

### ROSC: 12 Guiding Principles of Recovery (Sheedy & Whitter, 2013)

1. There are many pathways to recovery.
2. Recovery is self-directed and empowering.
3. Recovery involves a personal recognition of the need for change and transformation
4. Recovery is holistic.
5. Recovery has cultural dimensions.
6. Recovery exists on a continuum of improved health and wellness.
7. Recovery emerges from hope and gratitude.
8. Recovery involves a process of healing and self-redefinition.
9. Recovery involves addressing discrimination and transcending shame and stigma.
10. Recovery is supported by peers and allies.
11. Recovery involves (re)joining and (re)building a life in the community.
12. Recovery is a reality.

Sheedy, C. K., & Whitter, M. (2013). Guiding principles and elements of recovery-oriented systems of care: What do we know from the research? *Journal of Drug Addiction, Education, and Eradication*, 9(4), 225.

### Research Question 1 Results (Conner, 2017)

<b><u>ROSC Principles:</u></b>	<b>Treatment %</b>	<b>Probation %</b>	<b>Total #</b>	<b>% of ROSC</b>
<i>Many pathways</i>	79	21	28	2
<i>Self-directed/Empowering</i>	62	38	140	10
<i>Recognition of need for change</i>	52.5	47.5	40	3
<i>Holistic</i>	47	53	116	8
<i>Cultural dimensions</i>	80	20	5	.4
<i>Continuum of improved health</i>	50	50	82	6
<i>Emerges from hope</i>	40	60	15	1
<i>Healing and Self-redefinition</i>	65	35	20	1.4
<i>Transcending shame and stigma</i>	95	5	19	1.4
<i>Supported by peers and allies</i>	75	25	12	.9
<i>Re-joining life in community</i>	22	78	27	2
<i>Recovery is a reality</i>	33	67	3	.2
<b><i>Totals for ROSC Principles:</i></b>	<b>56</b>	<b>44</b>	<b>507</b>	<b>37</b>

Conner, S. (Published as Doctoral Dissertation, 2017). Recovery-Oriented Systems of Care (ROSC): Understanding individual and system-level barriers and facilitators to implementation of ROSC in an addictions treatment community.

### 17 Elements of ROSC Services (Sheedy & Whitter, 2013)

1. Person-centered
2. Inclusive of family and other ally involvement.
3. Individualized and comprehensive services across the lifespan
4. Systems anchored in the community
5. Continuity of care
6. Partnership-consultant relationships
7. Strength-based
8. Culturally responsive
9. Responsiveness to personal belief systems
10. Commitment to peer recovery support services
11. Inclusion of voices and experiences of recovering individuals and families
12. Integrated services
13. System-wide education and training
14. Ongoing monitoring and outreach
15. Outcomes driven
16. Research-based
17. Adequately and flexibly financed

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### Research Question 1 Results (Conner, 2017)

<u>ROSC Elements:</u>	Treatment %	Probation%	Total #	% of ROSC
<i>Person-centered</i>	57	43	196	14
<i>Inclusive of family and allies</i>	82	18	49	4
<i>Individualized/comprehensive</i>	53	47	118	9
<i>Anchored in the community</i>	39	61	67	5
<i>Continuity of care</i>	49	51	67	5
<i>Partnership-consultant rel.</i>	47	53	83	6
<i>Strength based</i>	57	43	42	3
<i>Culturally responsive</i>	100	0	3	.2
<i>Responsive to personal beliefs</i>	56	44	9	.7
<i>Commitment to peer recovery</i>	62	38	13	.9
<i>Inclusive of voices of recovery</i>	67	33	3	.2
<i>Integrated services</i>	40	60	103	7

**Research Question 1 Results Contd. (Conner, 2017)**

<b><u>ROSC Elements:</u></b>	<b>Treatment %</b>	<b>Probation%</b>	<b>Total #</b>	<b>% of ROSC</b>
<i>Education and training</i>	52	48	29	2
<i>Ongoing monitoring &amp; outreach</i>	35	65	34	2.5
<i>Outcomes-driven</i>	0	100	6	.4
<i>Research based</i>	23	77	26	2
<i>Adequately/flexibly financed</i>	35	65	26	2
<b><i>Totals for ROSC Elements:</i></b>	<b>50</b>	<b>50</b>	<b>874</b>	<b>63</b>

Conner, S. (Published as Doctoral Dissertation, 2017). Recovery-Oriented Systems of Care (ROSC): Understanding individual and system-level barriers and facilitators to implementation of ROSC in an addictions treatment community.