ROSC 101

What is a ROSC?

R O S C

Recovery Oriented Systems of Care

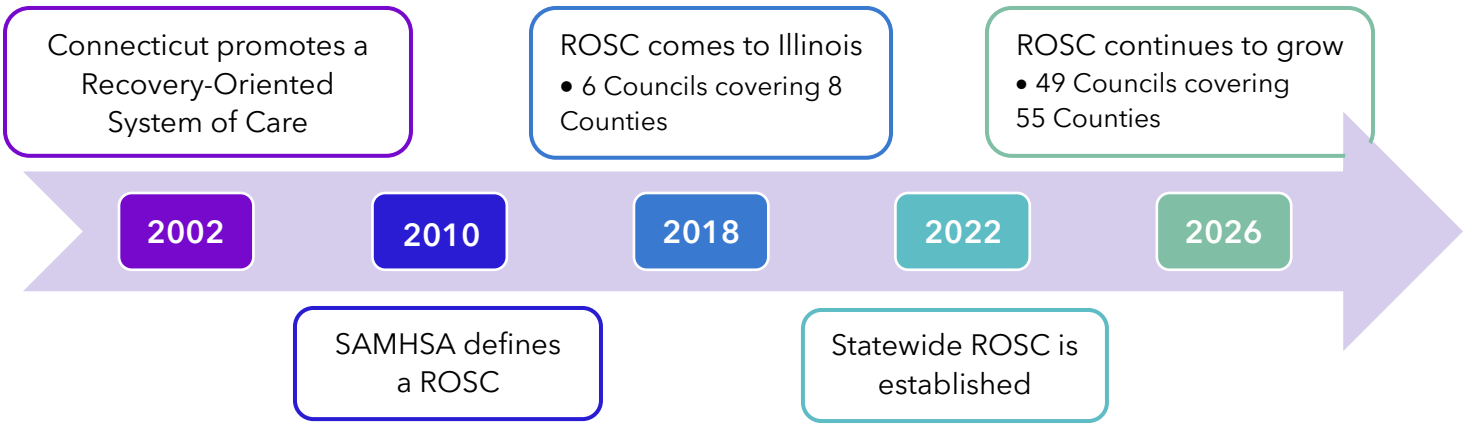
A Recovery Oriented Systems of Care is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or -co-occurring conditions. The central focus of a ROSC is to create an infrastructure, or "systems of care", with the resources to effectively address the full range of substance use and/or co-occurring disorders within communities.

ROSC Goals

While each ROSC Council will utilize unique methods that resonate with their communities, our work can be summarized into addressing three core goals:

- Create a culture that builds and nurtures recovery.
- Build capacity and infrastructure to support a recovery-oriented system of care.
- Develop commitments to implement and sustain the work.

The History of ROSC



Determining our Role

ROSC Councils serve as the "table" at which people in the community can network and collaborate to address identified community needs. They do not provide direct services, and instead should serve as a connection point to local providers. Partnering with existing entities provides many benefits including:

- Avoiding duplication by coordinating efforts
- Working together aids in creating systems level change
- Understanding of previous efforts
- Pooling resources and networks

Partners to Identify in Your Communities:			
Recovery Community Organizations (RCOs)	Recovery Support Circles & Groups	Community Coalitions	Regional Substance Use Prevention Integration Centers (RSUPIC)
Substance Use Prevention Service Providers (SUPS)	Recovery Community Centers (RCCs)	Drug Overdose Prevention Programs (DOPP)	Recovery Cafes
Recovery Housing Programs	Community champions and stakeholders	Local Drug/Problem-Solving Courts	Health Departments
Transportation Programs	Treatment Centers	Food Pantries & Community Meal Programs	And so many more…

What if my community doesn't have these services?

ROSCs work to share information, create partnerships, and lower stigma in their communities. This work enables ROSC Councils to be catalysts for future programming and services by creating community readiness and highlighting current needs. Please understand that it is not the expectation that ROSC Councils will fill every gap related to substance use prevention, treatment, harm reduction, and recovery services. The goal is that ROSCs will create change in their communities to better accommodate for these needed services and programs by lowering stigma, increasing awareness, and making connections.

ROSC vs. RCO

There is often confusion about where ROSCs and RCOs responsibilities overlap and where they differ. While these entities do have some similarities, there are core differences that we should be mindful of to prevent duplication of efforts. The table below provides a quick reference guide.

	ROSC	RCO
Provides education	X	X
Brings awareness	X	X
Engages Community partners to work on identified needs	X	
Creates a coordinated network	X	
Offers **direct** Peer support to individuals		X
Works with community to create **system level change** and supports	X	
Provides **direct** support for individuals and/or family members		X

Community Building Blocks

The Strategic Prevention Framework (SPF)

The Strategic Prevention Framework also known by the acronym SPF- Is a planning model that is driven by data. Community groups and coalitions can use this model to better understand and more effectively address substance use and related mental health problems in their communities.



Assessment – Identify local needs based on data; also helps identify assets.

Capacity – Build resources and readiness to address needs.

Planning – Identify methods that will be effective to address needs.

Implementation – Deliver programs and practices as planned.

Evaluation – Examine the process and outcomes of implemented programs and practices.

All steps of the SPF should incorporate:

Sustainability – Creating an adaptive and effective system that achieves and maintains long-term goals.

Cultural Competence – Ensuring that all steps, methods, programs, and processes effectively interact with people who have different values, lifestyles, and traditions based on their heritage and social relationships.

Why is grant documentation important?

As a funded ROSC Council, your contract has established deliverables and requirements. While upon first look they might feel overwhelming, grant deliverables and requirements do serve an important purpose! They are the true foundational elements that have an impact on the overall community change. That is why we call grant deliverables and requirements, the building blocks for community change. Appropriately documenting your work offers multiple benefits, including:

- Provides a professional image by illustrating the work that has been completed.
- Helps team members work together more efficiently by preventing duplicated efforts.
- Ensures the project stays organized by providing a clear understanding of project requirements, progress, and any potential risks.
- Assists with meeting and navigating compliance requirements, audits, and regulatory obligations.
- Establishes credibility by providing evidence that the work was completed in the manner and timeline communicated.

ROSC Grant Documentation Requirements

Monthly	Quarterly
Council Meeting Agenda & Minutes Council Meeting Minutes	Quarterly Report Periodic Performance Reports (PPR)
All of the above should be submitted to the ROSC HUB except for monthly expenditure vouchers. Those should be submitted to: Staci Ashmore @ IDHS- DBHR	

Community Building Blocks Continued

Annual Documentation, Best Practices*, & Deliverables	Purpose	Should Include:	
Membership Protocols*	Membership protocols are structured processes and guidelines in place to promote meaningful and efficient communication, problem solving, and learning.	• The Council's Mission, Vision, & Values • Recruitment strategy • Orientation & Onboarding Requirements for new members • Training plan for ROSC Membership • Adherence to the Strategic Plan & Protocol for decision making	
Communication & Outreach Plan*	The communication plan aims to inform the community about the ROSC Initiative. It educates stakeholders on multiple pathways to recovery, and shares what ROSC strives to achieve in the community.	• The Council's strategic plan and current progress • Notes from monthly meetings • The result from community mapping • Employment and advocacy opportunities for peers • Upcoming events	
Community Survey	The community survey allows us to collect quantitative data to inform our work and strategic plan.	• A maximum of 20-30 questions • Culturally competent and trauma informed questions • Responses from a representative sample of the community	
Community Resource List	The resources list provides an in-depth look at the entities already existing in the community that can help further ROSC efforts.	• Associations/local groups • Stakeholders • Institutions	• Local economy • Physical space
Community Needs & Resource Assessment*	The needs assessment analyzes data from various sources to identify current gaps and barriers that prevent people in the community from accessing services.	• Quantitative data (data from community surveys, coroner, law enforcement, overdose dashboard, etc.) • Qualitative data (key informant interviews, focus groups, etc.)	

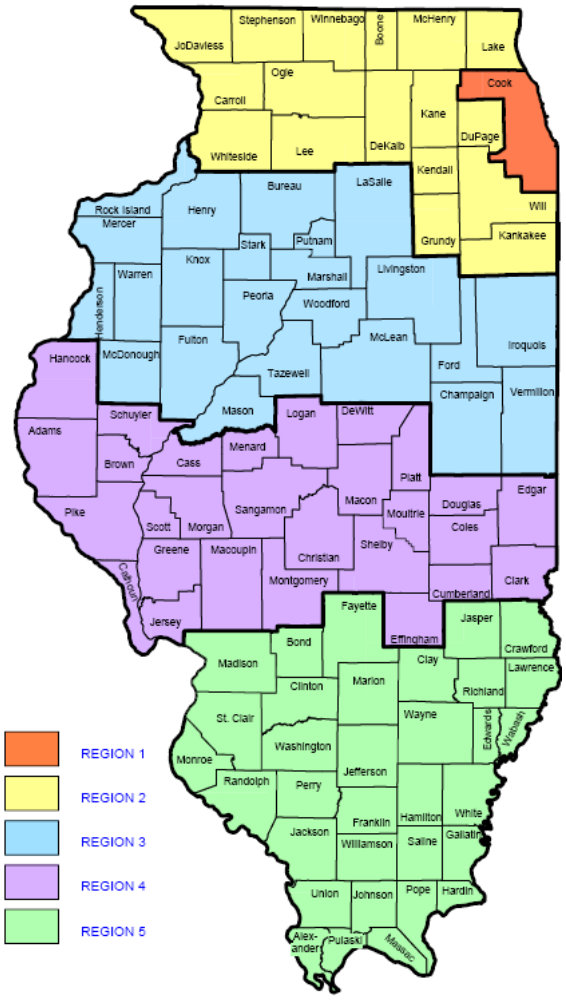
Strategic Plan	The strategic plan breaks down ROSC goals by providing individualized objectives and activities. This plan should serve as a guide to focus ROSC's work.	• SMART Goals
		  • S – Specific
		  • M – Measurable
			• A - Attainable
			• R – Relevant
			• T – Time bound

Impact Report	The impact report assesses the outcomes of ROSC implementation beyond grant deliverables. It provides a comprehensive overview of the community benefits resulting from the ROSCs work.	• Overview of the top 3 priorities • Highlight of improvements in efficiency and collaboration • Data from key metrics • Feedback from stakeholders	

Deliverables should be submitted to the ROSC HUB.

ROSC Regional & Statewide Support Systems

IDHS Region	Counties
Region 1	Cook
Region 2	Boone, Carroll, DeKalb, DuPage, Grundy, JoDaviess, Kane, Kankakee, Kendall, Lake, Lee, McHenry, Ogle, Stephenson, Whiteside, Will, and Winnebago
Region 3	Bureau, Champaign, Ford, Fulton, Henderson, Henry, Iroquois, Knox, LaSalle, Livingston, Marshall Mason, McDonough, McLean, Mercer, Peoria, Putnam, Rock Island, Stark, Tazewell, Vermillion, Warren, and Woodford
Region 4	Adams, Brown, Calhoun, Cass, Christian, Clark, Coles, Cumberland, Dewitt, Douglas, Edgar, Effingham, Green, Hancock, Jersey, Logan, Macon, Macoupin, Menard, Montgomery, Morgan, Moultrie, Piatt, Pike, Sangamon, Schuyler, Scott, and Shelby
Region 5	Alexander, Bond, Clay, Clinton, Crawford, Edwards, Fayette, Franklin, Gallatin, Hamilton, Hardin, Jackson, Jasper, Jefferson, Johnson, Lawerence, Madison, Marion, Massac, Monroe, Perry, Pope, Pulaski, Randolph, Richland, Saline, St. Clair, Union, Wabash, Washington, Wayne, White, and Williamson



Statewide ROSC Leadership		Email: statewiderosc@chestnut.org
Nadia Klekamp	• Supports the team throughout the state • Develops and implements training for Statewide ROSC • Facilitate Statewide Collaborative Meetings • Advocates for Community ROSC Councils • Promote Recovery Ready Illinois	nfklekamp@chestnut.org
Donna Nahlik		dnahlik@chestnut.org
Kami Garrison		klgarrison@chestnut.org
Anna Hazelwonder		akhazelwonder@chestnut.org

Statewide ROSC Technical Assistants			
Region 1	Ken Bell	• Connection to Regional ROSC Councils • Meets with each ROSC Lead Agency Staff • Reviews ROSC Program Documents • Hosts Regional Meetings • Shares Resources	kwbell@chestnut.org
Region 2	Ben Rudolph		berudolph@chestnut.org
Region 3	Kami Garrison		klgarrison@chestnut.org
Region 4	Toni Randall		tcrandall@chestnut.org
Region 5	Beverly Holland		bgholland@chestnut.org

Statewide ROSC Systems Support			
Systems Specialist	Deb Beckmann	• Builds Tip Sheets • Shares Resources • Supports network connection	desbeckmann@chestnut.org
Training Specialist	Natalie Flex	• Manages the LMS • Develops and delivers training	nrflex@chestnut.org

Additional ROSC Statewide Support Systems

DBHR		
James Kowalsky	• Answers grant contract questions	James.Kowalsky@Illinois.gov
Kim Sriner	• Answers grant contract questions • Shares resources	Kimberly.Sriner@illinois.gov
Johanna Gonzalez	• Advocates for ROSC Council Growth • Answers grant management questions • Attends ROSC Council Meetings • Shares Resources	Johanna.Gonzalez@illinois.gov
Staci Ashmore	• Processes fiscal vouchers	Staci.ashmore@illinois.gov
Governor's State Website		
Karen Keil	• Maintains ROSC Webpage hosted on GSU • Pulls information from ROSC HUB	rosccouncildocs@gmail.com

Virtual ROSC Supports

In addition to the individuals and entities listed above, individuals working on ROSC grants also have access to a variety of virtual resources and supports. To ensure that you receive all updates and are able to submit your documentation in a timely manner, please make sure that you have access to all the platforms below.

	Purpose	How do I join?
ROSC HUB	A centralized location for uploading documents related to ROSC deliverables	Email Johanna.Gonzalez@illinois.gov
Statewide ROSC Resource Website	A password protected space to access over eighty relevant resources for leading a ROSC council.	Logins will be assigned visit Statewideroscil.org to fill out a communication ticket.
Learning Management System	Online asynchronous training platform to work through ROSC fundamentals training along with newly released training.	Logins will be assigned visit Statewideroscil.org to fill out a communication ticket.
Slack Channel	A platform for ROSC, DBHR, and Statewide ROSC teams to share information, resources, and network.	Email statewiderosc@chestnut.org
Statewide ROSC email	A centralized email to contact the Statewide ROSC leadership team.	To be added to this distribution list visit Statewideroscil.org to fill out a communication ticket.
Other notes:		
Marketing materials	For approval and questions, please send to Kim (Kimberly.Sriner@illinois.gov), Johanna (Johanna.Gonzalez@illinois.gov), and James (James.Kowalsky@Illinois.gov)	
Staffing changes	Please send any staffing updates and changes to DBHR and Statewide ROSC teams.	

Center for Community Engagement at Chestnut Health Systems

STATEWIDE ROSC

These services are funded in full or in part through a State Opioid Response Grant (TI085769) to the Illinois Department of Human Services, Division of Behavioral Health and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.