



What is a Recovery-Oriented System of Care?

[SAMHSA](#) defines a recovery-oriented system of care ([ROSC](#)) as “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 abstinence and improved health, wellness and quality of life for those with or at risk of alcohol or drug problems.”

The focus of a [ROSC](#) is to create a system of care or structure with all the resources needed in communities across the entire service spectrum from prevention through treatment, continuing care and long-term recovery. A true [ROSC](#) is also provided in partnership with other disciplines, such as mental health and primary care, thus offering comprehensive care and supports that focus on the whole person within community.

In this recovery-oriented system, the majority of interventions occur outside of formal treatment settings in the communities where people live, learn, work and play. Thus, it is in the community that the basic commonalities between recovery and prevention within behavioral health can be found.

*William White, whom many consider to be the father of the new recovery movement, introduces the current vision of recovery. In it, White suggests: “The focus of this new movement is not on the source or nature of addiction, nor on the solutions that science may provide tomorrow. Instead, the focus is on the solutions that are possible at this moment if resources can be mobilized to effectuate them. It is time we...redirected our energies from an emphasis on pathology to an emphasis on **resilience and recovery.**”*

Definitions

Lived Experience - Lived experience means personal knowledge about substance use disorder (SUD), including co-occurring mental health and substance use disorders (COD), treatment, and recovery gained through direct involvement, which may include that individual's involvement as a patient, family member or loved one of a person receiving SUD/COD treatment services.

Recovery - A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. ([SAMHSA's Working Definition Of Recovery](#))

Recovery Community Cafés and Recovery Community Centers (RCCs) - These are physical locations where people in or seeking recovery can go to receive recovery support, meals, classes and/or referrals to other community resources focused on recovery. This is a safe space or "sanctuary" for people to "hang out" with other people in recovery, and RCC's may have structured activities as well. People do not live at these facilities, but rather RCC's can help individuals build recovery capital at the community level by providing advocacy, training, recovery information and resource mobilization. RCCs (Café's) and RCCs (Centers) are very similar, it is largely a choice of what they decide to call themselves and what network they affiliate with - [Recovery Café Network](#) & [Recovery Community Centers](#).



Recovery Community Organization (RCO) - RCOs are independent, non-profit organizations led and governed by representatives of local communities of recovery. More information at [Faces & Voices of Recovery](#).

RCO Activities and Actions

Rally for Recovery: Annual event during recovery month that brings people in recovery, family, friends and allies together to celebrate the reality of recovery. Find more info about the Wisconsin Recovery Rally [here](#).

Recovery Advocacy Toolkit: Developed by Faces and Voices, the [Toolkit](#) provides ten tips for relationship-building specifically with elected officials and their staff, the media and constituents.

Community Listening Forum Toolkit: Community Listening Forums are an opportunity for the recovery community to make its voice heard - raising awareness about important issues and developing support for taking action. The [Toolkit](#) includes sample flyers, agendas, evaluations, and training materials for speakers to help organize a forum.

Life in Recovery Survey: Faces and Voices [first-ever nationwide survey](#) of persons in recovery from addiction to alcohol and other drugs was conducted by Alexandre Laudet, PhD. The survey documented dramatic improvements in all areas of life for people in recovery from addiction and documents the heavy costs of addiction to the individual and the nation. For the first time, it also measured and quantified the effects of recovery over time.

Toolkit for Expanding a System of Care: [The toolkit](#) is divided into four sections—introduction to expansion, strategic expansion planning, expansion implementation, and performance and outcome measurement. Specific resources are described in each of these sections. Available from National Technical Assistance Center for Children’s Mental Health at Georgetown University.

Building Community Resilience: An Action Guide for Sustaining Child Development and Prevention Approaches. Tools include asset mapping, broadening your network, and addressing policy change. This [set of four tools](#) are available from George Washington University, Millikin School of Public Health

Preventing the Spread of Stigma; Changing Attitudes & Terminology Slide Set: This [slide set](#) available from the Great Lakes PTTC can be adapted for use by community groups to educate staff or the public on changes in “person first” terminology and the role for prevention.

Community Resilience Learn and Tell Toolkit: This [toolkit](#) is intended to teach people about community resilience so that they can then educate others about resilience and resilience building. This tool is available through the [RAND Corporation](#).

Resources



The following websites will provide you with background material to assist in understanding recovery-oriented activities and approaches:

Guiding Principles and Elements of Recovery-Oriented Systems: What do we know from the research?

https://www.samhsa.gov/sites/default/files/partnersforrecovery/docs/Guiding_Principles_Whitpaper.pdf

Recovery as an Organizing Concept

http://www.williamwhitepapers.com/pr/Interview_With_H._Westley_Clark_MD_JD,_MPH_CAS_FASAM%20Interview.pdf

Building Resilience, Wellness and Recovery: A Shift from Acute Care to a Sustained Care Recovery

<https://www.samhsa.gov/dbhis-collections/resilience-stress-management>

Recovery-oriented Approaches to Treatment and Service Engagement

https://www.samhsa.gov/sites/default/files/programs_campaigns/recovery_to_practice/rtp-spring-2018-webinar-series.pdf

The Institute for Research, Education, and Training in Addictions (IRETA)

<https://ireta.org/>

Faces and Voices of Recovery: Guide to Mutual Aid Resources

<https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/>

References

Faces & Voices of Recovery, <https://facesandvoicesofrecovery.org/>

SAMHSA. (2012). SAMHSA's Working Definition of Recovery. Rockville, MD: Substance Abuse and Mental Health Services Administration. <https://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEP12-RECDEF>