

**CADCA Workshop**  
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# Recovery-Oriented Systems of Care (ROSCs)

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# Presentation Goals

- To learn what you know about Recovery-Oriented Systems of Care (ROSCs);
- To provide an overview of ROSCs;
- To introduce SAMHSA/CSAT programs and initiatives that support recovery-oriented services and activities; and
- To engage in dialogue about how you are supporting, or can support, ROSCs.

# Definition of ROSCs

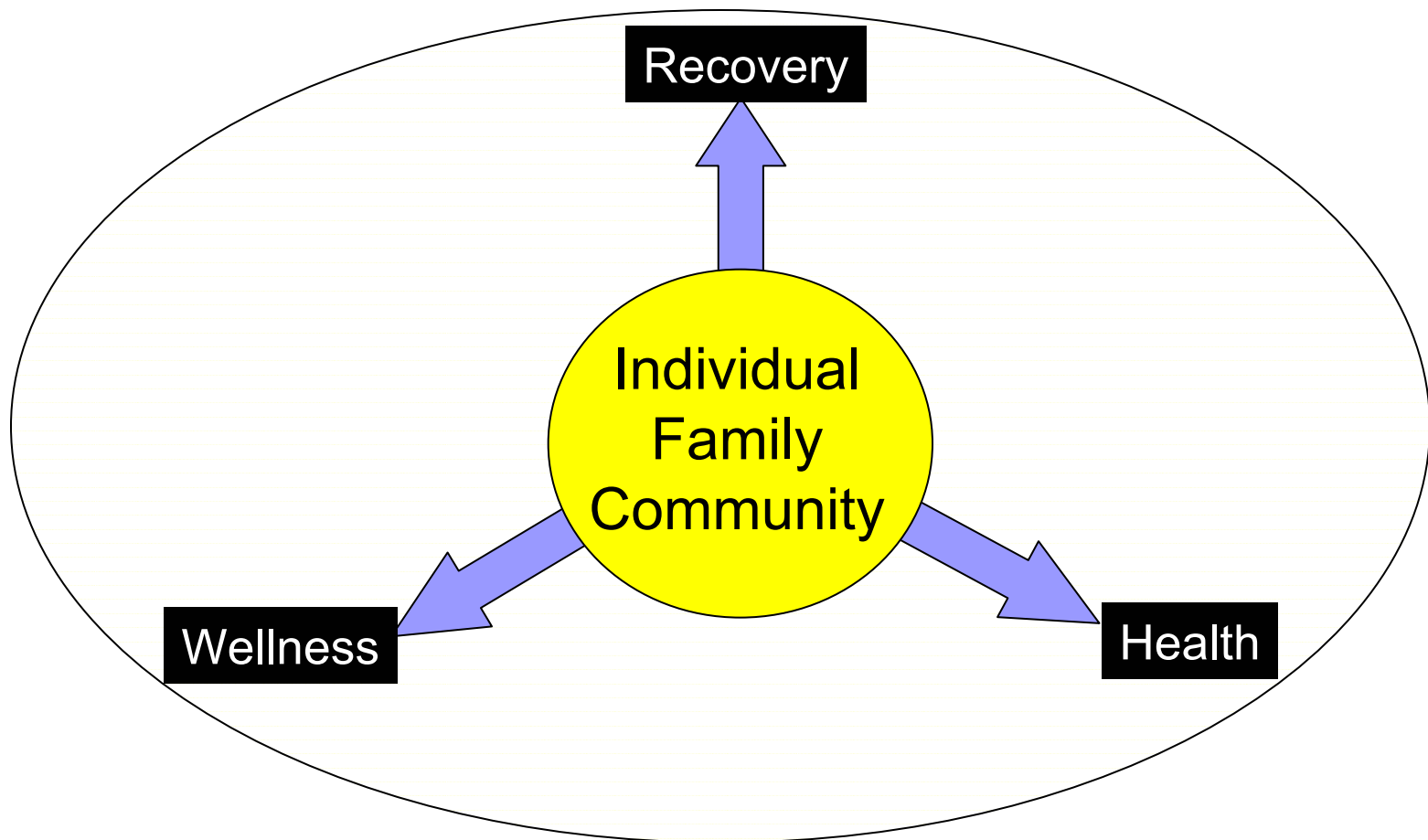


**Recovery-oriented Systems of Care (ROSCs) support person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to sustain personal responsibility, health, wellness and recovery from alcohol and drug problems.**

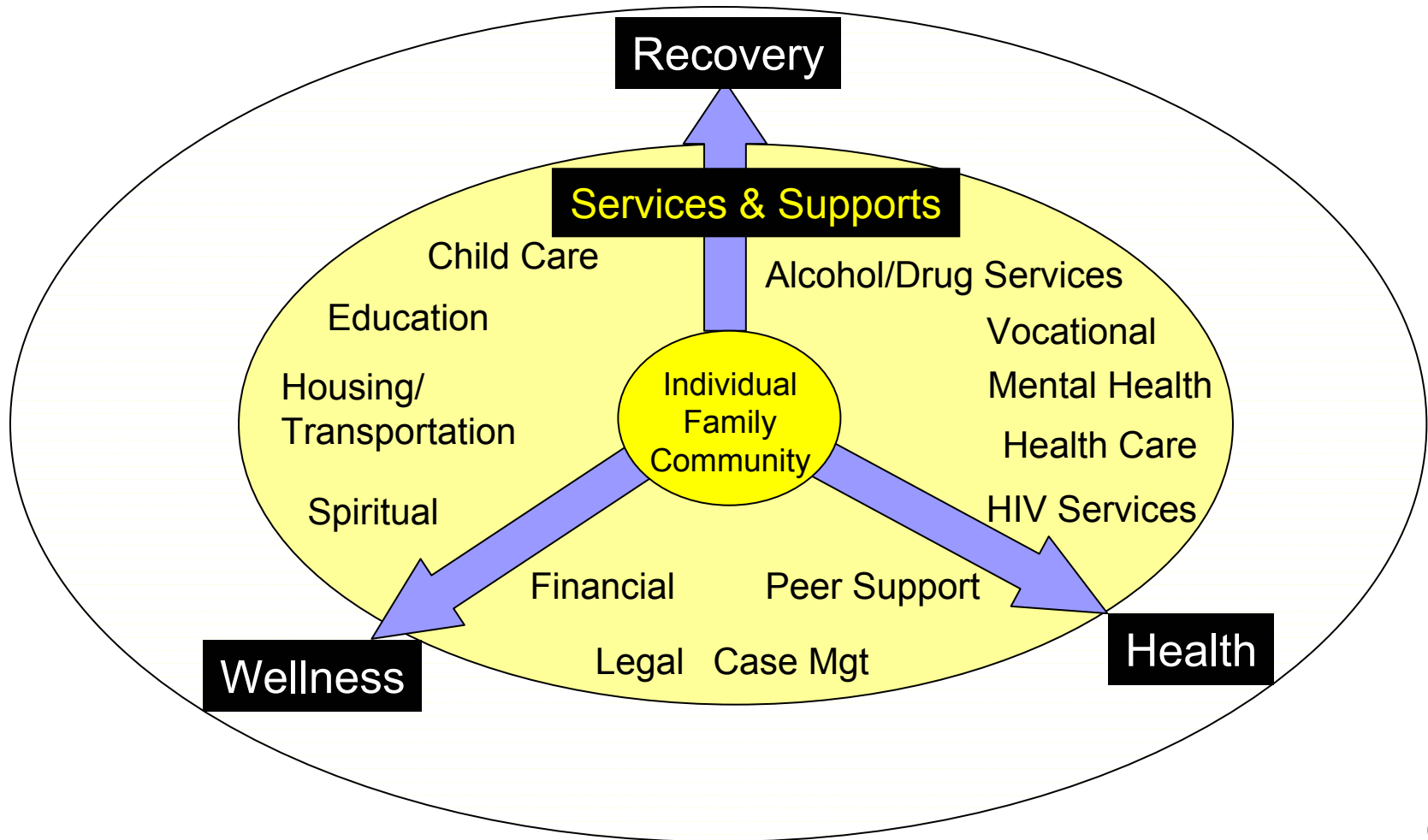
# Describing ROSCs

- ROSCs offer 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 encompass and coordinate the operations of multiple systems, providing responsive, outcomes-driven approaches to care.

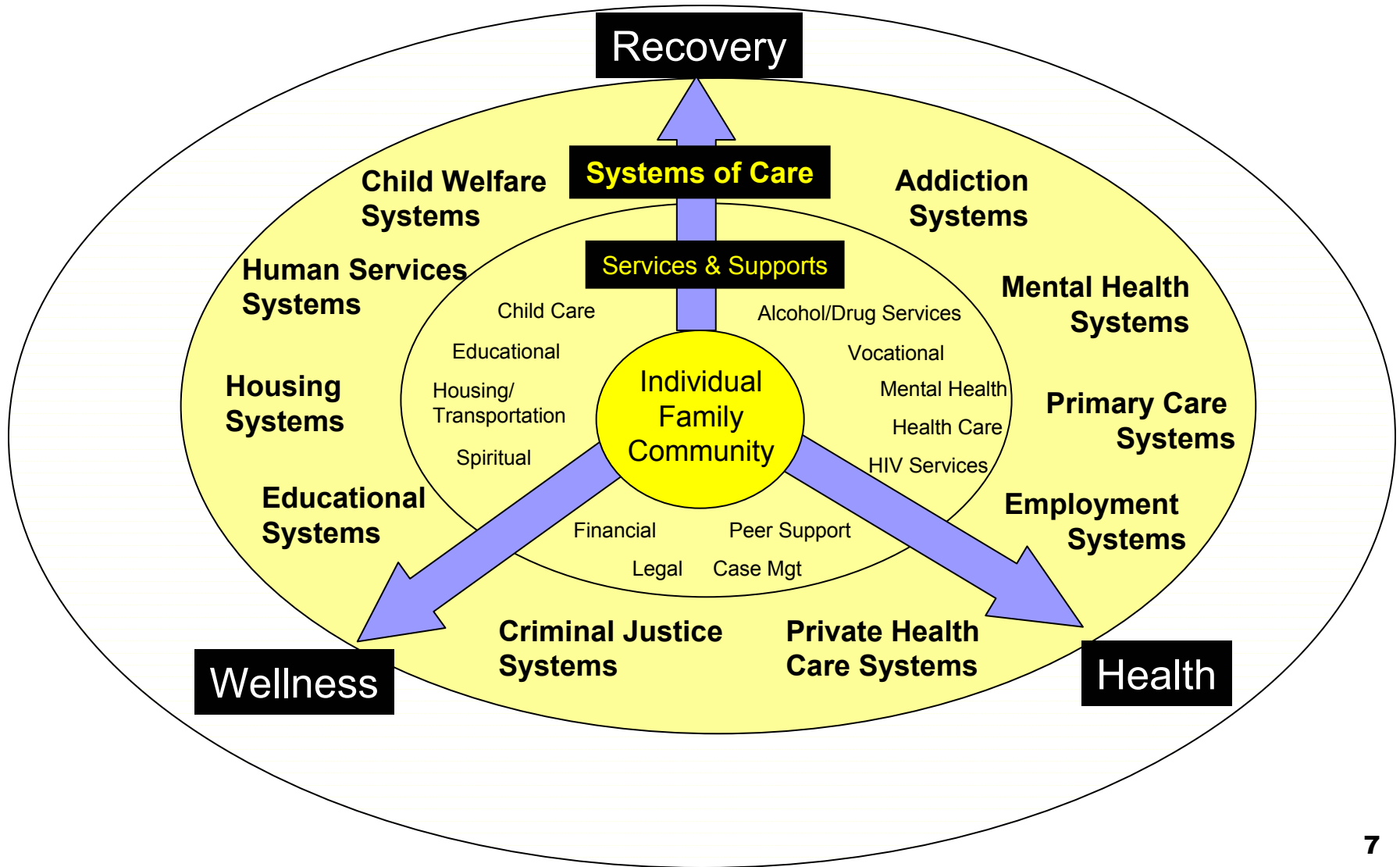
ROSC supports person-centered and self-directed approaches to care that build on the strengths, and resilience of individuals, families and communities to take responsibility for their health, wellness, and recovery from alcohol and drug problems



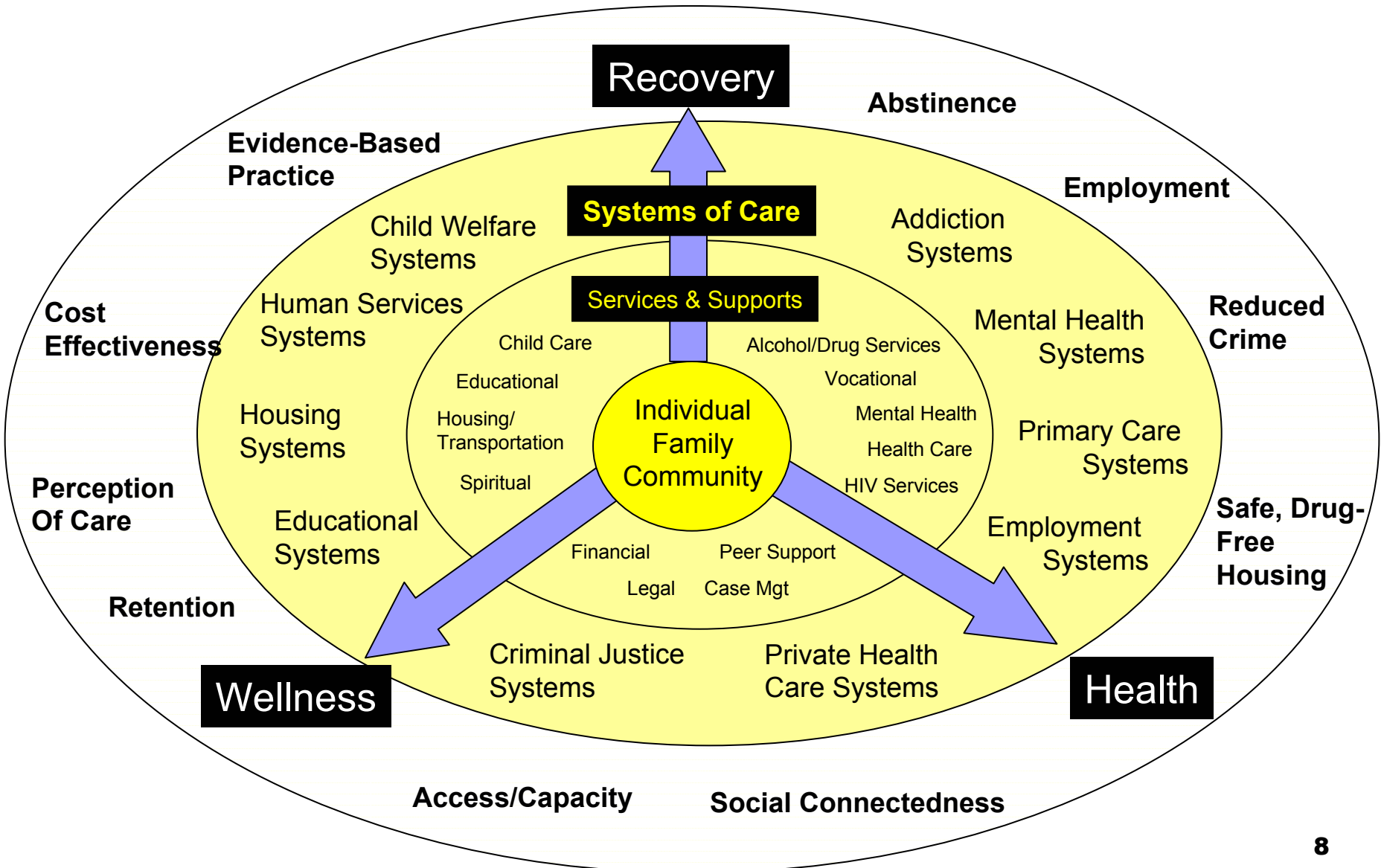
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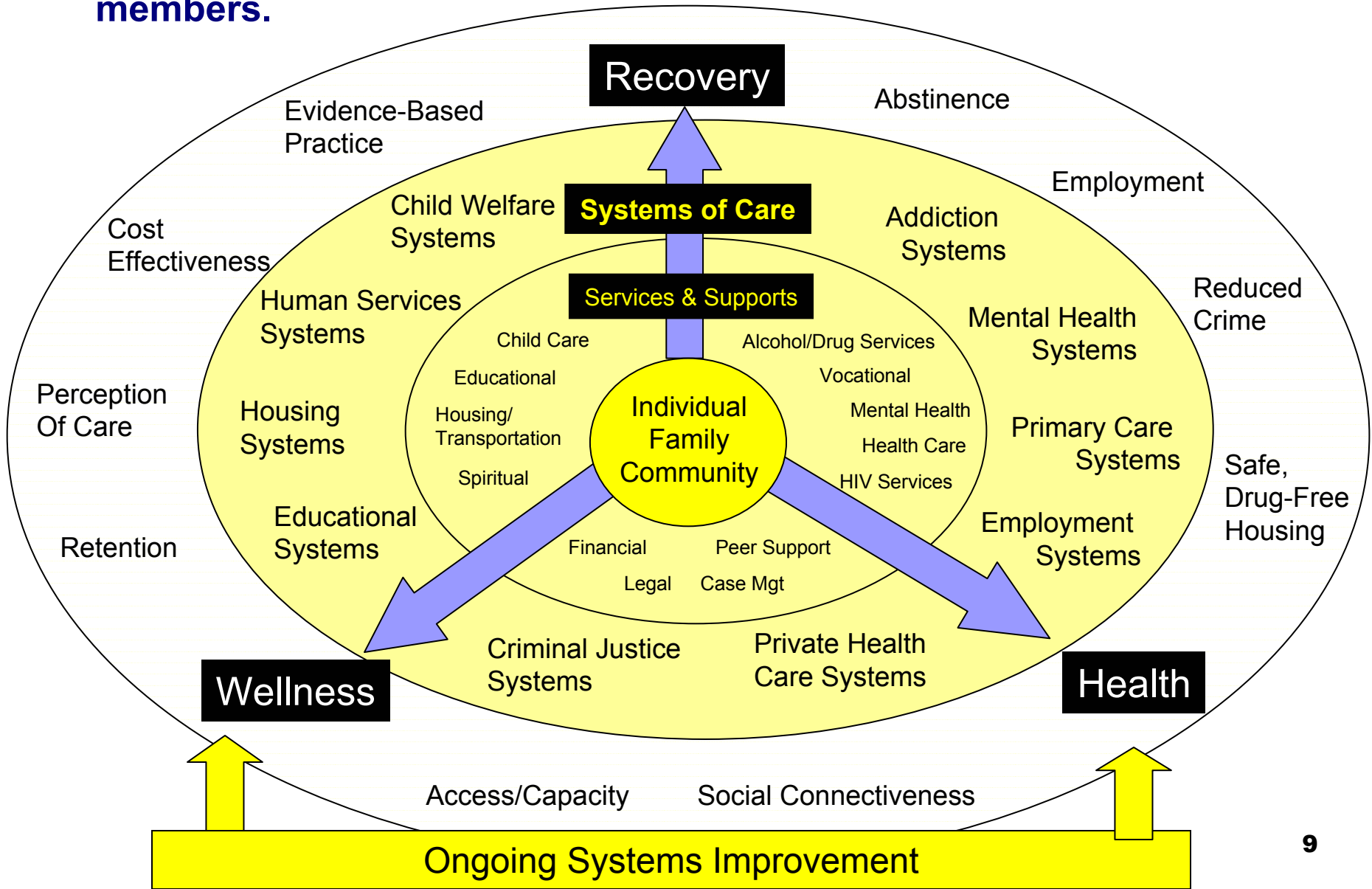
# ROSC encompass and coordinates the operations of multiple systems...



...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.**



# Describing ROSCs (cont'd)

- ROSCs require an ongoing process of systems improvement that incorporates the experiences of those in recovery and their family members in the conceptualization, design and implementation of a wide range of interventions and supports.
- ROSCs adopt a public health approach to address substance use problems and related health conditions.

# 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



# Elements of ROSCs

## 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

# Elements of ROSCs (cont'd)

## Efficiency & Cost Effective:

- Outcomes Oriented
- Integrated Services
- Systems-wide Education and Training
- Continuity of Care
- Monitoring and Outreach
- Research-based
- Adequately & Flexible Financed



# Distinguishing ROSCs from Current Systems

- Aspects of this systems-improvement concept have been operationalized in the field for years. However, they have not been systematically and/or sufficiently implemented.
- As the field evolves, new approaches are required to support recovery.

# Distinguishing ROSCs from Current Systems (cont'd)

- ROSCs require the following system enhancements:
  - Incorporating ongoing prevention, early engagement and early intervention;
  - Providing clinical and non-clinical supports;
  - Emphasizing recovery support services throughout the continuum of care;

# Distinguishing ROSCs from Current Systems (cont'd)

- ROSCs require the following system enhancements: (cont'd)
  - Instituting chronic care approaches, such as recovery management;
  - Shifting from program models to individualized, flexible menu of services;
  - Emphasizing evidence-based practices; and
  - Coordinating multiple systems.

# Goals of ROSCs



- To support preventative strategies related to substance use problems & disorders;
- To intervene earlier with individuals with substance use problems;
- To improve treatment outcomes; and
- To support sustained recovery for those with substance use disorders.

# CSAT Programs & Initiatives that Support Recovery-Oriented Services & Activities



# Recovery Community Services Program (RCSP)

- RCSP are peer-to-peer grants provided to help people initiate and/or sustain recovery from alcohol and drug use disorders.
- Projects also offer support to family members of people needing, seeking, or in recovery.
- Grantees provide a wide variety of peer-to peer services and target diverse communities.

# RCSP Activities

- Peer recovery support services generally fall into one of four types of social supports:

	<b>Informational Support</b>	<b>Instrumental Support</b>	<b>Affiliational Support</b>
Empathy, caring & concern that bolster a person's self-esteem & self-confidence, such as peer mentoring, recovery coaching, & peer-led support groups.	Sharing knowledge & information or providing skills training, such as the provision of health & wellness information, educational assistance, & jobs skills training.	Concrete assistance to accomplish tasks, such as providing child care, clothing, transportation to mutual aid group meetings & helping people complete applications.	Assisting people in connecting with others in recovery to learn new social & recreational skills. Examples include socialization activities in alcohol- & drug-free environments ranging from informal gatherings to structured outings.

# RCSP Outcomes

- Since 2004, over 3,700 individuals have been served through the RCSP.
- As of July 2007, data collected six months after post-engagement with services indicate that:
  - 91% of clients are maintaining sobriety;
  - 20% increased employment;
  - 16% increased stability in housing; and
  - 94% achieved a sense of social connectedness.

# National Alcohol & Drug Addiction Recovery Month



- Recovery Month provides a platform to:
  - Celebrate people in recovery and those who serve them;
  - Educate the public on substance use disorders as a national health crisis; and
  - Inform the public that addiction is a treatable disease, and that recovery is possible.
- Recovery Month highlights the benefits of treatment not only for the affected individual, but also for their family, friends, workplace, and society as a whole.



# Access to Recovery (ATR)

- ATR (\$96 million for 24 grants):
  - Expands treatment capacity and promotes accountability;
  - Implements a voucher system for clients seeking addictions treatment and/or recovery support services; emphasizing a system of client choice; and
  - Engages new service providers that previously have not received Federal funding, including faith-based and community providers.



# ATR Outcomes

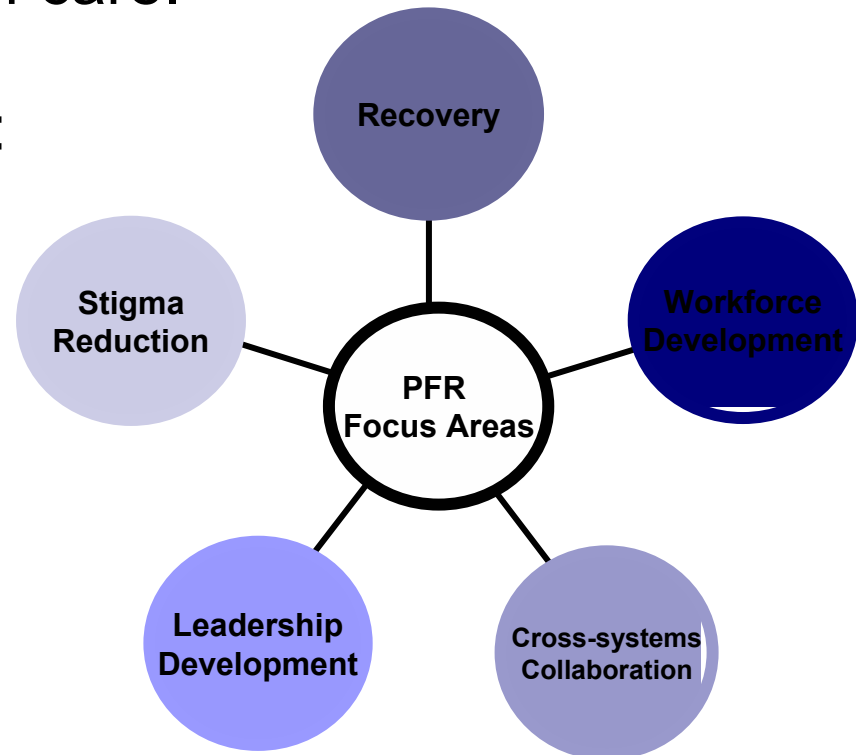
## ■ As of June 30, 2007:

- Of the clients who reported using substances at intake, 73.1% were abstinent at discharge.
- Of the clients who reported not having stable housing at intake, 23.4% reported being stably housed at discharge.
- Of the clients who were unemployed at intake, 30.8% reported being employed at discharge.
- Of the clients who reported not being socially connected at intake, 62.4% were socially connected (attended self help groups or had someone to turn to in times of trouble) at discharge.
- Of the clients who were involved with the criminal justice system at intake, 85.9% reported no involvement at discharge.

# Partners for Recovery (PFR) Initiative



- PFR develops policies and strategies, and provides technical resources to build capacity and improve services and systems of care.
- PFR has 5 focus areas:



# PFR Core Activities

	Supporting the development of ROSCs in States & communities (e.g., CSAT Regional Recovery meetings)
<b>Workforce Development</b>	Developing & implementing a comprehensive strategy to address workforce issues (e.g., Workforce reports: <i>Strengthening Professional Identity</i> ; Report to Congress)
<b>Cross-Systems Collaboration</b>	Fostering collaboration among the various systems that impact those with substance use & mental health disorders (e.g., SAMHSA Collaboration Forum)
<b>Leadership Development</b>	Analyzing leadership development issues & providing direction related to the development of emerging leaders (e.g., ATTC Leadership Institutes)
<b>Stigma Reduction</b>	Equipping individuals with tools that respond to stigma (e.g., <i>Know Your Rights</i> brochures)

# Summary of Federal ROSCs Activities

- Five Regional Recovery Meetings
  - 220 participants representing 49 States, D.C. and Puerto Rico
- Three white papers describing ROSCs in States and communities, and a paper presenting the research related to the elements of ROSCs
- Conference Report: Emerging Peer Recovery Support Services and Indicators of Quality
- ROSCs Tool-kit
- Recovery Self-Assessment



# Partnering to Support Systems Improvement

- ❑ **How are you supporting or can you support ROSCs?**

# SAMHSA/CSAT Resources

- Substance Abuse and Mental Health Services Administration  
SHIN 1-800-729-6686 for publication ordering or information on funding opportunities  
800-487-4889 – TDD line / [www.samhsa.gov](http://www.samhsa.gov)
- Recovery Community Services Program  
<http://rcsp.samhsa.gov/about/overview.htm>
- National Alcohol & Drug Addiction Recovery Month  
[www.recovery.month.gov](http://www.recovery.month.gov)
- Faces and Voices of Recovery  
<http://www.facesandvoicesofrecovery.org/>
- Partners for Recovery  
Shannon Taitt, PFR Coordinator (240-276-1691)  
[www.pfr.samhsa.gov](http://www.pfr.samhsa.gov)



# Thank You!

[www.pfr.samhsa.gov](http://www.pfr.samhsa.gov)