



Membership Protocols

Mission & Vision

Mission: At Three Cords Strong, our mission is to empower individuals on their recovery journeys by weaving together the essential strands of personal growth, family support, and community resilience. We believe recovery is a continuous journey rather than a final destination, and strive to embrace and support individuals on their unique paths to recovery.

Vision: Three Cords Strong ROSC Alliance envisions a world where recovery is celebrated as a lifelong journey, weaving the threads of personal growth, family bonds, and community support into a resilient tapestry not easily broken.

What is a ROSC

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

What does a ROSC Council do?

ROSC Councils build collaborations in their communities that connect everyone who can support recovery. This may include local hospitals, primary care, mental health, law enforcement, local business owners, local government representatives, schools, and policymakers, persons with lived experience, and SUD intervention, treatment, prevention, and recovery support service providers.

ROSC Goals:

- Evaluate the availability of current services while identifying the imperative to expand essential services in areas encompassing prevention, treatment, peer recovery support, and system enhancement.
- Forge diverse and substantial partnerships.
- Amplify the number of people actively pursuing recovery, ameliorate their recovery capabilities to bolster their capacity for establishing and maintaining lives in recovery, and enhance the sustainability of recovery.
- Foster inclusive communities that promote personal growth, respect, and empathy for those grappling with substance use and mental health challenges.
- Implement community integration effectively and harness the community as a healing resource.
- Cultivate a culture of peer support and leadership throughout communities.
- Foster hope and encourage community stakeholders to commit to establishing and sustaining a recovery-oriented system of care.
- Inspire, motivate, and invigorate individuals to overcome adversity.

Recruitment

The Three Cords Strong ROSC Alliance aims to enlist members through the means of outreach targeted at informing, educating, and empowering our communities. The recruitment efforts conducted will encompass various channels, including the ROSC webpage, email campaigns, phone outreach, physical and virtual meetings, distribution of ROSC materials (e.g., one-pagers, membership brochures, newsletters), social media engagement, presentations, both in-person and virtual networking events, and community dialogues. The significance of this recruitment drive lies in the formation of a sustainable coalition that will foster lasting change in our communities.

Orientation

- Active participation stands as a critical factor in securing the ROSC Council's sustainability.
- Gaining a comprehensive grasp of the council's historical background, vision, goals, objectives, and structure is essential.
- By dedicating time to familiarize new members with the privileges and obligations of council membership, we can cultivate a more informed and productive council body.
- Orienting new members will significantly enhance the overall impact of the ROSC Council.

The orientation process encompasses:

- Providing newcomers with insights into the ROSC's history, purpose, and organizational framework.
- Offer a clear understanding of the ROSC Council's vision, goals, and objectives.
- Ensure open access to all essential documents of the ROSC Council.
- Facilitate introductions of new members during ROSC Council meetings.
- Encourage and motivate new members to continue their active involvement.

By adhering to these guidelines, ROSC Council members will achieve:

- Equipping new members with a solid grasp of the council's mission and the ability to articulate it.
- Ensure that members are well-versed in their rights and responsibilities.
- Understand that the purpose of orientation is to recruit effective members who contribute to an efficient council.

Training in the ROSC Framework

Members and volunteers will receive instruction on the fundamental principles that underlie the ROSC's mission, which is to promote awareness and provide education within our communities about substance use disorders (SUD) and co-occurring disorders (COD).

While attendance at training sessions provided by the ROSC Council is not mandatory, members are strongly encouraged to participate. Education is a critical component in dismantling the societal stigmas associated with substance use disorders and substance use challenges in our communities.

These training sessions may encompass a variety of topics, including:

- Enhancing the ROSC's presence within the community.
- Raising awareness about recovery in the community.
- Identifying community members with expertise in recovery.
- Recognizing individuals with personal experience in recovery.
- Skills related to project planning.
- Techniques for recruiting focus group participants and fostering community engagement.
- Advocacy for the utilization of peer support services.

Inclusion and Role of Nonparticipants

The ROSC Council strives for inclusivity, welcoming all members to participate rather than adopting an exclusive approach. All community members are invited to join the council at their convenience; there is no need to delineate the role of nonparticipants. Encouraging broad and diverse community involvement is crucial for the ROSC Council's

success. Active engagement in sub-committees and focus groups is strongly recommended for all community members.

Community Needs Assessment

Three Cords Strong will conduct an annual community needs assessment to ensure the voices and concerns of all residents are heard. The **ROSC Community Coordinator** will oversee this process, which will include written surveys, focus groups, and other methods determined by the Council and the ROSC Community Coordinator.

The assessment will prioritize active participation from all community sectors, with a focus on individuals with lived experience and their families. This ensures that the data collected is representative and rooted in real-life challenges and strengths.

Once the assessment is complete, a summary of the findings will be shared with Three Cords Strong members and the broader public. This will be done through the website, meeting minutes, and media announcements to foster transparency and encourage continued community collaboration.

Strategic Plan

The ROSC Council strives for inclusivity, welcoming all. Three Cords Strong's Strategic Plan will be developed based on data gathered during the community needs assessment process. This data will be analyzed and used to establish goals, objectives, and strategies that are specific, measurable, attainable, realistic, and time-bound (SMART). The **ROSC Community Coordinator** and Council members will be responsible for developing, implementing, and evaluating the strategies outlined in the plan.

All strategies will align with the vision and mission of Three Cords Strong, as well as the long-term goals and any relevant grant deliverables. Outcome data will be collected, assessed, and shared with Three Cords Strong members and other interested stakeholders to ensure transparency and continuous improvement.

Changes to the strategic plan can be made by a majority vote during a regular Three Cords Strong meeting.