



# Recovery-Oriented Systems of Care (ROSCs)

State Associations of Addiction Services

## Partners for Recovery

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# 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.**

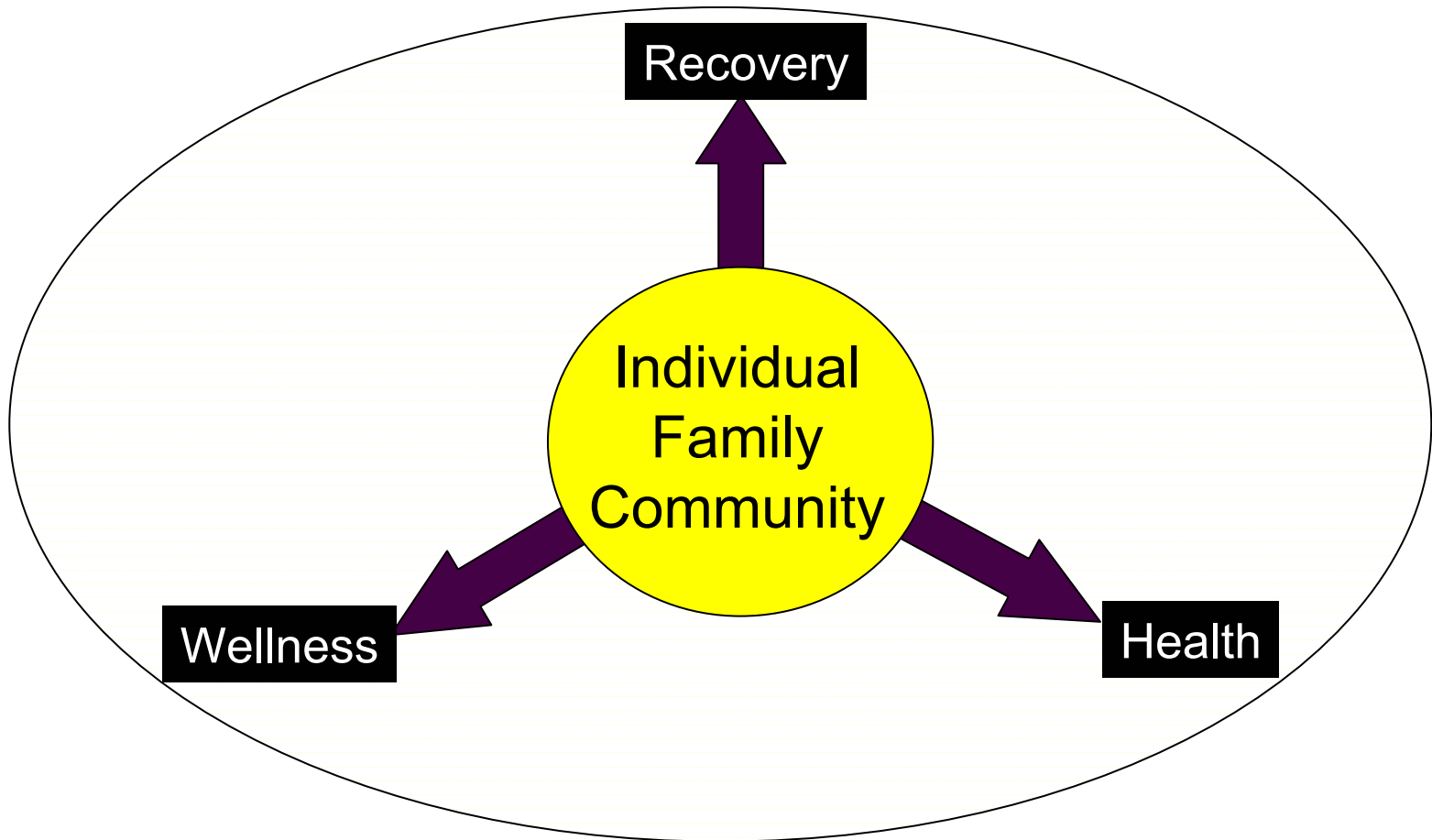
# Describing ROSCs

- 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?*”

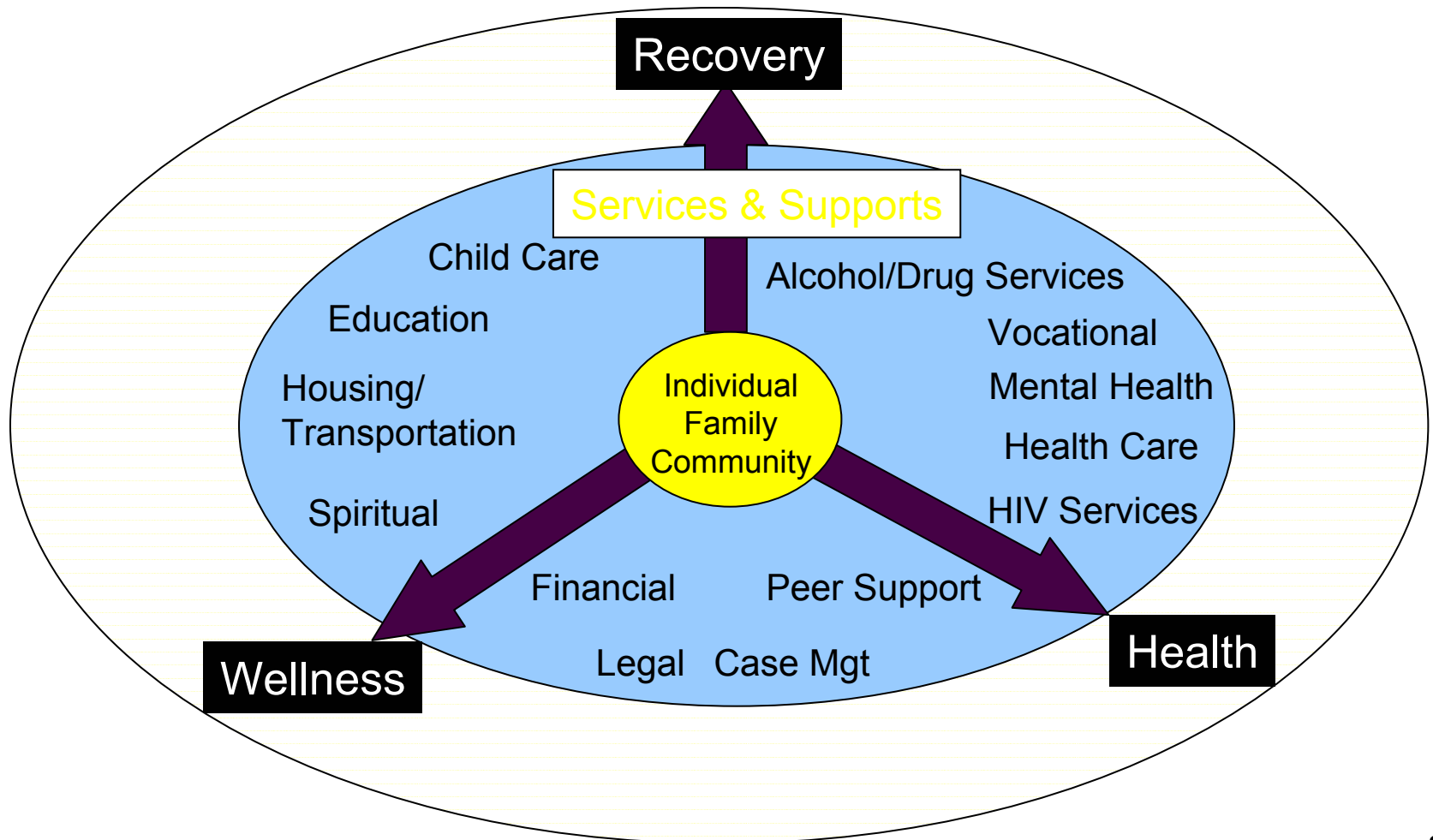
# Describing ROSCs (cont'd)

- 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.

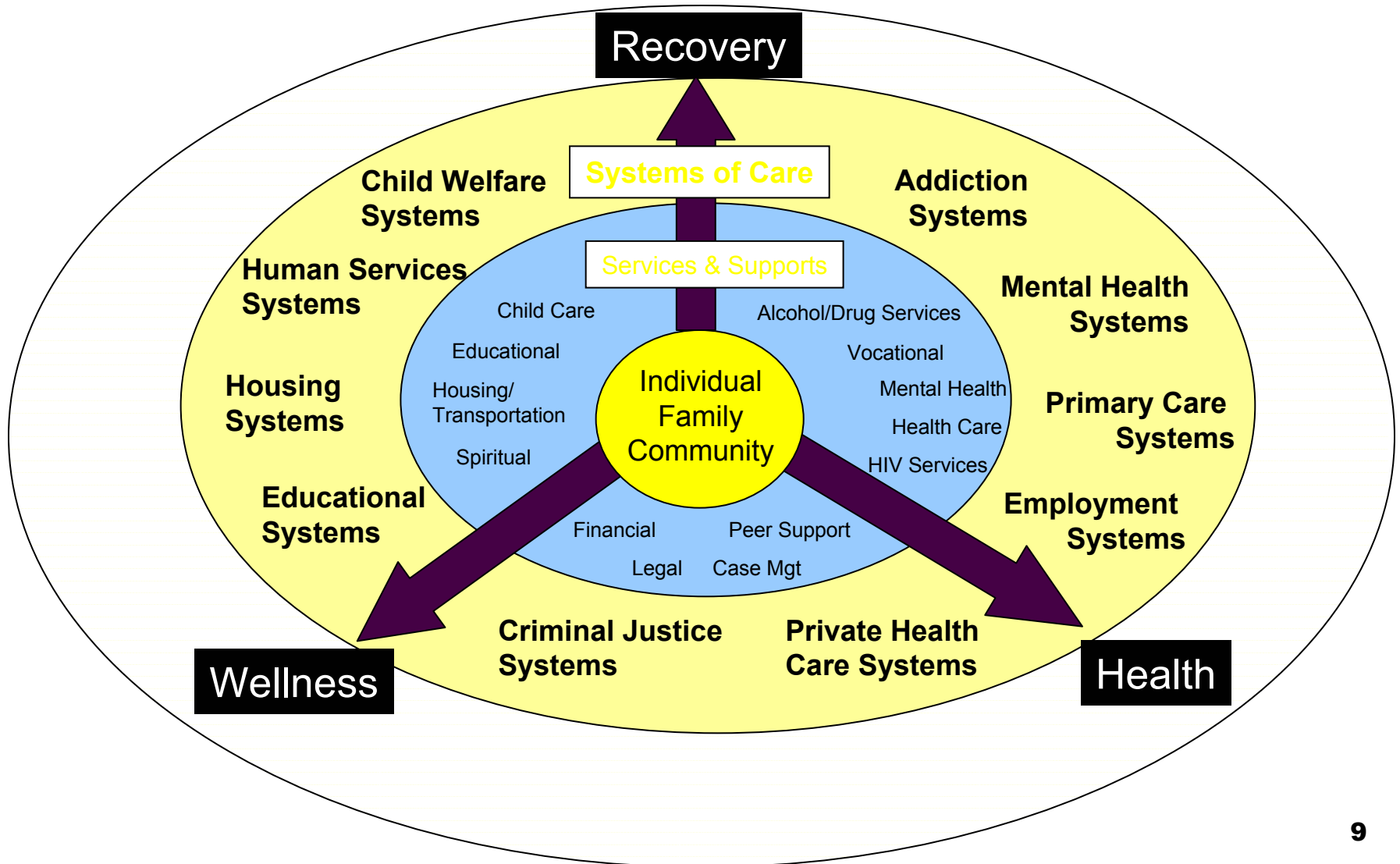
**ROSCs support person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families and communities to achieve health, wellness, and recovery from alcohol and drug problems.**



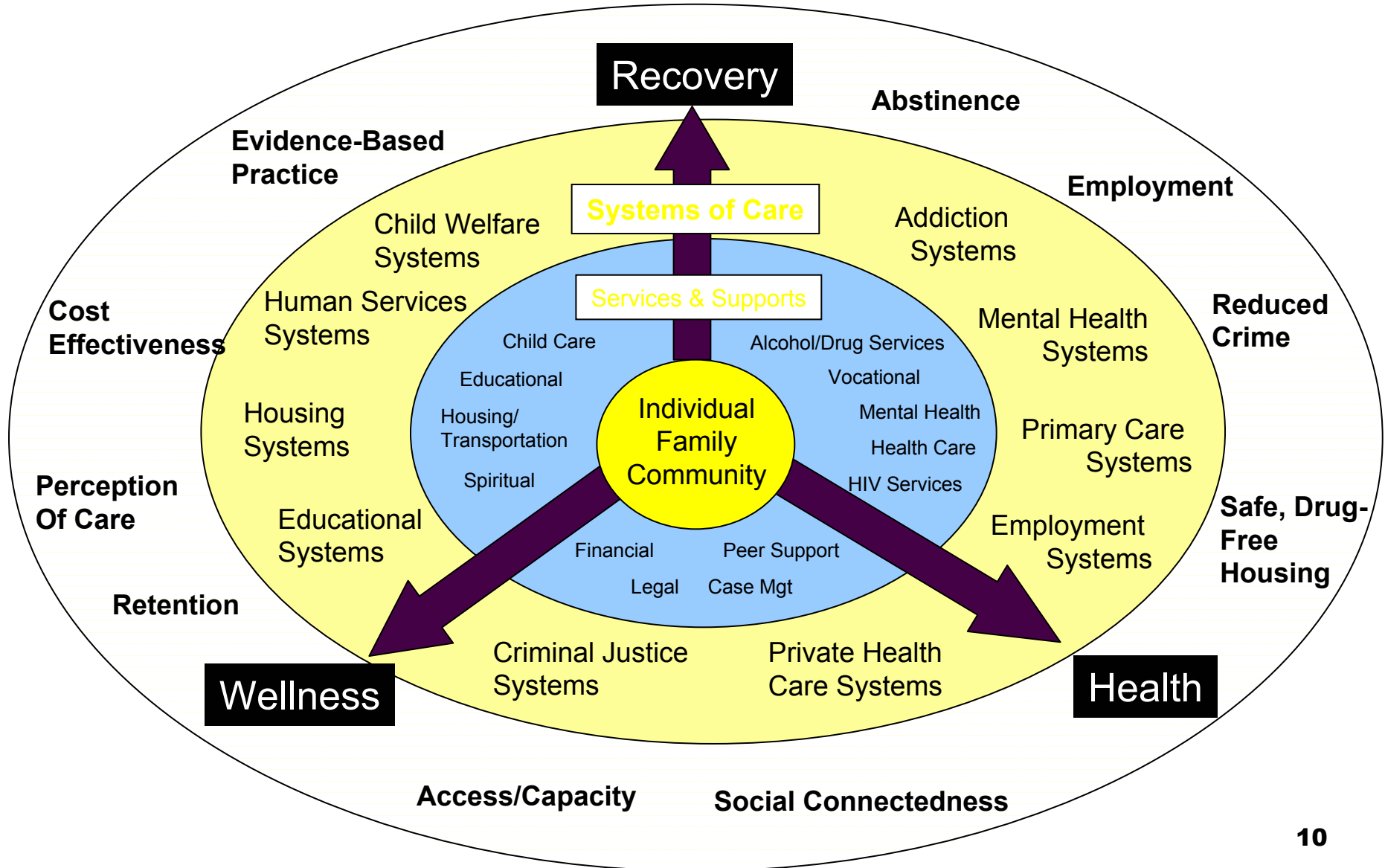
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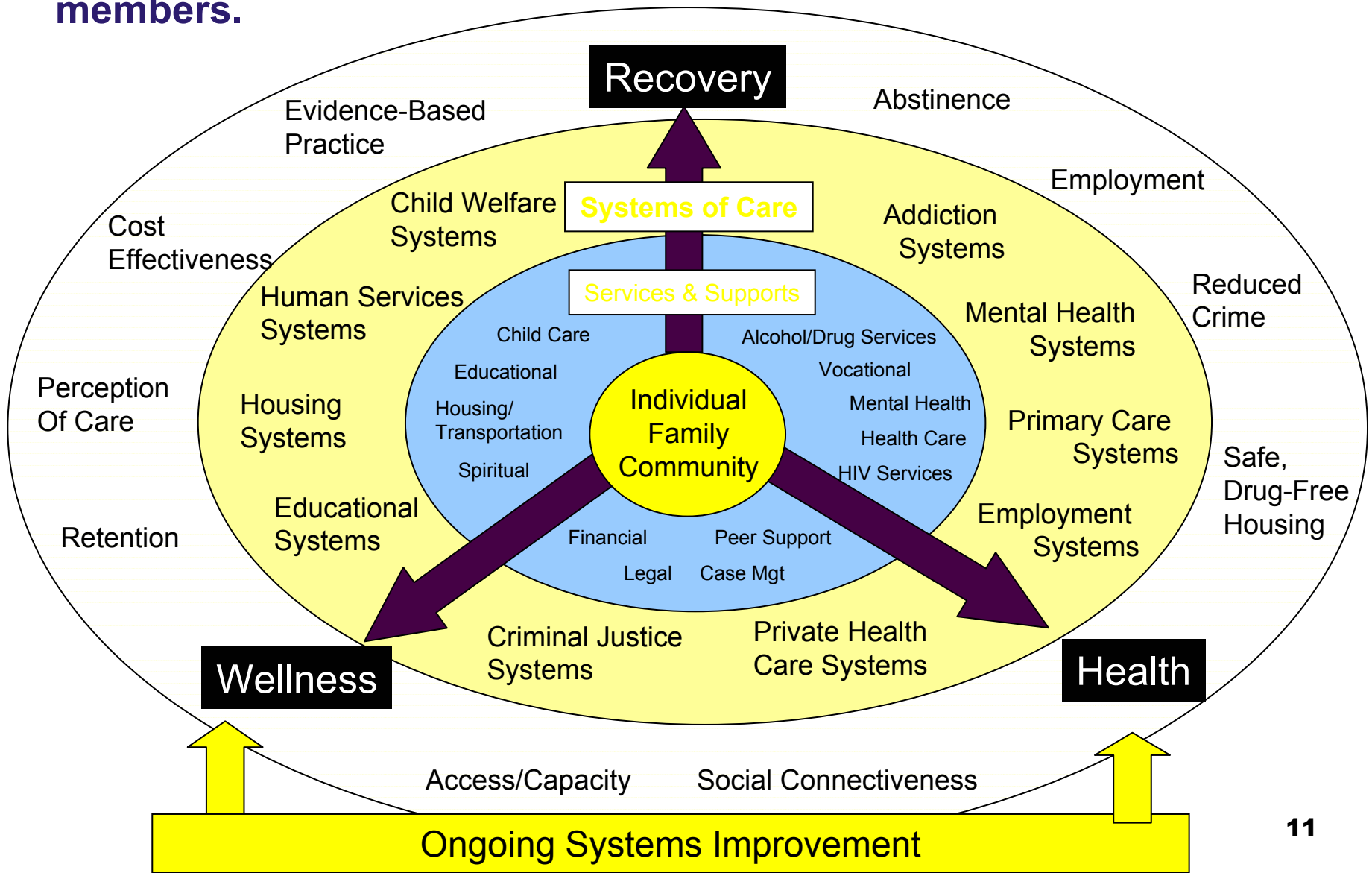
# ROSCs encompass and coordinate the operations of multiple systems...



...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).

# Recovery-oriented Research (cont'd)

- **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?