

Transforming Recovery: A Systematic Review of the Impact of Recovery-Oriented Systems of Care on Minority Populations

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Introduction

Substance use disorders (SUDs) disproportionately affect minority populations, including Hispanic/Latino, Black or African America and Asian Massachusetts, contributing to significant health disparities. These groups face numerous barriers to accessing effective treatment services, such as systemic racism, cultural stigmas, financial limitations, and insufficient culturally competent care. As a result, minority populations often experience lower treatment engagement and retention rates, as well as poorer recovery outcomes.

Recovery-Oriented Systems of Care (ROSC) present a promising approach to addressing these disparities by providing a comprehensive, person-centered, and culturally sensitive framework for care (Davidson et al. 2014). ROSC emphasizes holistic and community-based models that integrate a broad range of support services and tailor interventions to the unique needs of individuals.

Background

Recovery-Oriented Systems of Care (ROSC) are a promising approach to substance use treatment, especially for minority populations facing unique and complex barriers to treatment. These underserved communities can benefit from ROSC frameworks that offer culturally competent, community-based, and trauma-informed approaches in order to increase treatment engagement, retention, and recovery outcomes.

Through its holistic model that integrates a wide range of support services, ROSC helps address the social, economic, and psychological factors that contribute to substance use and recovery (Davidson et al. 2014). In doing so, ROSC not only supports individuals in their recovery journey but also contributes to reducing health disparities and promoting more equitable and inclusive treatment systems for minority populations.

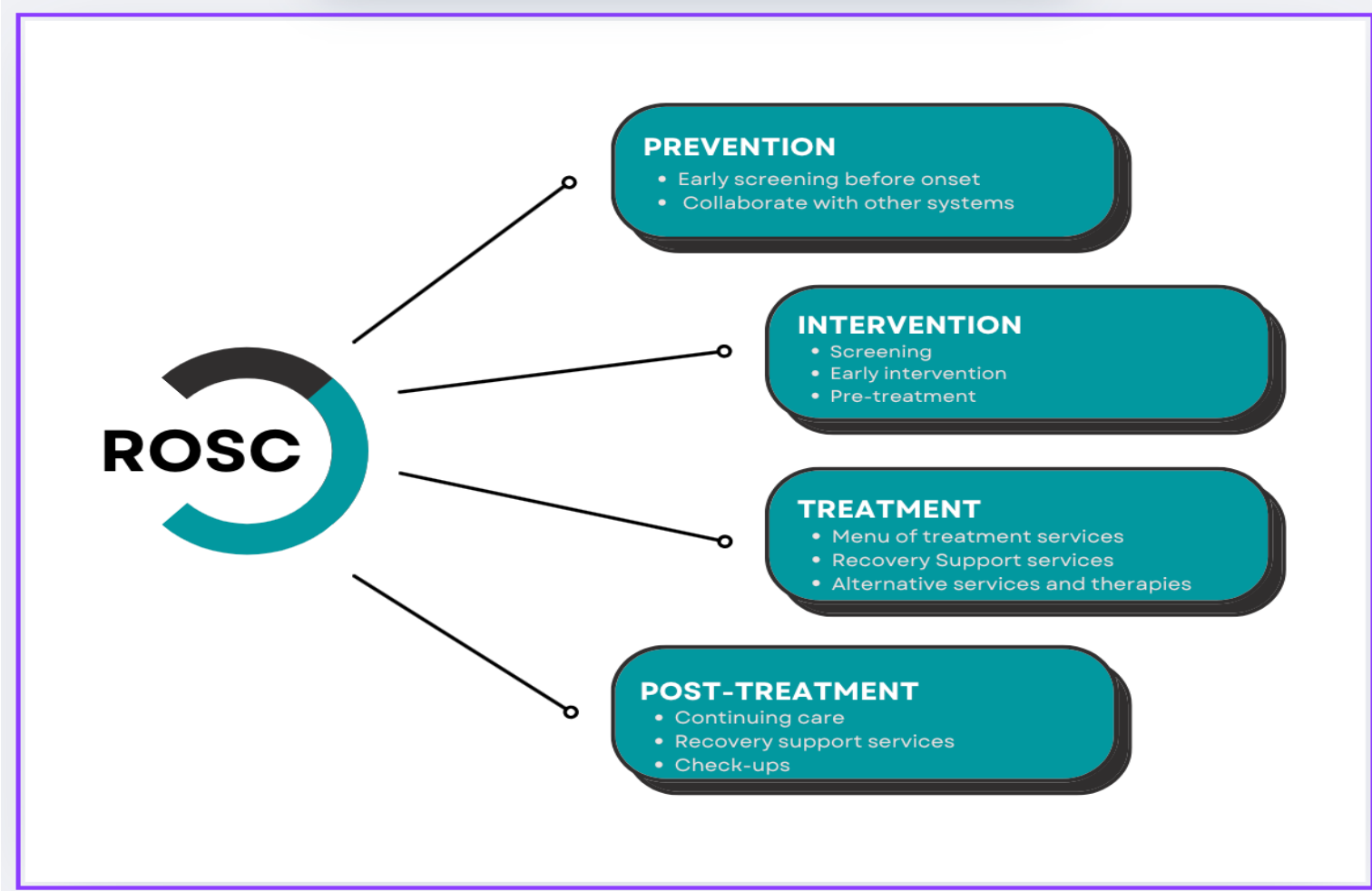


Figure 1. Recovery-Oriented Activities.

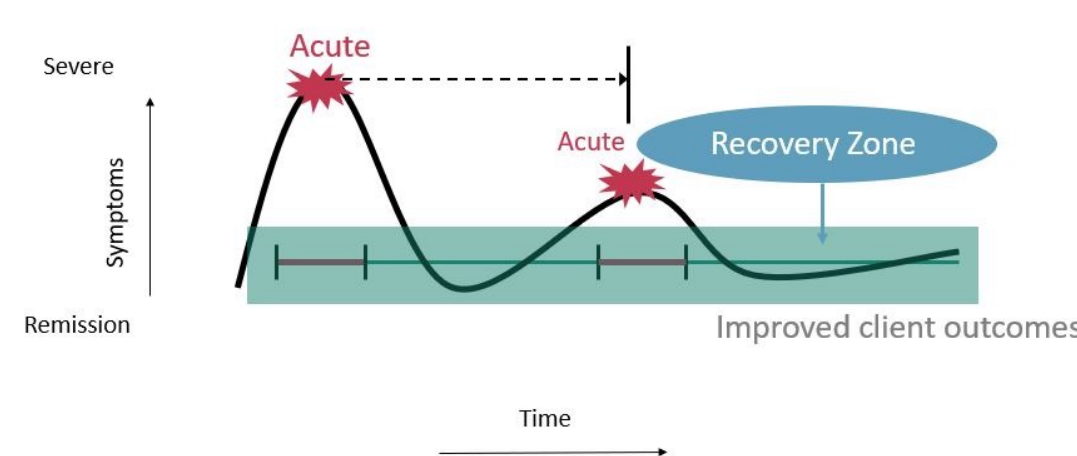


Figure 2. Conceptual Framework for Recovery.

Methods and Materials

A systematic review of peer-reviewed literature was conducted, focusing on studies that assessed the implementation and outcomes of ROSC models for minority populations. Inclusion criteria included studies that used ROSC principles, focused on minority groups, and reported treatment engagement, retention, and recovery outcomes. A total of 30 studies were reviewed, and data were synthesized to evaluate the impact of ROSC on engagement and recovery outcomes for minority groups.

The review aimed to identify gaps in service delivery and highlight best practices for improving outcomes in these populations. Findings indicated that ROSC models can be effective, but their success depends on cultural competence, community engagement, and tailored interventions.

Results

In this systematic review, it was found that ROSC models significantly improved treatment engagement, retention, and recovery outcomes in minority populations when they were tailored to meet their needs. For instance, studies indicated a 62% reduction in acute care usage and a 78% increase in ambulatory care, accompanied by a 14% reduction in overall costs even with the addition of recovery-support services, such as housing and transportation.

Furthermore, the review highlighted that integrating trauma-informed care within ROSC frameworks was essential to facilitating post-traumatic growth during recovery. As Rapp and Goscha (2006) noted, ROSC frameworks help individuals with mental health challenges secure and sustain the resources necessary for community participation, thus enhancing both recovery and quality of life.

Conclusions

By prioritizing these comprehensive approaches, service providers can better address the unique needs of diverse communities, ensuring that all individuals have the opportunity to achieve long-term recovery and improved quality of life. In doing so, they not only enhance individual outcomes but also contribute to the broader goal of health equity, ensuring that recovery services are accessible, respectful, and effective for all.

Discussion

The findings from this systematic review support the effectiveness of ROSC frameworks in improving substance use treatment outcomes for minority populations. When tailored to the cultural and community needs of Hispanic/Latino, Black or African America and Asian groups, ROSC models significantly enhance treatment engagement, retention, and recovery outcomes. These frameworks are particularly impactful when integrated with trauma-informed care, which addresses the historical and individual trauma often experienced by minority individuals.

Studies included in this review demonstrated notable reductions in acute care utilization and increased engagement with ambulatory care services, even with the addition of recovery-support services such as housing and transportation. This suggests that ROSC models, when effectively implemented, not only reduce the burden on emergency care systems but also offer cost-effective solutions to the challenges faced by minority communities. One key finding from the review was the importance of integrating community-based support into ROSC frameworks

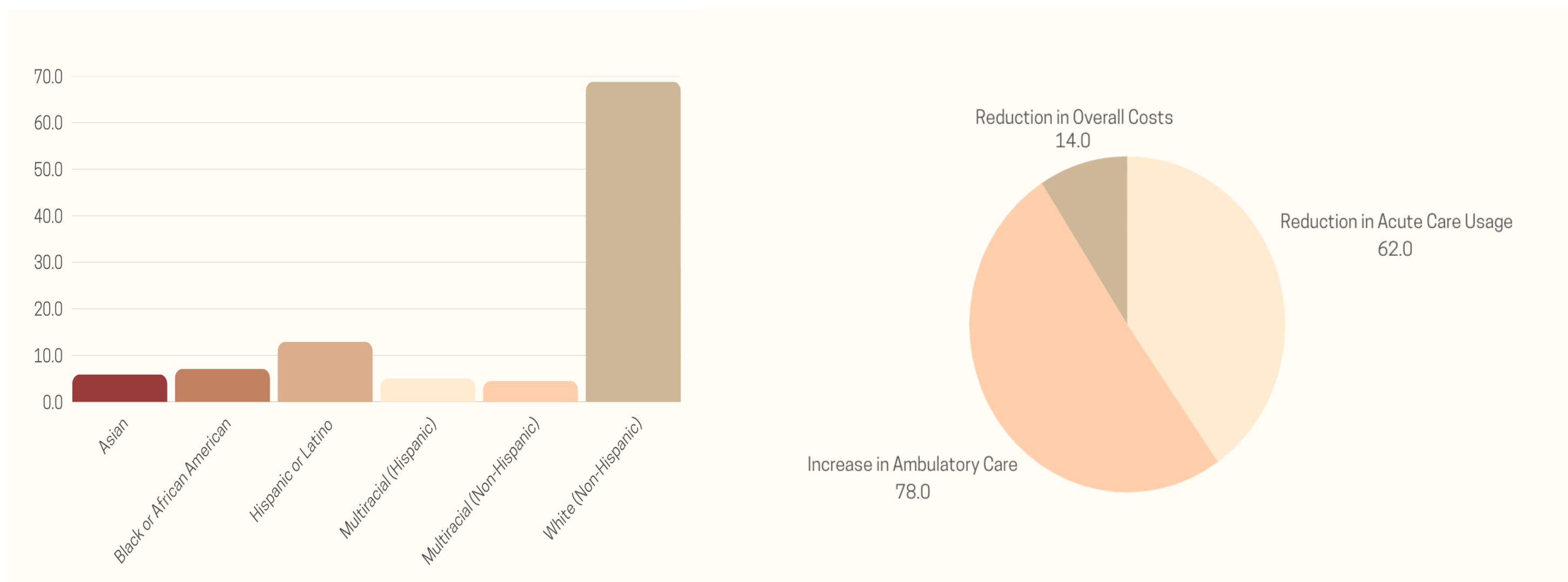


Figure 3. Demographics of Massachusetts.

Figure 4. ROSC Models Significance.

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Disclosure

The author do not have any relevant conflicts of interest to disclose.