



**Central Florida**  
Behavioral Health  
Network, Inc.

**Suncoast Region**

**Recovery Oriented System of Care**  
**ROSC- Transformation**

Together, behavioral health agencies and community stakeholders partner to address needs and gaps for individuals and their families in recovery.

# What is Recovery-Oriented System of Care (ROSC)?

## ROSC is:

- A network of clinical and nonclinical services and supports that sustain long-term, community-based recovery.
- A local and organic entity that is established from community partnerships who share goals that reflects their community's vision, priorities and culture.
- Incorporates recovery principles in all aspects for structuring and sustaining a behavioral health systems of care.
- Framework to guide systems transformation.

# ROSC Values- Guiding Principles of Recovery

- Person-Centered
- Holistic Approaches
- Inclusion of those with lived experience and their families
- Individualized and Comprehensive
- Anchored in the Community
- Continuity of Care
- Partnerships- Individuals and Allies
- Strengths-based
- Culturally Responsive
- Commits to Peer Recovery Support Services

# Primary Goals of a Recovery-Oriented System of Care (ROSC)

- Promote good quality of life, community health and wellness for all.
- Prevent the development of behavioral health conditions.
- Intervene earlier in the progression of the illnesses.
- Reduce the harm to individuals, their families and communities caused by behavioral health conditions.
- Provide resources to assist individuals and families with behavioral health conditions to achieve and sustain their wellness and build meaningful lives for themselves in their communities.



# Florida's Vision for ROSC

Florida Department of Children and Families (DCF) committed to transforming its substance use and mental health system into a recovery-oriented system of care (ROSC).

- 2015- Great Lakes Addiction Technology Transfer Center.
- 2015- SAMHSA's Bringing Recovery Supports to Scale Technology Assistance Center Strategy (BRSS TACS) Policy Academy initiative to promote recovery-oriented policies and practices.
- 2016- ROSC initiative gained momentum in response to the Substance Abuse & Mental Health Legislative Action-Senate Bill 12 . This bill included language stating that legislatures expect that the states behavioral health services were to be based on recovery –oriented principles.
- 2016/17- Statewide summits included over 800 behavioral health systems administrators, providers, people with behavioral health conditions, and family members establish the Florida's vision for an integrated, values-based recovery-oriented system of care where recovery is “expected” and “achieved” through meaningful partnerships and shared decision making with individuals receiving services, their family's and peers, service providers and the community.

*Creating a Recovery-Oriented System of Care in Florida A Winter 2017 Summary by Achara Consulting*

# ROSC Implementation

## Building Blocks of a ROSC

1. Aligning treatment with a recovery-oriented system of care
2. Fully integrating peers and other recovery support services
3. Supporting the development of an invigorated galvanized recovery community
4. Integrating recovery-oriented performance improvements and evaluations
5. Developing a shared vision and strengthening cross-system collaborations
6. Focus on prevention and early intervention through promotion of community health
7. Fiscal policy, regulatory and administrative alignment





# Evaluating Your Agency's ROSC

# Self-Assessment/Planning Tool for Implementing Recovery-Oriented Services (SAPT)

The SAPT was developed by a team of faculty, people with lived experience of mental illness, and service providers at the University of South Florida's Florida Mental Health Institute (FMHI) under contract to Florida's Medicaid Authority, the Agency for Health Care Administration (AHCA).

1. Assists behavioral health service providers to translate the recovery vision to effective policies and practices
2. Three primary domains: Administrative, Treatment and Community Integration
3. Three components: SAPT Survey, SAPT Planning and Implementation Guide and Linkage to Consumer Outcomes
4. Pilot tested by nine CFBHN agencies.  
(ACTS, Charlotte Behavioral Health, DACCO, David Lawrence Center, Mental Health Community Center, NAMI Pinellas, Operation Par, Salus Care, and WestCare)

*Supporting Website- [www.SAPTReccovery.org](http://www.SAPTReccovery.org)*



# Self-Assessment/Planning Tool for Implementing Recovery-Oriented Services (SAPT)

## Test Pilot:

Each agency developed a team to initiate the SAPT Survey, SAPT Planning and Implementation.

- SAPT Survey was submitted to DCF to collect raw data for a baseline and scoring.
- Final scoring indicated the domains that each agency can develop action steps for implementation.
- CFBHN/DCF reviewed action steps and provided technical support.
- DCF is developing a ROSC Guidance Document that includes feedback from pilot agencies and statewide ME's. As of April 10<sup>th</sup>, DCF has not approved the final document.

*Supporting Website- [www.SAPTRecovery.org](http://www.SAPTRecovery.org)*

# *Samples*

## *Action Steps and Implementation*

Domain: Treatment

# 2. Agency staff use language that is encouraging and hopeful in conversations with persons who are receiving services.

**•Action Plan:**

- 1. The ROSC project will be introduced to an agency standing committee, the Agency Standards Committee, during the month of August.
- 2. The Agency Standards Committee (composed of program management staff members) will identify opportunities to increase encouragement and hope in communication with persons receiving services.
- 3. Program management staff members will prioritize encouraging and hopeful communication with persons receiving services in staff meetings and staff training opportunities.

Domain: Community Integration

#18. Staff help me to get involved in non-mental health/addiction related activities, such as church groups, adult education, sports or hobbies.

**•Action Plan:**

- 1. Strengthen partnerships with VOC Rehab, PERC, PTECH etc. to offer job assistance by October.
- 2. Encourage participation in Yoga 4 Change by August.
- 3. Detox has incorporated artistic time, creative a library and is going to add guided meditation time to the program by July.

# Agencies Applying the ROSC Building Blocks

## 1. Aligning treatment with a recovery-oriented system of care

- Instituted an education plan for staff members on their agency intranet site to share recovery information and materials. Currently over 100 documents on the site.
- Working with staff to encourage those in treatment to take more risks. Have implemented chair yoga, a peer led Christian recovery support group, and brought in GTE Financial for money management
- Utilizing Accelerated Resolution Therapy to help those who have experienced abuse and trauma

## 2. Fully integrating peers and other recovery support services-

- Added a peer in recovery to facilitate training and have added a peer on their training committee.

# Agencies Applying the ROSC Building Blocks

## 3. Supporting the development of an invigorated galvanized recovery community

- Added a Recovery Spotlight in their monthly staff newsletter where the ROSC Champion or someone else writes about or provides information on recovery.

## 4. Integrating recovery-oriented performance improvements and evaluations

- Administered a staff assessment tool on bias and individual behavior. Presented it to management to utilize in supervision. CEO asked that they get updates from management to see if they are using it and how it is working.
- Doing quarterly surveys with their support groups and peer to peer courses to assess how they can improve.

# Agencies Applying the ROSC Building Blocks

## 5. Developing a shared vision and strengthening cross-system collaborations

- Developing a resource guide for staff and individuals who are discharged.

## 6. Focus on prevention and early intervention through promotion of community health

- Developed an video educational series. Each video has an underlining recovery message and the CEO requested that it be added to their intranet. Currently have thirty videos on the site.

## 7. Fiscal policy, regulatory and administrative alignment



## Outcomes Supporting ROSC

# Overall Benefits of a Person-Centered Approach

- 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,  
Janice Tondora, Yale  
Program on Recovery and Community Health*

# Benefits Utilizing Peer Services:

## Treatment:

- 24% decrease in mental health and substance use expenses
- 46% increase in number of people served statewide
- 40% increase in outpatient care
- 25% decrease in annual cost per client
- 14% lower costs with recovery supports

*Examples from Connecticut's Statewide Study*



## Child Welfare:

“In Contra Costa CA, 62% of children whose parents were served by a peer support navigator program (Parent Partners Program) were reunited with their parents within 18 months of removal, compared to 37% of children whose parents were not served.”

*National Technical Assistance and Evaluation Center  
Systems of Care, DHHS, 2010, Pg.30*







Questions?

