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Partners in Recovery: *“Sangamon County Recovery Oriented System of Care”*

(Springfield) – May is Mental Health Awareness month and due to the current COVID-19 pandemic it's even more essential to focus on mental health and eliminating barriers to treatment. Mental health and substance use disorders affect people from all walks of life and every age. These illnesses are prevalent in today's society but are treatable and recovery is possible.

To aid in supporting recovery and eliminating barriers, systems of recovery have been forming across the state of Illinois. The goals of these systems? To support recovery. Family Guidance Centers, Inc. (FGC), a not-for-profit behavioral healthcare organization that treats and prevents substance use disorders, as well as an array of other behavioral healthcare concerns, received a grant to create a recovery oriented system of care (ROSC) right here in Sangamon County. What does a ROSC do?

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 recovery and improved health, wellness, and quality of life for those with or at risk of substance use disorders. The central focus of a ROSC is to create an infrastructure, or “system of care”, with the resources to effectively address the full range of substance use disorders within communities.

“The current global pandemic has caused an increase in individuals suffering from mental illness, including those with substance use disorder. The goal of this grant is to create a system that works for individuals in recovery. This means that individuals in recovery have access to the resources and support they need. Recovery is a lifelong journey not just a 28 day program and individuals, their families and the community all need to work together to support that journey,” stated Tegan Shull, program manager of Sangamon County ROSC. “Currently the council is working on addressing barriers to recovery thru partnerships throughout the community. Recovery truly takes a village and impacts the entire community”

Sangamon County Partners in Recovery (ROSC) meets monthly and all are invited to attend. If you or your organization would like to get involved visit the ROSC website at [Sangamon County Partners in Recovery \(godaddysites.com\)](http://SangamonCountyPartnersinRecovery.godaddysites.com) or email Teagan Shull at tshull@fgcinc.org.

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