



## **Discussion Paper: Recovery Oriented System of Care (ROSC)**

Over the next three years, the IDPH Division of Behavioral Health envisions a transition to a comprehensive and integrated recovery-oriented system of care for addictive disorders built on coordination and collaboration across problem gambling prevention and treatment, substance abuse prevention, and substance abuse treatment. To be effective, the system of care must be a partnership that encompasses community partners, prevention and treatment providers, the recovery community, and other stakeholders, as well as IDPH.

**Why a system transition?** Every year IDPH's substance abuse prevention efforts reach more than 200,000 Iowans, with a focus on young people. Around 9,000 hours of problem gambling prevention services are provided statewide. Nearly 46,000 Iowans receive substance abuse treatment each year, 17,000 of them through IDPH funding in the Iowa Plan for Behavioral Health and another 8,700 through Iowa Plan Medicaid funding. Access to Recovery funds recovery support services for more than 2,000 Iowans each year. The 1-800-BetsOff helpline received more than 3900 problem gambling calls in 2010 and more than 1,000 Iowans entered treatment for problem gambling.

By 2020, behavioral health disorders will surpass all physical diseases as a major cause of disability world-wide. Almost half the 443,000 deaths per year related to tobacco use occur among people with mental and substance use disorders. A current estimate puts the total economic cost of mental, emotional, and behavioral disorders among youth in the United States at approximately \$247 billion per year.

Research shows and Iowa-specific outcomes data confirm that prevention works, treatment is effective and people recover. We can do even more. Some Iowans who need services don't get them, too many people who start treatment leave early, and many people who complete treatment don't get the community-based services and supports that can help them maintain their recovery over time.

As effective as good prevention is, it can't stop all addiction from occurring. And when addiction does occur, we know it is a chronic illness and that recovery is a long-term process. Too often, this chronic illness is addressed by a treatment system based on an acute care model that seems to move rapidly from crisis, to assessment, to treatment, and to discharge. Many factors, not the least of which has been funding, have led to fewer treatment services spread over shorter lengths of time with less family and community involvement and limited opportunities for recovery support. It's time for the addictions service system to transition (some would say transition back) to a chronic care model similar to those of other chronic illnesses. The goal is to work with individuals, families, and communities over time to create a network of community-based services and supports for all aspects of the addictions continuum.

Emerging research shows that we need:

- Coordinated and continuous community prevention supports and systems, available to all
- General prevention strategies that focus on broad life skills and address similar risk and protective factors across interrelated problems such as alcohol and drug use, bullying, pregnancy, problem gambling, school failure, sexually-transmitted diseases, tobacco use, and violence.
- Holistic services that reduce unwanted behaviors and promote healthy behaviors
- Effective treatment interventions that engage people over time
- Integration and peer leadership of peer support and coaching services

**What are the principles of recovery support?** Individuals have the right to choose the recovery services and supports that best meet their needs. Individual choice is enhanced by a recovery-oriented system of care that honors an individual’s familial, cultural, spiritual, economic and logistical needs. Individualized choice enhances retention in treatment and strengthens commitment to and success in recovery.

**What is a ROSC?** A ROSC supports person-centered, self-directed approaches to care that build on the strengths and resilience of individuals, families and communities to take responsibility for their sustained health, wellness, and recovery. A ROSC offers a comprehensive menu of prevention, treatment, and support services that can be combined and readily adjusted to meet an individual’s needs. ROSC is timely and responsive, effective, equitable and efficient, safe and trustworthy, and maximizes use of natural supports and settings.

**So what kind of prevention, treatment and support services can individuals expect within a ROSC environment is?** Services will be dependent on the individual choices and needs.

ROSC entails a shift in culture, service delivery and administrative alignment at the local community level and by programs and the state. As Iowa transitions to a ROSC system, it is recognized that licensure standards and funding methodologies also will change. Discussion papers will follow on each of these.

A menu of services within an Iowa ROSC environment.

