



# Developing a Better Understanding

## RECOVERY-ORIENTED SYSTEMS OF CARE

Recovery is about living a life that allows individuals to be as productive as possible as active, contributing members of the community. Recovery occurs via many pathways. Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds that affect and determine their pathway(s) to recovery. Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual. Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery is not simply about personal health, but the health and well-being of the entire community, and as such we need to include the entire community in the planning and implementation of a Recovery-Oriented System of Care.

A Recovery-Oriented System of Care (ROSC) is a coordinated model of delivering comprehensive supports and services that promote recovery, health, and wellness. Recovery-oriented services emphasize an individual's long-term quality of life, housing stability, employment, choice, and social relationships, not just a reduction of symptoms. Since 2014, the Ohio Association of Behavioral Health Authorities (OACBHA) has outlined and pursued a vision for transforming behavioral health services across the state consistent with recovery principles. A ROSC is a coordinated network of community-based services and supports that builds on the strengths and resiliencies of individuals, families, and communities to achieve improved health, wellness, and quality of life for those with or at risk of mental illness or substance use disorders. By design, a ROSC provides individuals and families with more options to make informed decisions regarding their care. Services are designed to be accessible, welcoming, and easy to navigate. The fundamental value of a ROSC is the involvement of people in recovery, their families, and their communities to continually improve the access and quality of services.

### Five Guiding Principles in Creating an Effective Recovery-Oriented System of Care

#### ***Focusing on Clients and Families***

A Recovery-Oriented System of Care allows individuals and families to drive the mental health and addiction services that they receive within their local community.

#### ***Ensuring Timely Access to Care***

Local Boards ensure that Ohioans have access to a continuum of high quality, integrated care that is available in a timely manner for individuals and families in need of treatment and recovery support.

#### ***Promoting Healthy, Safe, and Drug-Free Communities***

Local Boards promote the health, wellness, and safety of individuals and communities by offering a continuum of services that includes prevention and wellness, community education, crisis services, treatment, and recovery support.

#### ***Prioritizing Accountable and Outcome-Driven Financing***

Maximizing the use of federal, state, and local funds to meet locally identified outcomes, ADAMH Boards utilize a blended funding approach that aligns resources and improves coordination between local community stakeholders.

#### ***Locally Managing Systems of Care***

By planning, designing, managing, and advocating for adequate financing, Boards working with their local partners, can determine what works best in their communities.



Clients are the drivers of decisions about service and support needs. Services are built and systems are put in place so that individuals are able to access an array of services and supports when and where they need them. Recovery-Oriented Systems of Care are guided by recovery-based process and outcome measures. These measures are developed in collaboration with individuals in recovery. Outcome measures reflect the long-term global effects of the recovery process on the individual, family, and community not just remission of biomedical symptoms. Outcomes are measurable and include benchmarks of quality-of-life changes.

## **17 Essential Elements for Recovery-Oriented Systems of Care**

- 1. Person-Centered Recovery**
- 2. Family & Ally Involvement**
- 3. Individualized & Comprehensive Services Across the Lifespan**
- 4. Systems Anchored in the Community**
- 5. Continuity of Care**
- 6. Partnership-Consultant Relationships**
- 7. Strengths Based Recovery**
- 8. Culturally Responsive**
- 9. Responsive to Personal Belief Systems**
- 10. Commitment to Peer Recovery Services**
- 11. Inclusion of the Voices & Experiences of Recovering Individuals & their Families**
- 12. Integrated Services Recovery**
- 13. Systems Wide Education & Training**
- 14. Ongoing Monitoring & Research**
- 15. Outcomes Driven**
- 16. Research Based**
- 17. Adequately & Flexibly Financed**

A ROSC measures outcomes to improve the systems of care. The systems, service design and quality are driven by performance data that include, at a minimum, the following outcome measures for the individual: engagement in services, education, employment, reduced criminal justice involvement, stability in housing, improved health, social connectedness, and quality of life. The measures for the system itself include the following: increased access/capacity, proper placement and quality of care, retention, perception of care, cost-effectiveness, use of evidence-based practices. Working towards a Recovery-Oriented System of Care will necessitate bringing together local partners, including clients, family members, providers, community leaders, businesses, law enforcement, criminal justice partners, faith-based and veterans organizations, as well as other social, health, and human services partners. It takes the entire community to create a true ROSC.

Implementing a ROSC is a great way not only to ensure that appropriate prevention, treatment, and recovery supports are in place, but also to educate the community on mental illness and addiction while reducing stigma and barriers to care. For individuals in recovery, a ROSC addresses the importance of ongoing support, including peer support, housing, transportation, and employment support. By having Recovery-Oriented Systems of Care in Ohio an emphasis can be placed on people instead of systems. By continuing to change the conversation there becomes a deeper understanding that mental illness and addiction are chronic illnesses, that treatment works, and all people have the potential to recover. When recovery is celebrated, the stigma behind having behavioral health challenges changes, help becomes more accessible, and most importantly, that there is hope.