

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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1



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Recovery Oriented Systems of Care  
(ROSC)

**WI Public Psychiatry Network Teleconference**

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### Educational Objectives

At the conclusion of this presentation, participants should be able to:

- o Understand that behavioral health disorders are chronic and need ongoing care management
- o Possess a basic overview of Recovery Oriented Systems of Care ROSC.
- o Understand the values, principles, and essential elements of an ROSC.
- o Understand Prevention Prepared Communities, including preparing a Community Capital Needs assessment and Community Readiness assessment.

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### Addiction and Mental Health Disorders Tend to Be Chronic Conditions

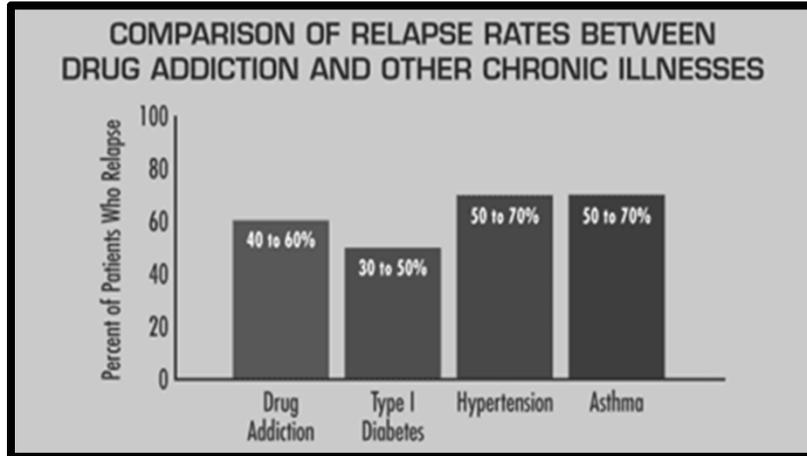
- Influenced by genetic and environmental risk factors.
- Influenced by behaviors that begin as voluntary choices, but evolve into patterns of behavior due to neurobiological changes in the brain.
- Can be identified and diagnosed using validated screening tools.
- Have effective treatments, self-management protocols, and peer support frameworks.
- Relapses may occur and continuous efforts to manage the illness are needed.



•4



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•5



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## The Recovery Framework: Behavioral Health Factors

- Genetics
- Medication
- Eating
- Sleeping
- Nutrition
- Hygiene

- Knowledge
- Attitude
- Beliefs

- Religion
- Higher Power
- Inner Strength

- Home
- Work
- Friends
- Stigma
- Opportunity

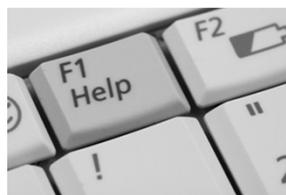
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## Many Paths to Recovery

- Mutual support groups
- Peer support
- Medical intervention (medication-assisted treatment)
- Professional treatment
- Family support
- Faith support
- Comprehensive continuing care



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## State Funded Services

- Prevention: Teen Intervene...
- Medication-Assisted Treatment (MAT)
- Comprehensive Community Services (CCS)
- Recovery-Oriented Systems of Care (ROSC)
- Peer Services
- Faith-Based Services
- Peer Services
- Prevention
- MAT
- CCS
- ROSC
- Peer Services
- Prevention: Environmental Strategies, Coalitions, DFC...
- CCS
- ROSC
- Residential
- Peer Services
- Recovery Rally 9/17/16

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## What Is ROSC?

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## What Is ROSC?

- A value-driven approach to structuring behavioral health systems and a network of clinical and non-clinical and supports
- A framework to guide system transformation using clinical and non-clinical service approaches

ROSC is *not* a specific model, a closed network of service and supports, or a new initiative. Instead, it is taking the best of what we know works, based on research; finding the gaps and/or community needs; and transforming the community into a stronger support for life-long recovery.

• 10



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### William "Bill" White

An 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.

Includes housing improvements, social support, treatment, peer support, National Alliance on Mental Illness, life skills training, healthy relationships, community support meetings, family education, physical health, faith-based support, treatment, medication, etc.

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• 11



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### Growing Communities of Recovery

- Growth and diversification of recovery mutual aid societies (secular, spiritual, and religious)
- Emergence of grassroots recovery advocacy movements
- Rise of recovery community organizations independent of addiction treatment organization or aid societies
- New recovery community institutions (recovery homes, recovery colonies, recovery industries, recovery schools, recovery support centers, and internet- based recovery communities)

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• 12



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### ROSC: Integrated System of Care

- Creating and sustaining formal and informal services and resources in the community to support an individual's journey toward recovery, wellness, and healing
- Examples:
  - Prevention services for all members of the community
  - Integrated behavioral health (mental health and substance use disorders)
  - Physical health care
  - Medication
  - Supports: housing, employment, education, child care, wellness, legal, crisis, support groups, faith-based supports, mentors and elders, peers, traditional healing ceremonies, etc.

• 13



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### Components of Developing an ROSC

- Align treatment with a ROSC.
- Fully integrate peer and recovery support services.
- Supporting the development of a mobilized, activated recovery community.
- Recovery-oriented performance improvement and evaluation.
- Provide individualized, evidence-based services
  - Trauma informed
  - Gender specific
  - Culturally sensitive and competent
- Focus on prevention and early intervention through promotion of population and community health.
- Fiscal, policy, regulatory, and administrative alignment.

• 14



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### Prevention-Prepared Community

- "Creating communities where individuals, families, schools, faith-based organization and workplaces take action to promote emotional health and reduce the likelihood of mental illness, substance abuse ... and suicide" (SAMHSA)
- Prevention
  - Prevention services that use community collaboration and strategic partnerships to prevent and mitigate consequences of drug use, suicide, and other health problems affecting the community
  - Prevention services that draw on the strengths of the community to promote the health and well-being of individuals and families in the community

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• 15



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### Questions to Ask

- In what ways are we a healthy community that supports recovery?
- What are things that we should have in place to support recovery?
- How can we become more supportive for someone in recovery?

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• 16



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### Importance of Including Key Community Stakeholders

Set up joint assessment and planning efforts to address community needs:

- o Share relevant data.
- o Identify mutual needs and strengths.
- o Develop complementary organization processes and plans.
- o Integrate and/or link services.
- o Identify cultural and linguistic needs of diverse populations.
- o Assess effectiveness of actions.

• 17



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### Who Are the Community Stakeholders?

- Health care organizations: health departments, hospitals, dentists, pharmacists
- Law enforcement and courts
- Schools
- Employee assistance programs
- Social service agencies
- Tribal leaders
- Behavioral health providers
- Families, parents, and parent groups
- Faith-based organizations
- Coalitions or recovery organizations
- Suicide prevention groups
- Businesses and anyone living in the community

• 18



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### Identify and Address Disparities

Are there specific subsets of the population with greater needs or less access to physical and behavioral health care?

- Are racial or ethnic minorities accessing services (prevention, treatment, and community supports)?
- Are individuals who identify as LGBTQI accessing services?
- Are individuals with disabilities accessing services?
- Does the community have an increasing population of emerging adults using opiates?
- Are there other populations facing elevated levels of substance use disorders and/or higher suicide rates?

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• 19



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### Activities for Prevention-Prepared Communities

- Coordinate substance abuse prevention initiatives with other government health promotion efforts.
- Plan and deliver specialized, cost-effective prevention services that promote social and emotional well-being and align with health care reforms.

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• 20



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What Would Treatment in an ROSC Look Like?

- o Enhanced pre-recovery engagement
- o Recovery initiation
- o Long-term recovery maintenance
- o Quality of personal/family life in long-term recovery
- o Community health

“Bridging the gap between the treatment community and the recovery community”

•21



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National Movement of Developing  
ROSC Communities

SAMHSA has:

- o Funded 33 discretionary grant programs to implement ROSC.
- o Developed the “Bringing Recovery Support to Scale Technical Assistance Center Strategy (BRSSTACS)” with expert panels looking at ways to overcome barriers for communities.

States and cities implementing ROSC: Michigan, Texas, Philadelphia, and many more

•22



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• 23



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• 24