recovery in a rural area. Develop 3 sites per quarter.

Task 1: Disseminate resource directory for ROSC to all rural community leaders

Task 2: Develop potential online support group via zoom for community education. Discussion and break out discussion rooms.

Task 3: Have local communities begin support groups/coffee sessions.

-meetings town hall meetings at communities

-rural video- meeting to discuss internet, direction, topics, logistics, participants, scripts, recording, postings, usage, materials

The attached GANT work chart has been developed with these goals and tasks , and lead staff for each of the items identified.