

Behavioral Health: Developing A Better Understanding

RECOVERY-ORIENTED SYSTEMS OF CARE (ROSC)

A Recovery Oriented System of Care (ROSC) is a behavioral health system that focuses on the individual and family in need of recovery services, building on their strengths and incorporating a coordinated and collaborative approach across the community. A ROSC includes prevention, intervention, treatment and recovery supports, all focused on getting the individual into recovery and helping them integrate into the community and workforce as much as possible.

ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve improved health, wellness, and quality of life for those with mental illness or at risk for alcohol and drug problems.

SAMHSA's Definition of ROSC¹

ADAMH Boards, in communities throughout Ohio, already work everyday to develop and maintain systems of services and supports that are designed to meet the needs of individuals, families, and communities that are impacted by mental illness and addiction, making them perfectly positioned to further incorporate ROSC. As Ohio continues to transform its healthcare system, the ROSC framework will serve as a guide to ensure that individuals have access to mental health and addiction services and supports when and where they need them as they travel down their path to recovery. Through strong community partnerships, ADAMH Boards will continue to lead and advance efforts to keep Ohio's communities healthy, safe, and drug-free while assuring accountability and effectiveness.

Recovery-oriented practices and essential components of recovery-oriented systems

"A recovery-oriented system of behavioral healthcare will offer [citizens] an array of accessible services and supports from which they will be able to choose those which are most effective and responsive in addressing their particular behavioral health condition or combination of conditions. These services and supports will be culturally appropriate, build on individual, family, and community strengths, and have as their primary and explicit aim promotion of the person/family's resilience, recovery, and inclusion in community life.

Services and supports offered will be provided in an integrated and coordinated fashion within the context of a locally-managed system of care developed in collaboration with the surrounding community—thereby ensuring continuity of care both over time (e.g., across episodes) and across agency boundaries, and maximizing the person's opportunities for establishing, or reestablishing, a safe, dignified, and meaningful life in the communities of his or her choice. Operating within a network of services and supports that address the continuity of care for individuals with mental health and substance disorders, ROSC ensures a comprehensive, person-centered approach to recovery, affording people the right to live, work, learn, and participate fully in the community alongside their peers."

W. White, *Integrated Model of Recovery-Oriented Behavioral Health Care*²

ELEMENTS OF A ROSC SYSTEM

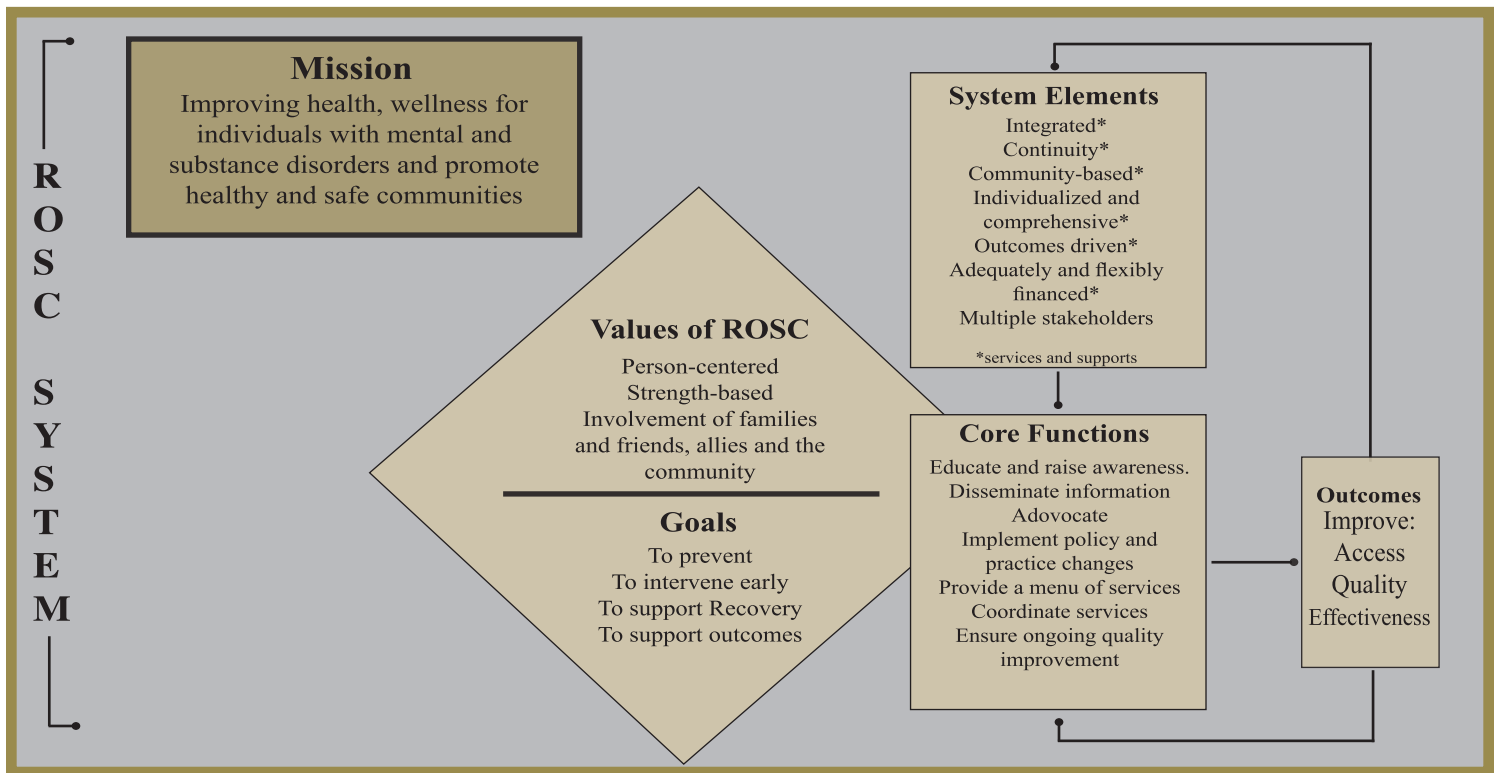
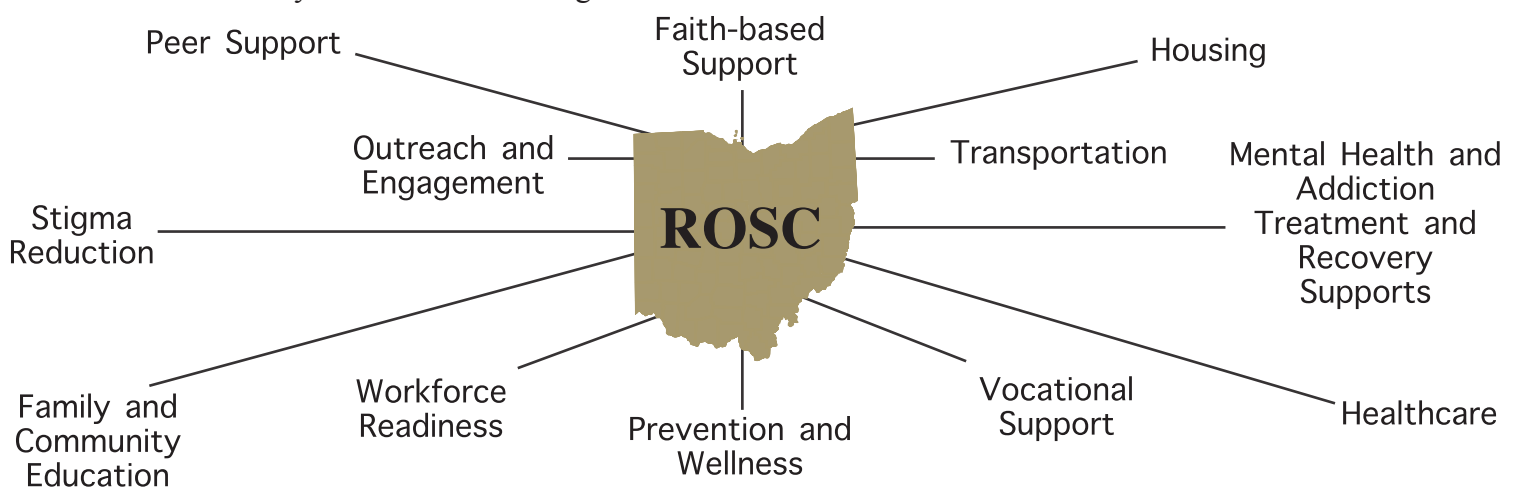


Figure 1: The diagram pictured above illustrates a ROSC framework that includes the mission, values, goals, system elements, core functions, and outcomes of the systems.¹

The values underlying a ROSC can be identified in three approaches: 1.) **Person-centered** 2.) **Strength-based** 3.) **Participation of family, friends, and the community**. The ROSC person-centered approach is a coordinated network of community based services and supports designed to meet the needs, preferences, and strengths of the individual receiving services. Within ROSC, it is understood that there are many pathways to recovery.¹ By providing individuals and families with more options from which to make informed decisions regarding their care, this *menu of services* can be individualized to best meet the specific needs of the individual. The strength-based approach identifies and builds on the assets, resources, and resilience of the individual, family, and community to achieve improved health outcome. Lastly, participation of family, friends, and the community play an important role in the recovery process. By actively involving these natural supports in the development and implementation of programs and services, this collaboration allows individuals to direct their own recovery. The values underlining ROSC play an important role in how services and supports are integrated to best meet the needs of the individual. Services and supports within the ROSC framework may include the following:



Sources: ¹SAMHSA

² White, W. (2009). An Integrated Model of Recovery-Oriented Behavioral Health Care: 10:1 February 2009.