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**RECOVERY-ORIENTED SYSTEMS OF CARE**

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**OAS Inter-American Drug Abuse Control  
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November 20, 2008  
Santiago, Chile

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## **Recovery Oriented Systems of Care (ROSC) Learning Objectives**

- Establish a better understanding of the Recovery-Oriented System of Care (ROSC)
- Define the system
- Define the goals of ROSC

## **Therapy Models**

- Infectious Diseases
  - HIV
  - Hepatitis
  - Tuberculosis
- Medication-Assisted Treatment (MAT)
  - Methadone
  - Buprenorphine
  - Naltrexone
- Newer Therapy Models
  - Cognitive Behavior Therapy
  - Motivational Interviewing (MI)
  - Motivational Enhancement Therapy (MET)
  - Cognitive Management/Motivational Incentives

## The Recovery Process

Recovery from alcohol and drug problems is a **process of change** through which an individual achieves abstinence and improved health, wellness, and quality of life.

Source: CSAT National Summit on Recovery, 2005

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## Challenges for a Traditional Approach

- 52.3% of those admitted to U.S. public substance abuse treatment programs in 2006 were re-entering treatment:
  - 21.3% for the second time, 17.4% for the third or fourth time, and 13.6% for the fifth or more time.<sup>1</sup>
- One recent study found that the median time from first treatment to 1 alcohol- and drug-free year was 9 years – with 3 to 4 episodes of treatment.<sup>2</sup>

<sup>1</sup>SAMHSA, Office of Applied Studies. Treatment Episode Data Set (TEDS). Highlights - 2006. National Admissions to Substance Abuse Treatment Services

<sup>2</sup>Dennis, M.L. et al, 2005. The duration and correlates of addiction and treatment careers, *Journal of Substance Abuse Treatment* 28 (Suppl. 1): S51-S62

## **Description of Recovery-Oriented Systems of Care**

A recovery-oriented systems of care approach supports person-centered and 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 from alcohol and drug problems.

Source: CSAT National Summit on Recovery, 2005

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## **Recovery-Oriented Systems of Care Approach**

- In the recovery-oriented systems of care approach, the treatment agency is viewed as one of many resources needed for a client's successful integration into the community.
- No one source of support is more dominant than another.
- Various supports need to work in harmony with the client's direction, so that all possible supports are working for and with the person in recovery.

Source: *Addiction Messenger*, November 2007, Vol. 10 Issue 11, published by the Northwest Frontier ATTC.

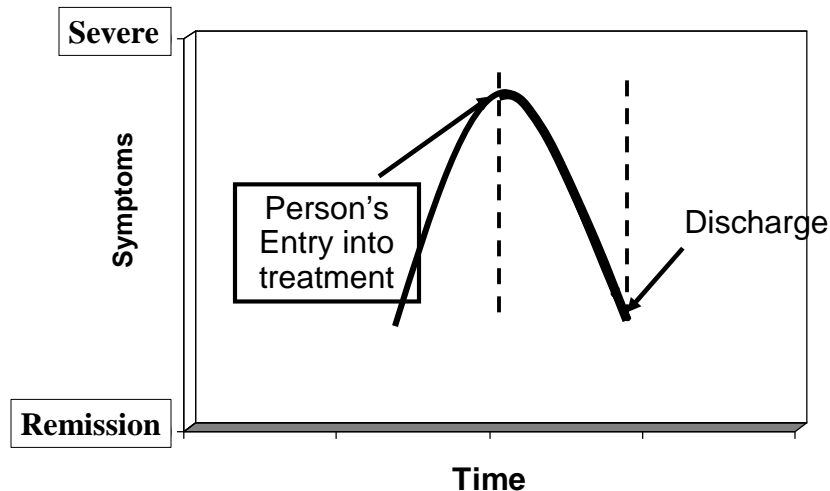
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## Examples of Peer Recovery Support Services

- Peer-led support groups
- Assistance in finding housing, educational, employment opportunities
- Assistance in building constructive family and personal relationships
- Life skills training
- Health and wellness activities
- Assistance in managing systems (e.g., health care, criminal justice, child welfare)
- Alcohol- and drug-free social/recreational activities
- Peer coaching or mentoring

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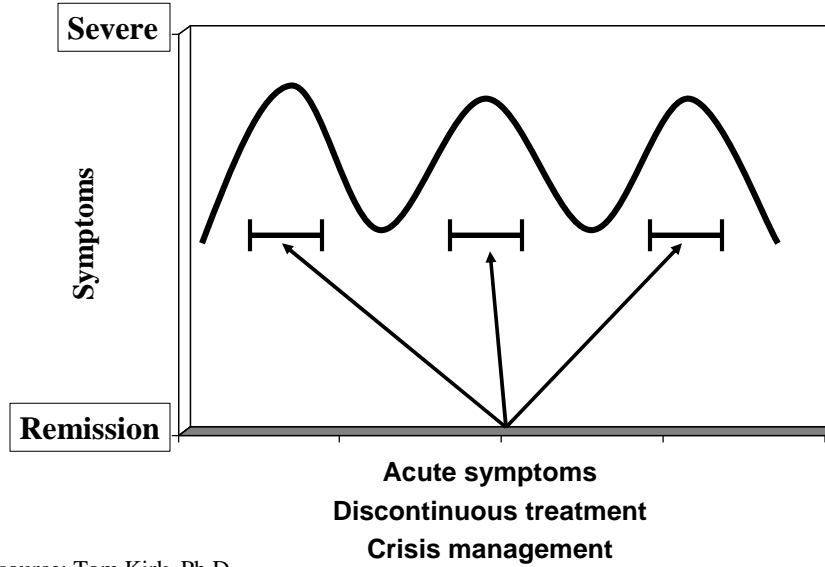
## A Traditional Course of Treatment for a Substance Use Disorder



Resource: Tom Kirk, Ph.D

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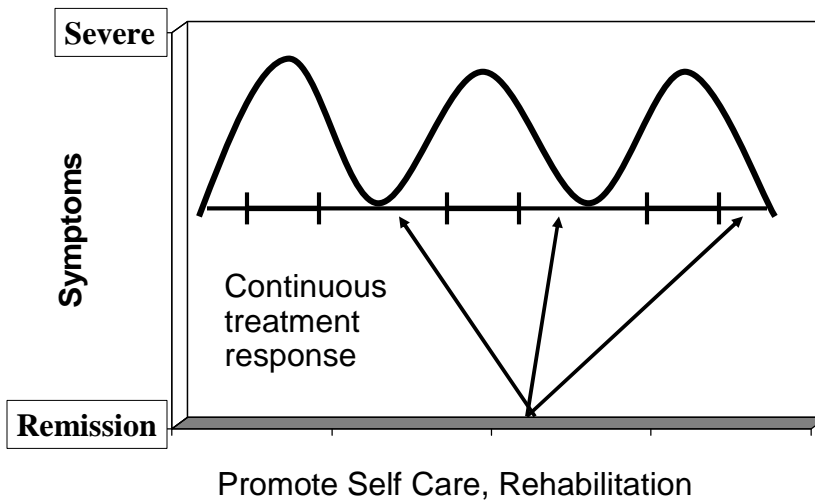
## A Traditional Service Response



Resource: Tom Kirk, Ph.D

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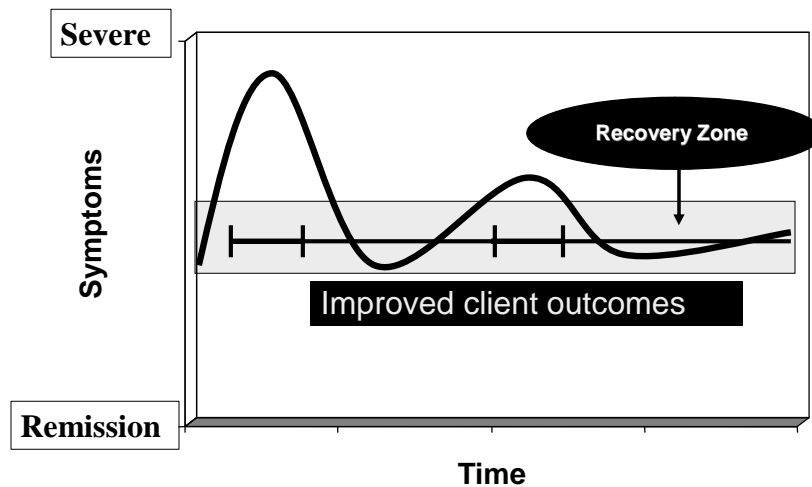
## A Recovery-Oriented Response



Resource: Tom Kirk, Ph.D

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## Helping People Move Into A Recovery Zone



Resource: Tom Kirk, Ph.D

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## Benefits of Moving into a Recovery Zone

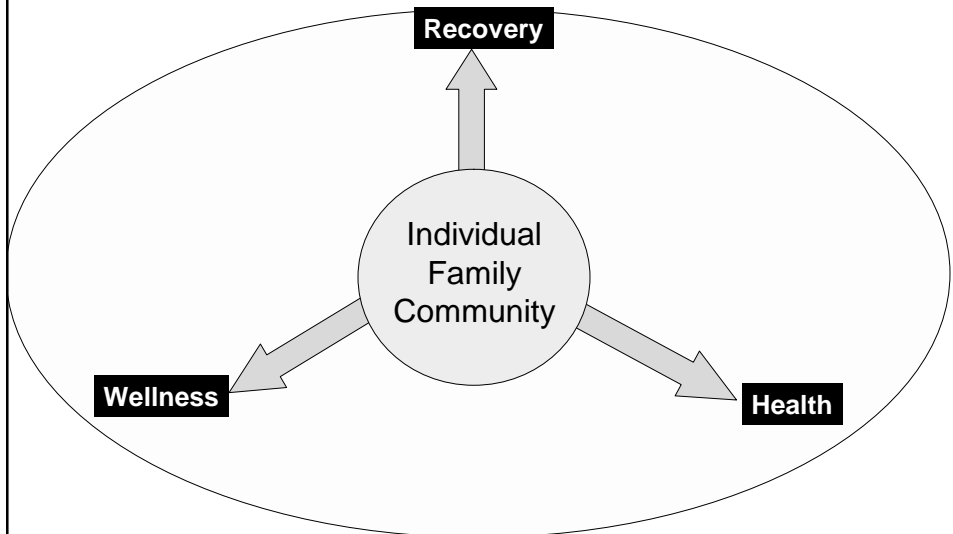
- Chronic care approaches, including self-management, family supports, and integrated services, improve recovery outcomes <sup>1</sup>
- Integrated and collaborative care has been shown to optimize recovery outcomes and improve cost-effectiveness <sup>2</sup>

<sup>1</sup> Lorig et al, 2001; Jason, Davis, Ferrari, & Bishop; 2001; Weisner et al, 2001; Friedmann et al, 2001

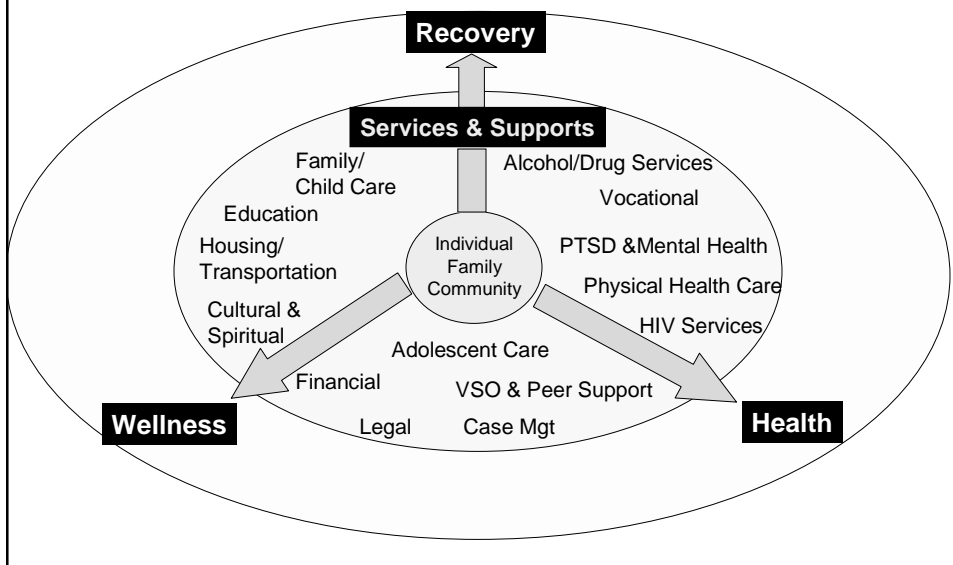
<sup>2</sup> Smith, Meyers, & Miller, 2001; Humphreys & Moos, 2001)

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**ROSC support person-centered and self-directed approaches to care that build on the personal responsibility, strengths, and resilience of individuals, families and communities (including tribes) to achieve health, wellness, and recovery from alcohol and drug problems.**

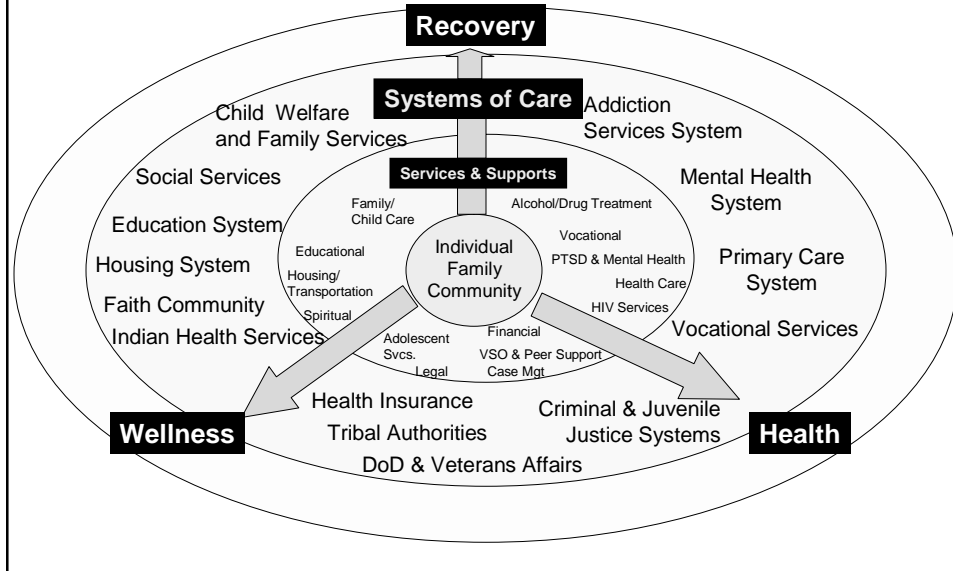


**ROSC offer a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual's needs and chosen pathways to recovery.**

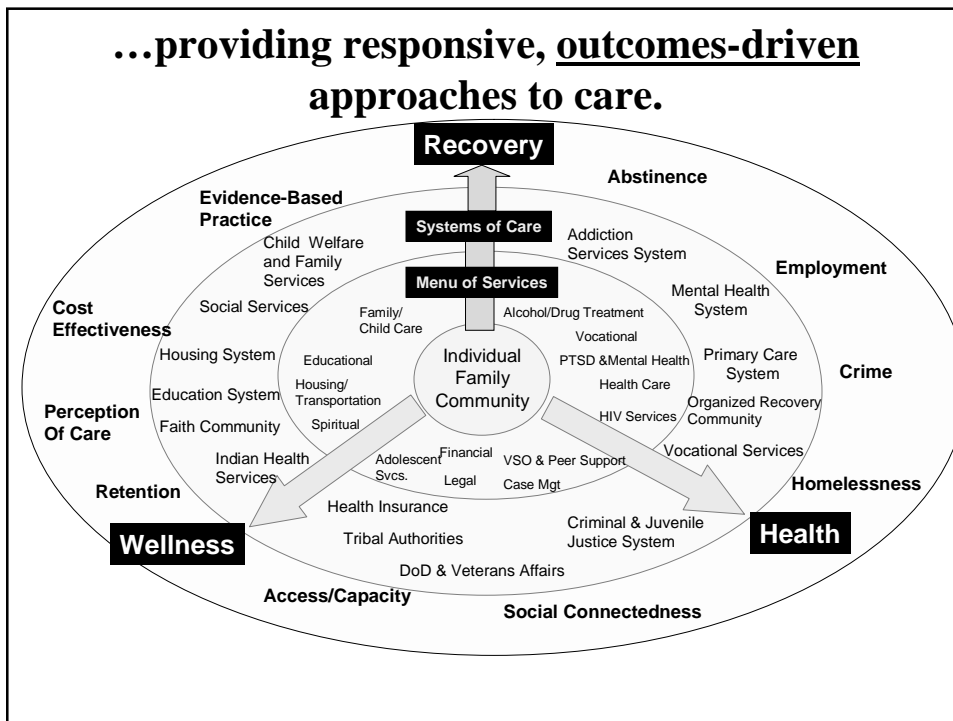




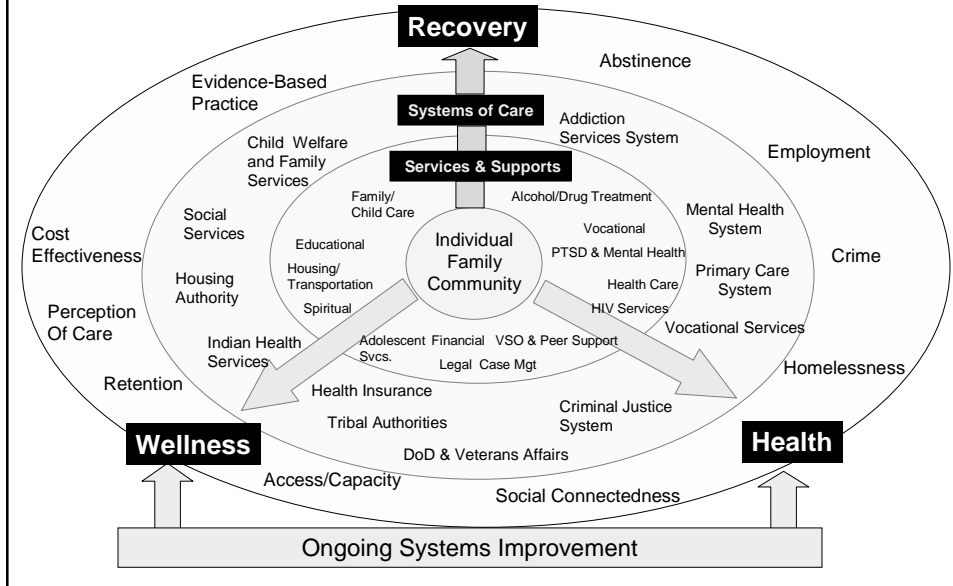
**ROSC encompass and coordinate the operations of multiple systems...**



**...providing responsive, outcomes-driven approaches to care.**



**ROSC require an ongoing process of systems improvement that incorporates the experiences of those in recovery and their family members.**



## Goals of a Recovery-Oriented Systems Approach

- To support preventive strategies related to substance use problems & disorders;
- To intervene early with individuals with substance use problems;
- To support sustained recovery for those with substance use disorders; and
- To improve individual, family and community outcomes.