

# Recovery Oriented Systems of Care Strategic Plan Healthy Communities Alliance Fiscal Year 2025

## **Purpose:**

This Strategic Plan will serve as a road map to evaluate our progress toward strengthening and enhancing our Recovery Oriented System of Care program as the Healthy Communities Alliance (HCA) implements initiatives to address the identified gaps. The geographic area of the project is Randolph and Washington Counties in rural Southwestern Illinois.

## **Recovery Oriented Systems of Care Definition:**

According to SAMHSA (Substance Abuse and Mental Health Services Administration) a branch of the federal Health and Human Services Department, a Recovery Oriented Systems of Care (ROSC) is a network of organizations, agencies and community members that coordinate a wide spectrum of services to prevent, intervene in, and treat substance use problems and disorders.

Through ComWell, the Healthy Communities Alliance (formerly Southern Illinois Substance Abuse Alliance) was founded in February 2016. HCA's membership functions as both the Coalition to prevent teen substance misuse and the ROSC Council to promote and support recovery. In this Assessment, the terms Coalition and Council are synonymous.

## **Project Description:**

The Recovery Oriented Systems of Care (ROSC) Council assists communities with building local recovery oriented systems of care and network with the statewide ROSC Council. ComWell serves as the lead Agency collaborating with community members to form the local ROSC Council. To ensure sustainability of the ROSC Council, ComWell has demonstrated a commitment to establish the ROSC Council permanently with a long-term rolling annual strategic plan, either as a stand-alone non-profit organization or with a permanent business relationship with the lead agency. This agreement is set forth by terms and conditions applicable to services funded by the Illinois Department of Human Services (IDHS), Division of Substance Use Prevention and Recovery (SUPR) for the development of Recovery Oriented Systems of Care Council.

## **HCA Mission:**

Preventing substance misuse by youth and adults and supporting recovery activities in Southern Illinois.

## **HCA Vision:**

Healthy Communities in Southern Illinois focused on prevention and recovery free of stigma and without judgement.

## 17 Essential Elements of a ROSC:

1. Person-centered
2. Family and other ally involvement
3. Individualized and comprehensive services across the lifespan
4. Systems anchored in the community
5. Continuity of care (pre-treatment, treatment, continuing care and recovery support)
6. Partnership/consultant relationship, focusing more on collaboration and less on hierarchy
7. Strengths-based (emphasis on individual strengths, assets and resilience)
8. Culturally responsive
9. Responsive to personal belief systems
10. Commitment to peer recovery support services
11. Inclusion of the voices of individuals in recovery and their families
12. Integrated services
13. System-wide education and training
14. Ongoing monitoring and outreach
15. Outcomes-driven
16. Based on research
17. Adequately and flexibly financed

Identified at the National Summit on Recovery in 2005. Referenced from the Wisconsin Department of Health Services, ROSC education materials, April 6, 2016.

## Strategic Plan Building Blocks:

The community needs assessment returned information that the community needs to build its recovery capital in every way. In short, many different people let us know that our community has many recovery capital needs. This can create a problem in determining where and how to start. It was decided that the best approach was to use SAMSHA's Recovery Support Dimensions in creating the Strategic Plan: Health; Home; Purpose; and Community.

These are defined as (from SAMSHA.gov):

- **Health**—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable and safe place to live.
- **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

## Year 6 Outlook

2023-24 was a year of continued growth and maturity. Having divided our coalition three ways instead of two, we have continued to find our new stride, working together between the Prevention, Support, and Recovery pillars. We have found success in working together on collaborative projects such as local SUDs events, our library caravan, and our stigma reduction efforts to name a few.

In 2024 we opened our first Recovery Resource Center in Red Bud and it has been met with favorable support. While a general asset to the community, it serves also as a dedicated meeting space for new NA and AA groups that have formed and are happening here.

Keeping local Recovery development needs in the forefront of discussions is key to ongoing advancement. We have pointed our ship toward a robust local continuum of care model and we are proud to have an active role in that development. We want individuals here to have every opportunity for effective treatment and successful Recovery and to make our work a best practice model for others throughout Southern Illinois and beyond.

## Year 6 Strategic Plan

**Goal 1: Stigma Reduction (cont.)** - While some goals change year-to-year, others remain constant. Stigma will never disappear completely and so our efforts to combat it must remain persistent and vigilant. We fight stigma on a regular basis through the general essence of the work that we do.

Goal 1a	Renewed ministerial alliance outreach to ask permission for on-site stigma reduction workshops. Arrange for one presentation per quarter. This could include speaking to congregations, assemblies, council meetings, presence at picnics. Our goal is to be flexible with this.
Goal 2a	Participate in 4 parades/fairs with program participants and supporters. Steeleville Parade for 4 <sup>th</sup> of July, Chester Fall Festival, Coulterville Fall Festival, Nashville County Fair
Goal 3a	Host a Recovery Resource Center open house in September during Recovery Month with emphasis on education and recruitment

**Goal 2: Encourage a Problem Solving (mental health/drug court) in Randolph County (cont.)**

Goal 2a	Continue quarterly meetings and updates with Circuit Clerk (appointed courthouse lead)
Goal 2b	Ask for meeting with Judges Walker and Gross, Circuit Clerk Carnahan, States Attorney Kelley, and the Probation department.
Goal 2c	Carry on regular quarterly meetings with court staff to implement and monitor new operational model

**Goal 3: Recovery Ready/Recovery Friendly Workplace initiative (cont.)**

Goal 3a	Council will provide training in conjunction with Randolph County Health Department for employers to understand SUD and hiring and supporting employees with lived experience.
Goal 3b	Council will work with Gilster Mary-Lee to develop a RR/RF workplace model that will be an prototype for development of a coalition of Recovery friendly employers throughout our area.
Goal 3c	Council will work with economic development and GML on a Recovery Friendly workplace designation that we will promote to other employers in our region

**Goal 4:** Recovery Housing (cont.)

Goal 4a	Council will work to advocate and plan for Recovery housing as part of our ongoing continuum of care focus. This will afford transitional living for those coming out of drug/alcohol treatment programs for a period as they work toward permanent housing.
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**Goal 5:** Encourage community discussion on RCO research and implementation

Goal 5a	Meet with various local community stakeholders to promote understanding of RCOs
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**Goal 6:** Recruitment and engagement

Goal 6a	Continue building community support by reaching out to new prospective members
Goal 6b	Reach back to current non-active members with invitation to attend coming meeting
Goal 6c	Continue push for alumni group, previous ComWell clients, Drug Court participants and graduates

**Goal 7:** Encourage support for incarcerated individuals

Goal 7a	Further discussions on support groups and MAR in our two county jails
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**Community Readiness:** The Healthy Communities Alliance has played a pivotal role between agencies and affiliates across county lines to build toward a sustainable community readiness level year-by-year. Annual strategic planning and execution have allowed us to make a number of advancements that have positioned us to make some very substantial moves this year. We have achieved buy-in from Agency leadership and have researched the proper people and channels to work through at the SUPR (State level) in order to continue successfully moving toward to goals that we have set forth.

**Technical Assistance Needed:** SUPR continues to do sound supportive work – meeting us where we are at each step of our development and providing the critical connections and means to move to each next level as we are ready and able to do so from a council as well as an agency perspective.