Substance use disorder and mental illness are issues that continue to be a major public health concern in Ohio. As Ohio’s community behavioral health system continues to evolve, it is imperative that there is an understanding of the chronic nature of these illnesses and how having a comprehensive Recovery-Oriented Systems of Care (ROSC) can help individuals achieve sustained recovery. As research and science guide the work, new approaches that consider patient and family needs are at the forefront of treating individuals and achieving recovery.

Ohio’s ROSC Blueprint looks at care through the lens of the client or consumer seeking assistance with these issues. With behavioral health issues, this has not always been the case. Care for an individual who has mental illness or a substance use disorder has historically been more focused on providers and systems of care than the person seeking care. Like with a physical health disease such as cancer or diabetes, a ROSC seeks to look at these issues differently. A ROSC is not a program that is implemented and has a short “shelf-life,” but rather 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 improved health, wellness, and quality of life. Local Alcohol, Drug Addiction and Mental Health (ADAMH) Boards have been implementing these changes to move toward a ROSC framework for the past three years. The overarching goal of this work is to be more client focused, striving to achieve better outcomes for individual and community wellness.

ROSC: An Overview of Individual Wellness and Needs

“\textbf{A Recovery-Oriented System of Care is needed because only 10\% of those who need treatment are in treatment and fewer than 5\% are making it to 90 days. Those who can go through 90 days have a 50\% chance of being successful.}”

~ Dr. Michael Flaherty, Institute for Research, Education and Training in the Addictions

12 Principles of Recovery

- There are many pathways to recovery
- Recovery will be self-directed and empowering
- Recovery involves a personal recognition of the need for change and transformation
- Recovery is holistic involving the body, mind, relationships and spirit
- Recovery has cultural dimensions
- Recovery exists on a continuum of improved health and wellness
- Recovery emerges from hope and gratitude
- Recovery is a process of healing and self-definition
- Recovery involves addressing discrimination and transcending shame and stigma
- Recovery is supported by peers and allies
- Recovery is (re)joining and (re)building a life in the community
- Recovery is a reality

ROSC: Working to Improve Communities*

- 68\% increase in competitive employment
- 43\% decrease in ER visits
- 44\% decrease in inpatient days
- 56\% decrease in self-harm
- 51\% decrease in harm to others
- 11\% decrease in arrests

* Western New York Care Coordination Program, 2013
**Values Underlying a ROSC Community:**

1. **Person-Centered Approach**—A ROSC centers services and supports around the needs, preferences and strengths of individuals. A ROSC recognizes there are many pathways to recovery, including treatment, mutual aid groups, faith-based recovery, cultural recovery, natural recovery, medication-assisted recovery, and others. A ROSC offers choice by providing a flexible menu of services and supports designed to meet each individual’s specific needs.

2. **Self-Directed Approach**—A ROSC encourages and supports individuals in exercising the greatest level of choice over their service and support options and responsibility for their own recovery.

3. **Strength-Based Approach**—A ROSC identifies and builds on the assets and strengths of the individual, family, and community, rather than emphasizing needs, deficits, and pathologies.

4. **Participation of Family Members, Caregivers and the Community**—A ROSC acknowledges the role that family members, caregivers, significant others, friends, other allies, and the community can play in the recovery process. These individuals are incorporated, whenever appropriate, in recovery planning and recovery support. Additionally, a ROSC recognizes that these individuals may have their own needs for supports or services.

---

**OACBHA BluePrint: Recovery-Oriented Systems of Care**

- **Individually Focused** - Healthcare is personal and is most effective when it is delivered based on the needs and values of the individual and family receiving care. Research shows that recovery levels are highest when individuals are fully engaged.

- **Timely Access to Care** - Local Boards ensure that Ohioans have access to a continuum of high quality, culturally competent, integrated care that is available in a timely manner for individuals and families in need of treatment and recovery supports.

- **Promotion of Healthy Communities** - Local Boards promote the health, wellness and safety of citizens and communities by offering a Recovery-Oriented System of Care that includes prevention, community education, treatment, and recovery supports.

- **Outcome-Driven Financing** - ADAMH Boards utilize a blended funding approach that aligns resources and improves coordination among local community stakeholders. The approach enhances accountability and allocates scarce taxpayer dollars in the most efficient and effective manner possible.

- **Local Management** - Healthcare is delivered locally, and individuals and communities are best served when the healthcare system is designed and managed locally. Innovation driven at the community level will lead to the implementation of improved mental health and addiction service delivery solutions.