Recovery-Oriented Systems of Care (ROSCs)

State Associations of Addiction Services

Partners for Recovery

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Washington D.C.
February 28, 2008
Presentation Goals

• To provide an overview of Recovery-Oriented Systems of Care (ROSCs);
• To discuss the benefits of ROSCs;
• To engage you in the ROSCs process; and
• To answer your questions about ROSCs.
Recovery-Oriented Systems of Care (ROSCs)
Definition of ROSCs

Recovery-oriented Systems of Care (ROSCs) support person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to sustain personal responsibility, health, wellness and recovery from alcohol and drug problems.
Describing ROSCs

- ROSCs provide a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual’s needs and chosen pathway to recovery.

- ROSCs shift the objective from “How do we get the client into treatment?” to “How do we support the process of recovery within the person’s environment?”
Describing ROSCs (cont’d)

• ROSCs require an ongoing process of systems-improvement that incorporates the experiences of those in recovery and their family members.

• ROSCs encompass and coordinate the operations of multiple systems, providing responsive, outcomes-driven approaches to care.
ROSCs support person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families and communities to achieve health, wellness, and recovery from alcohol and drug problems.
ROSC offer a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual’s needs and chosen pathways to recovery.
ROSCs encompass and coordinate the operations of multiple systems...
…providing responsive, **outcomes-driven** approaches to care.
ROSC require an ongoing process of systems improvement that incorporates the experiences of those in recovery and their family members.
ROSCs Elements & Goals
ROSCs Elements

Person-Centered:

• Individualized & Comprehensive Services Across the Lifespan
• Responsive to Culture & Personal Belief Systems
• Partnership-consultant Relationships
• Strength-based
• Community-based
• Commitment to Peer Services
• Involvement of Recovering Individuals, Families and other Allies
ROSCs Elements (cont’d)

Efficiency and Cost Effectiveness:

- Outcomes-oriented
- Integrated Services
- Systems-wide Education and Training
- Continuity of Care
- Monitoring and Outreach
- Research-based
- Adequately & Flexibly Financed
ROSCs Adopt a Public Health Approach

- ROSCs adopt a public health approach to address substance use problems and related health conditions.

_The science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations - public and private - communities and individuals._

- C.E.A. Winslow, Professor of Public Health, Yale School of Medicine, 1920
Key Elements of a Public Health Approach

- Population-based
- Risk factor-oriented
  - With attention to vulnerable populations
- Focused on:
  - Health promotion
  - Disease prevention
- Evidence-based
Goals of ROSCs

- To support preventative strategies related to substance use problems & disorders;
- To intervene early with individuals with substance use problems;
- To support sustained recovery for those with substance use disorders; and
- To improve individual and family outcomes.
Distinguishing ROSCs from Current Systems
Distinguishing ROSCs from Current Systems

Systems-improvement is not new, but it has not been fully operationalized or sufficiently implemented.

**ROSCs systems enhancements include:**

- Incorporation of ongoing prevention, early engagement and early intervention;
- Implementation of clinical and non-clinical supports;
- Emphasis on recovery support services throughout the continuum of care;
Distinguishing ROSCs from Current Systems (cont’d)

ROSCs systems enhancements include: (cont’d)

• Individualized and flexible menu of services;

• Inclusion of chronic care approaches (i.e., recovery management);

• Emphasis on evidence-based practices; and

• Coordination of multiple systems.
What are the Benefits of ROSCs?
What are the benefits of ROSCs?

- Increased responsiveness to individuals, families and communities;
- Involvement in a systems-change movement that is occurring at the Federal and State/local levels; and
  - SAMHSA – RCSP, ATR, PFR
  - Connecticut, Philadelphia, Wellbriety Movement, BHRM, FAVOR
- Application of knowledge gained from recovery-oriented research.
Increased Responsiveness to Clients
Responsive to Individuals/ Families

- In ROSCs, treatment is viewed as one of many critical resources needed for a client’s successful integration into the community.

- Various supports work in harmony with the client’s direction.

- Systems and policies are established that provide client’s options and the ability to make informed decisions regarding their care.

- Measures of satisfaction are collected routinely and in a timely fashion from people in recovery and their families.
Federal & State Change Movement
Contributing Factors to Change Movement

- Growth of recovery communities
- Emergence of recovery advocacy
- Advances in science and technology
- IOM Report
- Focus on collaboration and accountability
- Federal and State initiatives
Federal ROSCs Activities

- **Regional Recovery Meetings** – Five regional meetings, 220 participants representing 49 states, D.C., and Puerto Rico

- **White Papers** – Three white papers describing ROSCs in States and communities, one paper presenting research related to the elements of ROSCs

- **Conference Report** – Report on emerging peer recovery support services indicators of quality

- **ROSCs Tool-kit** – Tool-kit on policies, administrative rules, strategic plans, practice guidelines, vision statements, workforce competencies, training outlines, surveys, protocols, and literature review

- **Recovery Self-Assessment** – Self-assessment for States to use as they prepare their own ROSCs
Applying Recovery-oriented Research
Recovery-oriented Research

• **Inclusion of Preventative Strategies** – Recovery management check-ups can significantly decrease relapse and re-admission (Dennis, Scott, & Funk, 2003).

• **Intervening Earlier** - The earlier the age and stage at which treatment begins, the shorter the addiction and treatment careers and the longer the recovery career (Fleming et al., 2002).

• **Broader Access** - Outreach workers nestled within natural environments and using non-traditional approaches can facilitate identification, screening and service linkage and retention (White & Sanders, 2006).
Improving Treatment Outcomes and Sustaining Recovery – Long-term recovery outcome is enhanced by individual choice and commitment (Laudet & White, 2008). Integrated systems of care have been proven to improve recovery outcomes (Lorig, et al., 2001; Weisner, et al., 2001).

Cost-effectiveness – Individuals with co-occurring substance abuse/medical problems randomized to integrated care had significantly lower total medical costs than those in independent care (Parthasarathy, Mertens, Moore, Weisner, 2003).

Cost-effectiveness – Community-based treatment costs less to operate and results in higher levels of service satisfaction than those provided in acute settings (Hoult, 1986).
Engaging You in the ROSCs Process
Steps to Implement ROSCs

- Develop statement of intent – Mission, Vision
- Multi-year implementation process
- On-going systems improvement process
- Engage State and other leadership to support change effort
- Re-orient stakeholders to support ROSCs
- Identify strengths and gaps in organizations/systems
- Build on strengths of the existing infrastructure
- Implement recovery-oriented performance outcomes
- Monitor, evaluate, and adjust based on outcomes
Questions & Comments?