



Great Lakes (HHS Region 5)

PTTC

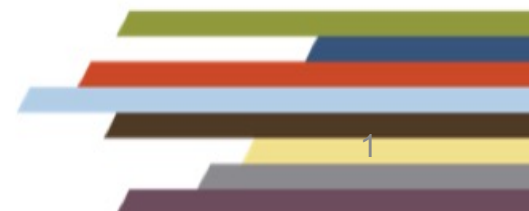
Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Prevention as Partners in a Recovery-Oriented Systems of Care (ROSC)

*January 29, 2020 (10:00 AM CST)*

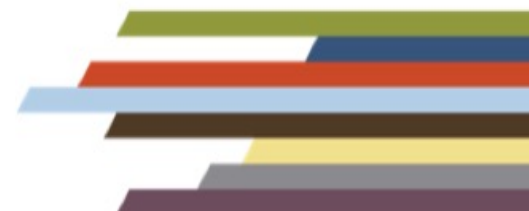
**Chuck Klevgaard, CSPA, Prevention Manager (PTTC)**



# About Us

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- The Great Lakes PTTC is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to support the prevention workforce in HHS Region 5: IL, IN, MI, MN, OH, and WI.

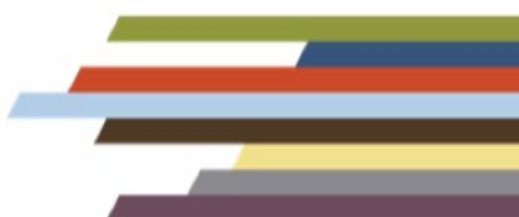


# Disclaimer



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January 29, 2020

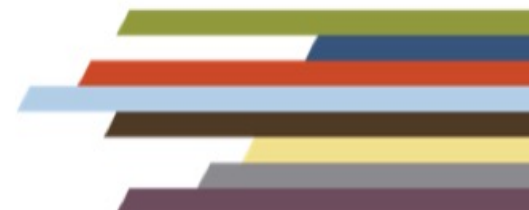


# Funding Statement



This work is supported by the following grants from the Substance Abuse and Mental Health Services Administration:

- Great Lakes ATTC: 1H79TI080207-03
- Great Lakes MHTTC: 1H79SM-081733-01
- Great Lakes PTTC: 1H79SP081002-01



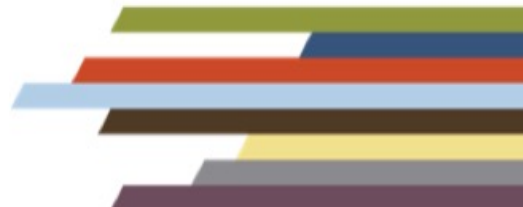


# Our Presenter

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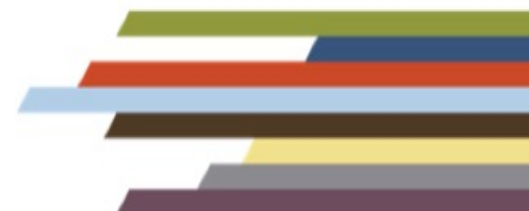
- Chuck Klevgaard,  
CSPS



# At the conclusion of this webinar, you'll be able to:

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- List the benefits of a recovery-oriented system of care
- Describe the evidence for the framework
- Identify strategies for collaborating across sectors to support recovery and resilience



# Current Involvement or Interest in ROSC

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## POLL



**How involved am I in ROSC where I live and work?**

- A. I currently participate in a state or local effort working to establish or strengthen ROSC as a framework for systems transformation.**
- B. I understand that my organization or community is exploring ROSC as a framework and I want to be prepared.**
- C. I am simply interested in better understanding what this movement is about.**

# What is ROSC



A ROSC 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 achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems.

# The Recovery Advocacy Movement (NRAM)

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- A social movement led by people in addiction recovery and their allies aimed at altering public and professional attitudes toward addiction recovery, promulgating recovery-focused policies and programs.
- The heart of the NRAM are hundreds of grassroots RCOs operating in local U.S. communities.

# ROSC Values

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- ♥ Person-Centered
- ♥ Self-Directed
- ♥ Strength-based
- ♥ Participatory  
(family/members,  
caregivers, significant  
others, friends,  
community)

# Values and Principles

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**These values and principles provide the foundation for systems that provide:**

- Accessible services that engage and retain people seeking recovery
- A continuum of services rather than crisis-oriented care
- Care that is age-and gender-appropriate and culturally competent
- Where possible, care in the person's community and home using natural supports

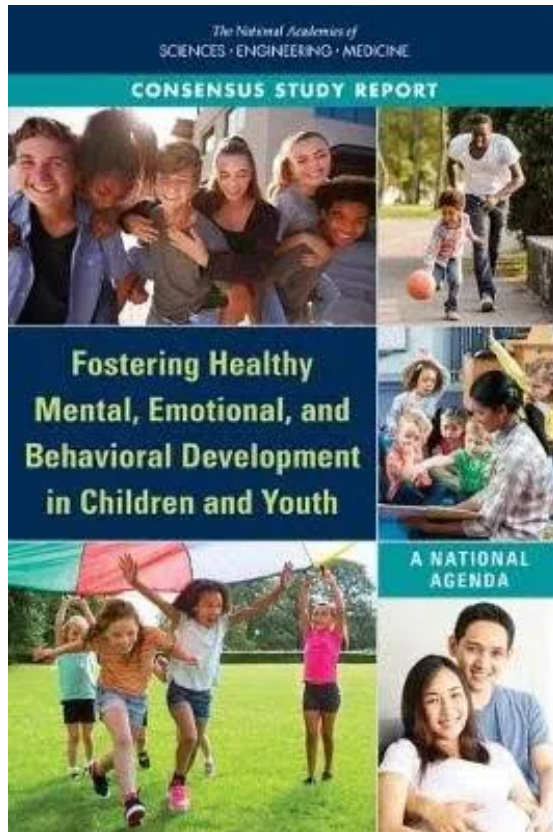
# Recent History

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- Health Care Reform: Quality, Outcomes and Accountability
- Mental Health Transformation: A Place in the Community
- New Recovery Advocacy Movement
- Children's Behavioral Health: Focus on Resilience



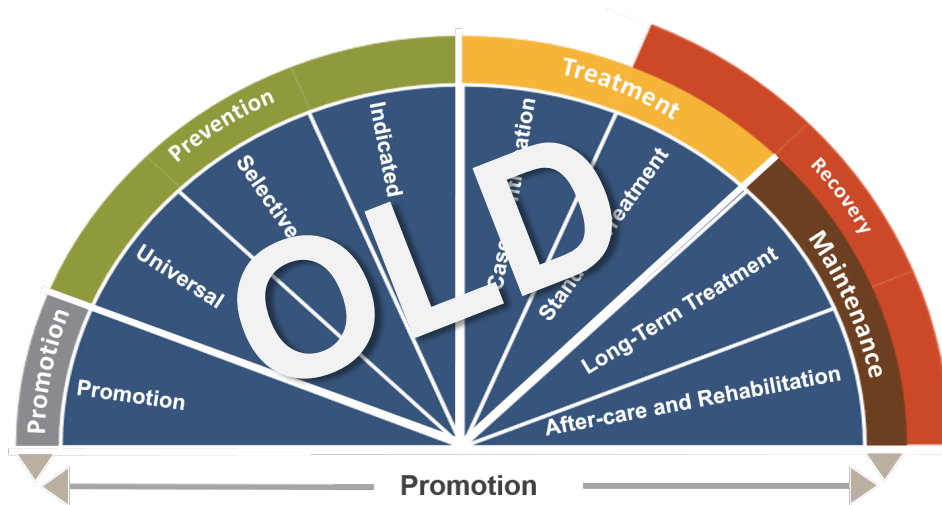
# Recent History *Continued*



- This report is the third in a series of reports from the National Academies of Sciences, Engineering, and Medicine targeting improvement of mental, emotional, and behavioral (MEB) development and health through promotion and prevention activities.
- The first two reports, *Reducing Risks for Mental Disorders* (1994) and *Preventing Mental, Emotional, and Behavioral Disorders Among Children and Youth* (2009), focused on prevention.

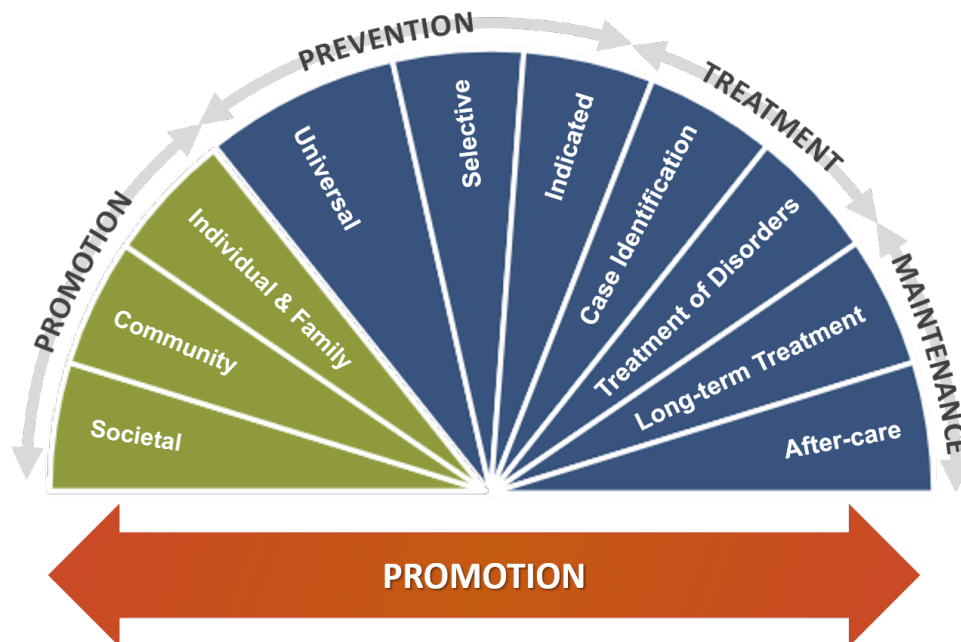
National Academies of Sciences, Engineering, and Medicine. (2020). *Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda*. National Academies Press.

# The Third Installment of the Continuum of Care



- ← 2009 update of the 1994 model of the spectrum of MEB interventions.
- ← Reflecting the role of both promotion of MEB health and prevention of MEB disorders, MEBs are developmental, mental health and physical health are inseparable, interdisciplinary, & coordinated community level systems.

SOURCE: NRC and IOM (2009)



- ← 2019 update of the 2009 model of the spectrum of MEB interventions
- ← Increased focus on promotion, cross-sector partnerships, creation of infrastructures, integration of mental health strategies, life-course approach, public health framework.
- ← Emphasis on vulnerability, strengths, and resilience

SOURCE: Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth (2019)

# Common Definitions

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**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 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 and drug problems.

William “Bill” White

**Recovery Oriented Systems** support person centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems.

SAMHSA, 2010

# Definitions

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- **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.”
- **Resilience** “...the ability to adapt well over time to life-changing situations and stressful conditions.”
- **Full Continuum of Care** (prevention, early intervention, treatment, continuing care and recovery) in partnership with other disciplines.

# ROSC and the **Full** Continuum of Care

PREVENTION	INTERVENTION	TREATMENT
<ul style="list-style-type: none"><li>▪ Early screening before onset</li><li>▪ Collaborate with other systems, e.g. Child Welfare or Criminal Justice</li><li>▪ Stigma reduction activities</li><li>▪ Refer to intervention treatment services</li></ul>	<ul style="list-style-type: none"><li>▪ Screening</li><li>▪ Early Intervention</li><li>▪ Pre-treatment</li><li>▪ Recovery Support Services</li><li>▪ Outreach Services</li></ul>	<ul style="list-style-type: none"><li>▪ Services</li><li>▪ Recovery Support</li><li>▪ Menu of Services</li><li>▪ Prevention for Families &amp; Siblings</li></ul>
		POST-TREATMENT
		<ul style="list-style-type: none"><li>▪ Continuing Care Recovery Support</li><li>▪ Checkups</li><li>▪ Self Monitoring</li></ul>

# Current Prevention Activity in ROSC

## CHAT



### Type in the Chat

If you currently work in a ROSC, (at any stage of implementation) type in examples of activities that your coalition, board, council, or agency is implementing that you believe advance prevention goals. (e.g. **resiliency, screening, systems collaboration or networking, early intervention, or other activities**)

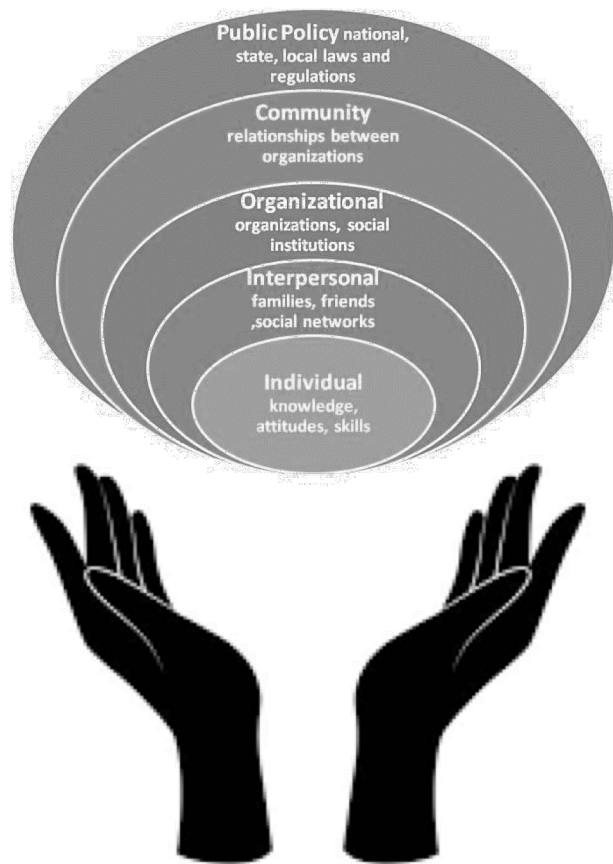
# Key Benefits of ROSC for Prevention

- A ROSC expands the focus of services to include **prevention**, early intervention, treatment, and continuing care, all within the ecological context of the community.
- The development of a ROSC presents a unique opportunity to align and coordinate **prevention** and treatment efforts more effectively.
- The focus of both is now on promoting community **health and wellness for all** and equipping people with the resources, opportunities, and support they need to live meaningful lives in the community





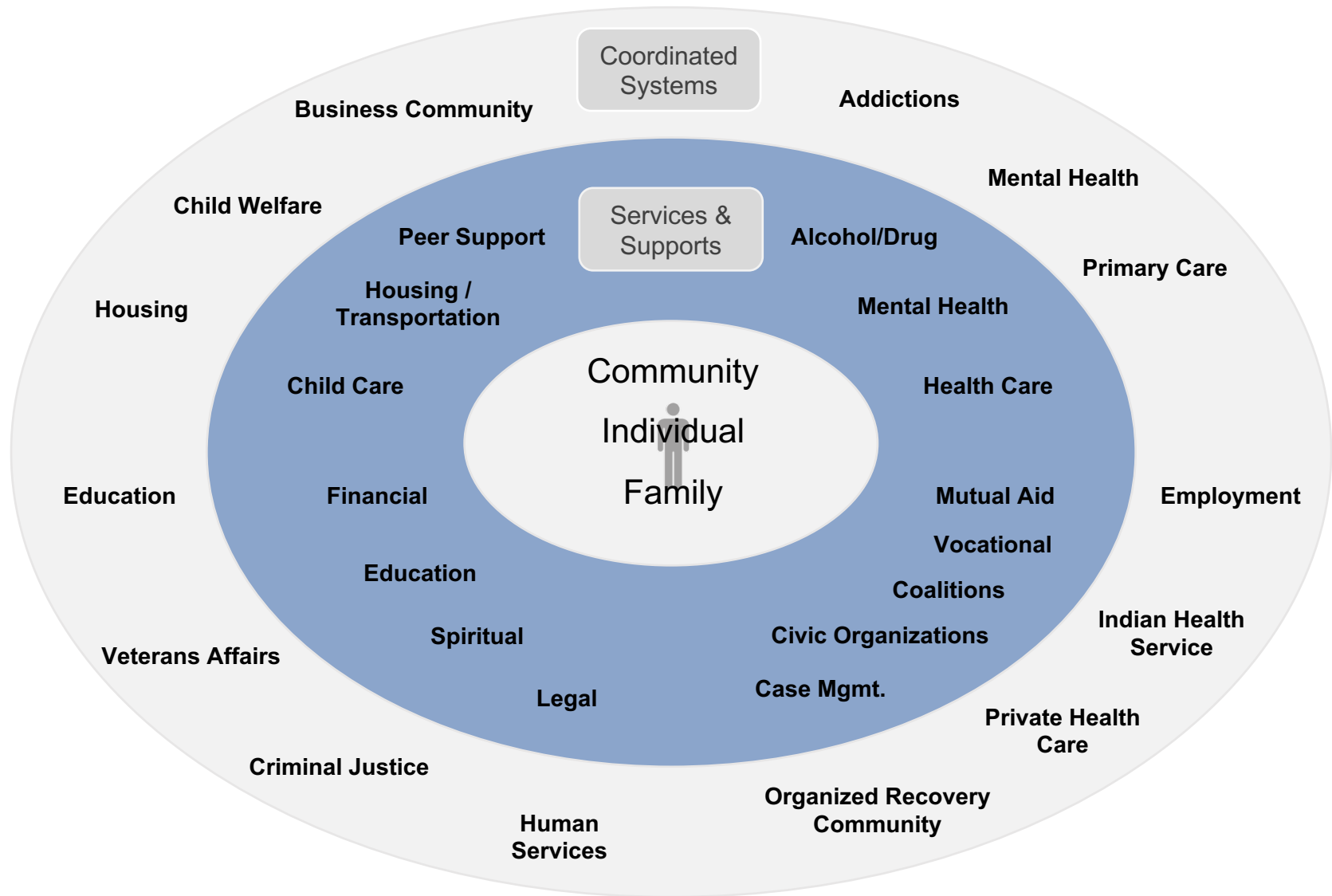
# The Ecology of Recovery



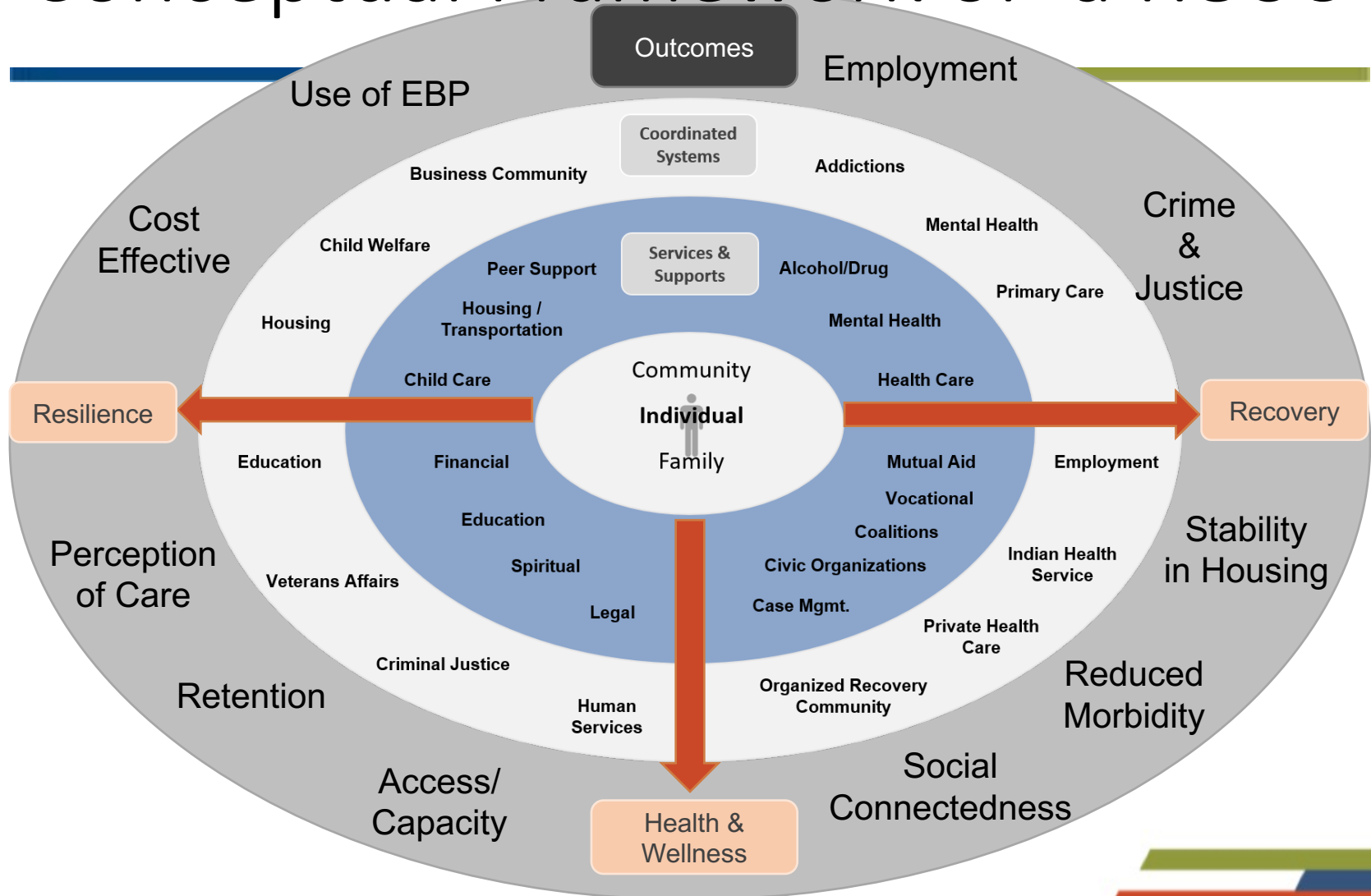
Recovery-oriented systems of care as networks of organizations, agencies, and community members that coordinate a wide spectrum of services to prevent, intervene in, and treat substance use problems and disorders.



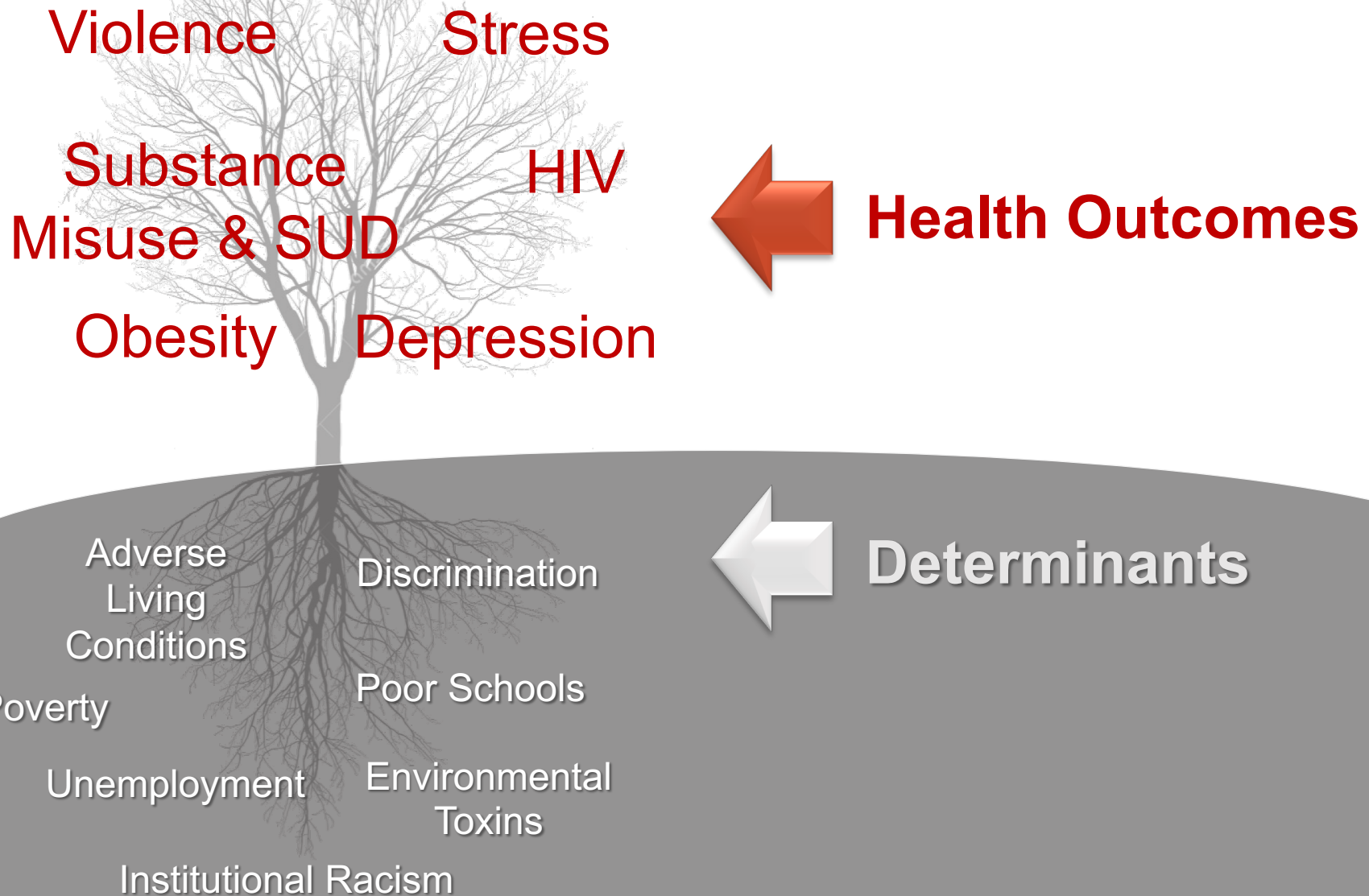
# Conceptual Framework of a ROSC



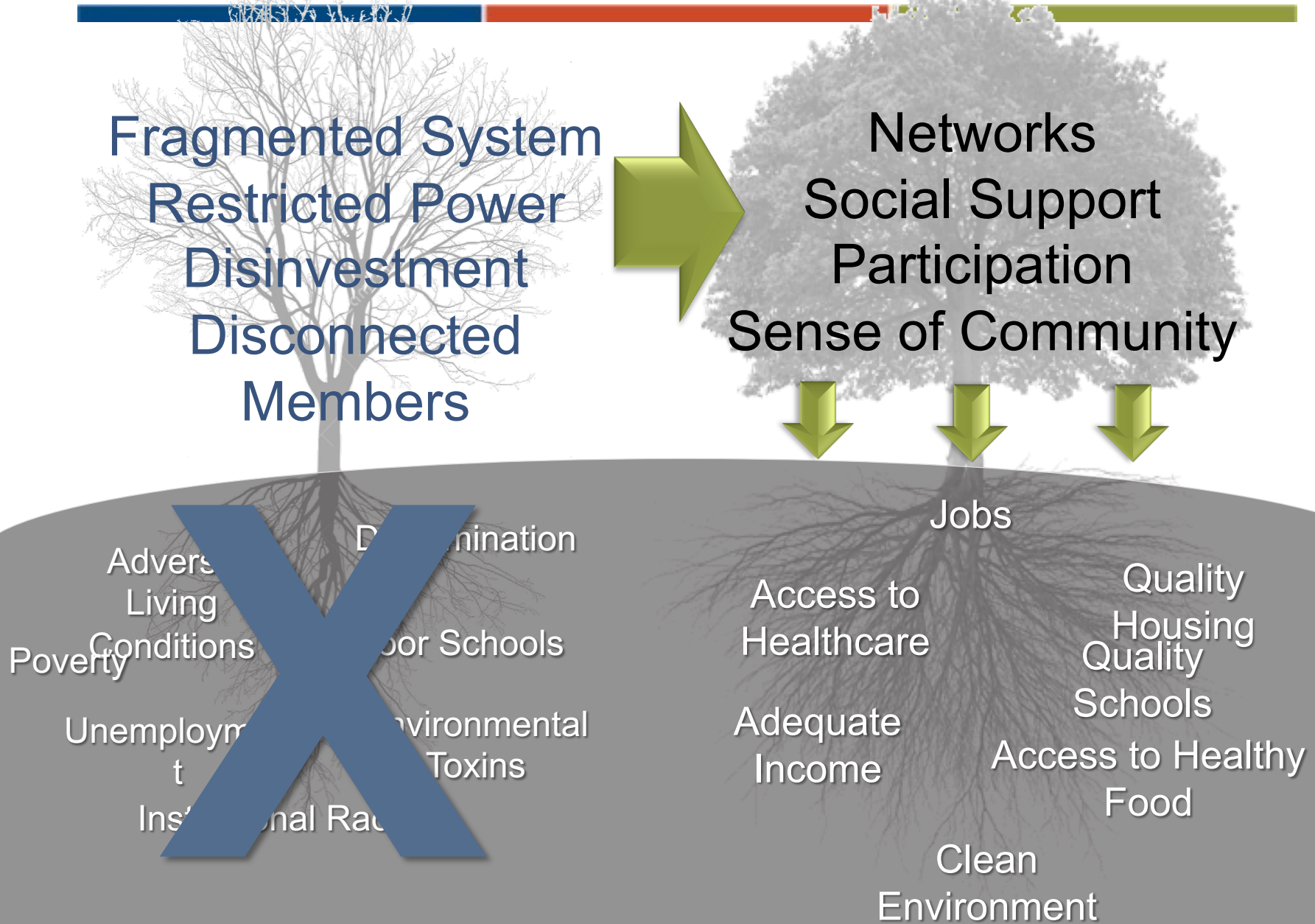
# Conceptual Framework of a ROSC



# Social Determinants, Behavior and Health



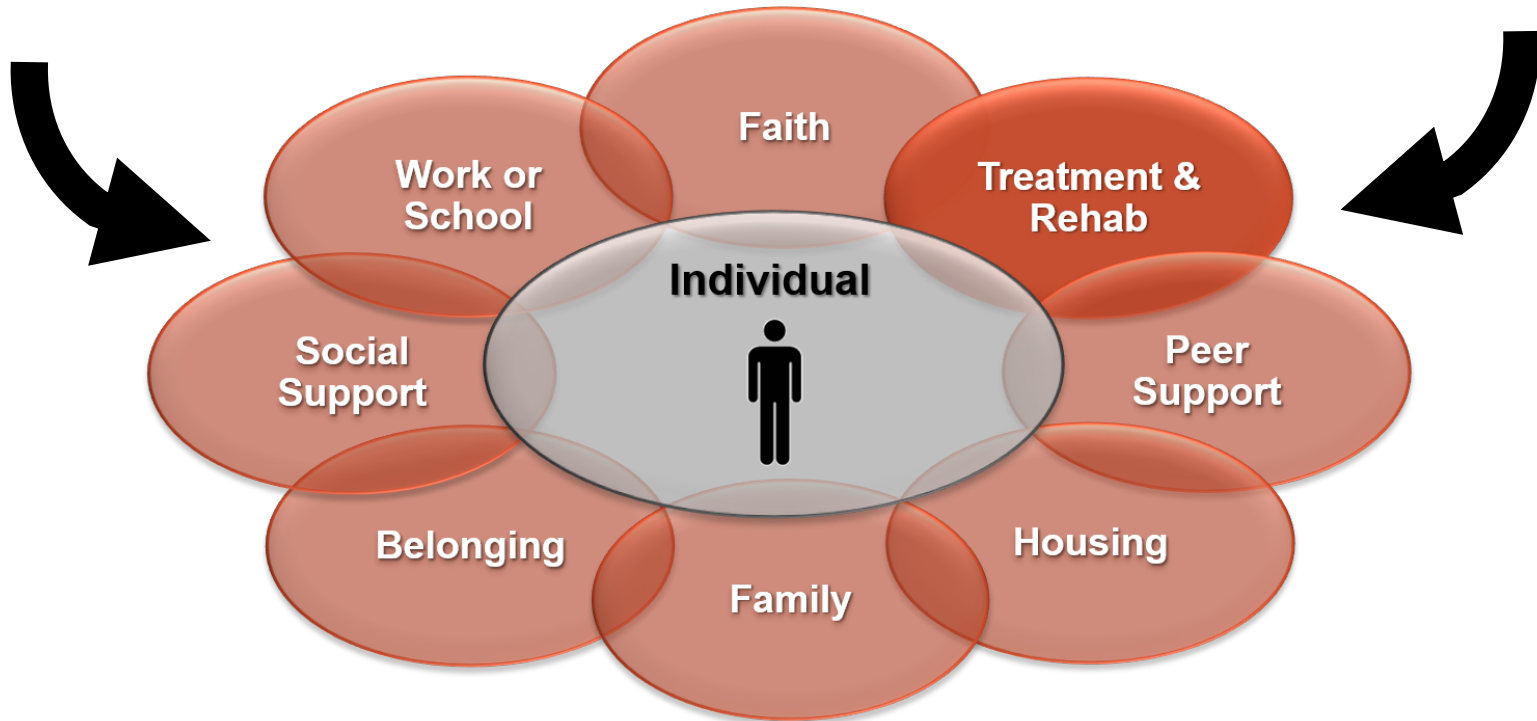
# Social Determinants, Behavior and Health



# Recovery-Oriented System of Care (ROSC)

**Primary Focus is on community life. Individual, community, and family are central.**

**Clinical care is seen as one of many resources needed for successful integration into the community.**



# Evidence for ROSC

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- Healthy communities promote better recovery outcomes.
- Productive environments are nurturing of recovery, and the presence of strong social network after treatment is linked to sustained reductions in substance use after treatment.
- To improve individuals' long-term stability, communities must provide necessary resources, such as housing, employment, and social support.

Sheedy, C. K., & Whitter, M. (2013). Guiding principles and elements of recovery-oriented systems of care: What do we know from the research?. *Journal of Drug Addiction, Education, and Eradication*, 9(4), 225.

# Examples of Evidence for ROSC Principles

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- There are many pathways to recovery
- Recovery exists on a continuum of improved health and wellness;
- Recovery is supported by peers and allies;
- Recovery is strength-based; outcome driven, a reality
- Recovery involves addressing discrimination and transcending shame and stigma;
- Recovery involves (re)joining and (re)building a life in the community;
- Systems anchored in the community;

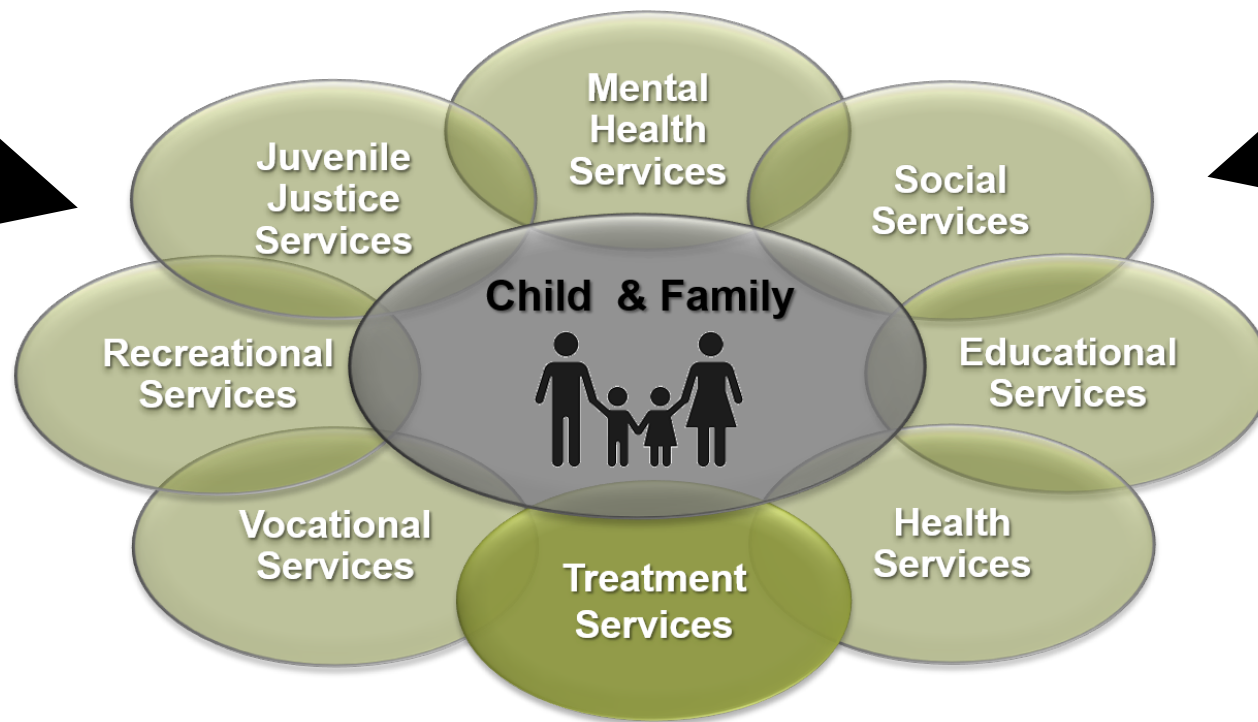
Sheedy, C. K., & Whitter, M. (2013). Guiding principles and elements of recovery-oriented systems of care: What do we know from the research?. *Journal of Drug Addiction, Education, and Eradication*, 9(4), 225.



# System of Care (SOC)

**A spectrum of effective, community-based services and supports that is organized into a coordinated network**

**Focus is on children and youth with or at risk for mental health or other challenges and their families**



Stroul, B. & Friedman, R. (1986 rev ed) A System of care for children and youth with severe emotional disturbances (rev., p. 30) Washington DC: Georgetown University Child Development Center. National Technical Assistance Center for Children's Mental Health



# Evidence for the System of Care (SOC)

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- Outcomes for children and youth include decreased behavioral and emotional problems, suicide rates, substance use, and juvenile justice involvement, as well as increased strengths.
- For families, findings include reduced caregiver strain and improved family functioning.
- System of care implementation is also associated with improvements in service delivery systems.

Stroul, B., Dodge, J., Goldman, S., Rider, F., & Friedman, R. (2015). Toolkit for Expanding the System of Care Approach. Washington, DC: Georgetown University Center for Child and Human Development, National Technical Assistance Center for Children's Mental Health.

# How This Transformation Happens

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- **State Agencies**, Bureaus, and Departments – Single State Authorities (SSA)
- **County Level Entities** (e.g. Alcohol, Drug Addiction, and Mental Health Boards)
- **Community Partnerships** – (e.g. Local Coordinating Councils)
- **Recovery Community Organization (RCO)** - RCOs are independent, non-profit organizations led and governed by representatives of local communities of recovery.

# Prevention Role as Myth Buster

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## ROSC is...

- ✓ A framework to guide systems transformation
- ✓ Intervenes earlier in the progression of the disease
- ✓ Reduces the harm caused by substance use
- ✓ Promote good quality of life, community health and wellness for all
- ✓ A concept that allows for growth and development of recovery-oriented systems

## ROSC is not...

- ✓ A Model
- ✓ Only focused on the integration of recovery support services
- ✓ A new initiative
- ✓ An organizational entity
- ✓ A closed network of services and supports

# Prevention Roles in ROSC

- Become Literate in the Full Continuum
- Embrace the concept that the community is healthier if we all do better
- Work to Build ROSC Understanding
- Create a Sense of Community
- Promote System of Care
- Promote Resilience
- Create Linkages



# Readiness Poll

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## POLL



**How Ready is my agency, organization, or coalition to support ROSC ?**

- A. Prevention staff understand the values, and guiding principles of ROSC.**
- B. Prevention staff understand the benefits of change and the consequences of “business as usual”.**
- C. Prevention staff are willing to commit to and champion ROSC.**
- D. Prevention staff belief that there are sufficient resources in the community to support ROSC.**

# Questions?

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