

# Guideline: Illinois Recovery Support Principles

IDHS/SUPR is organizing around a Recovery Oriented System of Care (ROSC) to ensure that an appropriate mix of substance use disorder (SUD) services and recovery supports for youth, adults and families are available and accessible throughout the state.

## 1. Recovery Definition

- Recovery is the process of change in which individuals improve their health and wellness, are able to live a self-directed life, and reach their full potential.

## 2. Recovery Oriented System of Care (ROSC)

- A Recovery Oriented System of Care includes the expansion of the current continuum of care to embrace a chronic care model while ensuring that an appropriate mix of substance use disorder treatment services and recovery supports for youth, adults and families are available and accessible throughout the state. This includes traditional treatment services and other non-clinical recovery support services in a system built on the recovery philosophy. IDHS/SUPR recognizes this by funding prevention, intervention, treatment and recovery support services.
- ✓ Prevention- IDHS/SUPR provides funding to deliver a range of prevention services through community-based organizations that are familiar with the communities they serve. Services support the implementation of universal, selective, and indicated strategies across the life span.<sup>1</sup>
- ✓ Intervention- Services are delivered pre-treatment and include diversion services for Illinois courts and impaired drivers, overdose prevention response, and other early intervention activities.
- ✓ Treatment- Clinical services designed to treat Substance Use Disorder in the least restrictive setting as defined by the American Society of Addiction Medicine (ASAM). These include Level I/Outpatient, Level II/Intensive Outpatient, Level III/Residential and Withdrawal Management.
- ✓ Recovery Support Services- Recovery support services include employment training, continuing care, employment coaching, peer recovery coaching, recovery coaching, recovery skills, spiritual support and transportation. These services also include Recovery Residences.

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<sup>1</sup> Institute of Medicine. Reducing Risks for Mental Disorders: Frontiers for Preventive Intervention Research. In: Mrazek PJ, Haggerty RJ, editors. Committee on Prevention of Mental Disorders, Division of Biobehavioral Sciences and Mental Disorders. Washington, DC: National Academy Press; 1994.

- IDHS/SUPR believes that long term recovery from a substance use disorder is dependent upon the delivery of services that are not only responsive to individuals' use of alcohol and other drugs, but also their co-occurring trauma effects, mental health conditions, physical health and ongoing recovery related concerns. IDHS/SUPR facilitates the proliferation of recovery support services throughout the state and will continue formulation and expansion of a recovery-oriented system of care based upon the following vision, values and goals.

### **3. Vision**

- People can and do recover
- Individuals and families determine the supports and services they need.
- Services and supports are continuous and cohesive across different phases of care and are coordinated across the various agencies involved in their delivery.
- Support of recovery is a community responsibility and value.
- There is inherent flexibility in the system, so it can be responsible to different pathways to recovery.
- Measuring quality and outcomes is a system priority

### **4. Values**

- Recognize the right of a person to direct their own recovery and that there are many models of, and paths to, recovery
- Operate with integrity and a sense of personal responsibility
- Include people with lived experience, family members, and the community in planning and decision making
- Implement programs with competency and good stewardship
- Empower individuals and families
- Embrace cultural diversity

### **5. Goals**

- Build a culture that builds and nurtures recovery
- Build capacity and infrastructure to support a recovery-oriented system of care
- Develop commitment to implement and sustain a recovery-oriented system of care