CREATING RECOVERY ORIENTED SOLUTIONS IN YOUR COMMUNITY

Top 10 Things to Know before Starting a RCO
ABOUT US

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Recovery-Oriented Systems of Care (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. SAMHSA/CSAT
RECOVERY ORIENTED SYSTEMS OF CARE

- Community Based
- Person Centered
- Improves health, wellness, and quality of life
A recovery community organization (RCO) is an independent, non-profit organization led and governed by representatives of local communities of recovery. These organizations organize recovery-focused policy advocacy activities, carry out recovery-focused community education and outreach programs, and/or provide peer-based recovery support services (P-BRSS). The sole mission of an RCO is to mobilize resources within and outside of the recovery community to increase the prevalence and quality of long-term recovery from alcohol and other drug addiction.
RECOVERY ORIENTED SYSTEMS OF CARE

- Person-centered
- Inclusive of family and other ally involvement
- Individualized and comprehensive services across the lifespan
- Systems anchored in the community
- Continuity of care
- Partnership-consultant relationships
- Strength-based
- Culturally responsive
- Responsiveness to personal belief systems
- Commitment to peer recovery support services
- Inclusion of the voices and experiences of recovering individuals and their families
- Integrated services
- System-wide education and training
- Ongoing monitoring and outreach
- Outcomes driven
- Research based
- Adequately and flexibly financed.
HOW A RCO FITS INTO ROSC

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HOW A RCO FITS INTO ROSC

- Part of the bigger system
- Provides crucial recovery supports (i.e. peer support, housing assistance, support groups, community, life skills, etc.)
HOW A RCO FITS INTO ROSC

Prevention
- Evidence based
- Early & often
- Refer to intervention services

Early Intervention
- SBIRT
- Recovery Support Services
- Outreach Services

Treatment
- Menu of treatment services
- Recovery Support Services
- Alternative services and therapies

Post-Treatment
- Continuing Care
- Recovery Support Services
- Check Ups
- Self Monitoring
TOP TEN THINGS YOU NEED TO KNOW BEFORE STARTING A RCO
1. TRULY BUILD YOUR UNDERSTANDING OF A RCO

- Recovery oriented
- Ran and operated by recovery community
- Recovery support services
- Other programming
- **join Ohio RCO Network**
2. DO NOT RECREATE THE WHEEL

- We are all in this together- ask for help, seek established resources and replicate successes.
3. BUILD RELATIONSHIPS, BUILD RELATIONSHIPS, AND DON’T FORGET TO BUILD RELATIONSHIPS

- Be prepared to connect and build relationships at all levels with organizations locally, and at a state and national level.

- We must build relationships with everyone from CEO’s and mayors to the front desk attendant at the local health department. It’s all about relationships!
4. MARATHON MENTALITY

- Be realistic and honest
- Don’t make promises you can’t keep
- Anything great takes time to build and doing the next right thing one day at a time always is the best choice.
5. CHOOSE THE RIGHT BOARD OF DIRECTORS

- Your Board (at the beginning) are your work horses. Make sure you choose the rights ones who will help you fulfill your vision (51% must be in recovery from a SUD)
- Do not necessarily just choose those people you know. Stretch out of your comfort zone.
- Consult with subject matter experts on all things nonprofit

- ***Reach out to OCAAR to ask for their Board Development Webinar Series
6. TAKE TIME TO BUILD YOUR MISSION, VISION, AND VALUES

- Your mission is the most important aspect of your nonprofit and will guide everything you do from that point forward.

- Take time to build the right mission for you and your organization.

- Work with RCO’s that already exist and do your research on what makes a good mission statement.
7. CREATE SOME BASIC GUIDING DOCUMENTS

- Bylaws – this is a MUST to file with the IRS for your 501 (c)(3) status
- Guidance for board members and meetings
- Guidance for staff
- ***Regularly review these.
8. BUILD A MARKETING COMMITTEE

- In the beginning, it is crucial to have a strong marketing strategy for self promotion.
  - Social media
  - Who can talk to the media?
  - How will you get information out to the public?
  - How will you get information out to those that need your services?
9. USE THE OCAAR “HOW TO JUMP START YOUR RCO” WORKBOOK
10. KEEP RECOVERY A PRIORITY

- Recovery is the first and most important aspect of any recovery community organization and you must always remember that!
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