How Technology Is Shaping Addiction Treatment: Remote Monitoring, Mobile Apps, & More

Wednesday, November 8, 2017 | 9:45 am – 11:00 am
Matt Chamberlain, Senior Associate, OPEN MINDS
Agenda

I. How Technology Is Shaping The Addiction Treatment Market

II. Brenda Haaga, Vice President of Prevention/Early Intervention, Education, and CHESS Application, Central Kansas Foundation

III. Arel Meister, Founder & President, Sprout Health Group

IV. Maks Danilin, Strategic Account Executive, Aware Recovery Care, Inc.

V. Questions & Discussions
How Technology Is Shaping The Addiction Treatment Market
Emerging Models Of Treatment For Persons With Addiction Issues

- Prevention, identification and early intervention
- Integration with medical care (PCPs, hospitals, etc.)
- Extended patient engagement (recovery coaching)
- Whole family involvement
- Medication assisted treatment (MAT)
- Technological interventions and treatment models
Drivers Of Technology In Addiction Treatment

- Relapse Prevention
- Data Quality/Regularity
- Consumer Accountability/Touches
- New Treatment Models
- Payer Preferences/Requirements
- Consumer Preferences/Access
- Standardization of Assessments & Treatment
Addiction Treatment Technology Functions

- Web-Based Screening & Assessments
- Web-based Mood Tracker/Personal Monitoring
- Online Treatment & eCBT
- Wearable Devices & Biofeedback
- GPS Tracking
- Text-Based Reminders
ACHESS Mobile Application

- Connection to peers and caregivers to provide a 24/7 support system
- GPS detection for when consumer enters a potential high risk location
- Support locator
- Educational content
Pear Therapeutics

- Prescription digital therapeutic that can be used in conjunction with standard outpatient treatment for substance use disorder (SUD)
- Status reports and self monitoring
- Educational resources and life skills development
Cassava Smartphone App

- GPS support locator
- Sobriety calculator to track progress
- Online journal to monitor emotions, sleep patterns, eating habits and other daily experiences that can signal increased risk for relapse.
Addiction Treatment Tech Issues

- How Get Consumers To Accept Tech & Engage With Process
- How To Monitor & Track Outcomes
- How To Over Cost Of Treatment & ROI
- When & How To Use Throughout Treatment - Pre, Concurrent, Post Treatment Use
- How To Choose The Best Tech “Fit” For Each Consumer/Population
Brenda Haaga, Vice President of Prevention/Early Intervention, Education, and CHESS Application, Central Kansas Foundation
About Us

The Central Kansas Foundation (CKF) offers a full continuum of addiction and treatment services.

- Inpatient Treatment (22 bed facility)
- Social Detoxification
- Outpatient Treatment
- Medical Integration
- Walk-In Pathfinder Recovery Center
- Prevention and Education Programs

CKF has four offices spread throughout central Kansas.

CKF is the only Level III Inpatient treatment center within central Kansas.
ACHESS
(Addiction Comprehensive Health Enhancement Support System)

- ACHESS is a relapse prevention program administered through a smartphone application.

- Surveys and assessments are designed to determine risk of relapse, enabling clinicians to intervene before relapse occurs.
1. In 2010, CKF participated in a randomized trial through the University of Wisconsin-Madison.

2. **Results:** 94% of ACHESS participants used the app during the 1st week after residential treatment; at week 16, almost 80% continued to access ACHESS.

3. **Findings:** Patients with alcohol and drug dependence will use smartphone applications for ongoing support, resources and information thus extending patient care.

CKF has continued to utilize ACHESS to provide our patients with a recovery support system 24 hours a day, 7 days a week.
1. Achess is intertwined and promoted by CKF staff in all levels of care.
2. It takes approximately 15 minutes to sign a patient up on ACHESS
   • Collect information
   • Download App
   • Educate on the different features

CKF currently has 150 patients utilizing ACHESS
1. ACHESS users attendance to group therapy is 20% greater than non-acheess users.

2. ACHESS users successfully complete treatment 19% more than non-acheess users.

3. CKF offered ACHESS to a group of 100 clients who presented to the hospital Emergency Room. And 50 of those clients agreed to use ACHESS. As a result of using the ACHESS app, there were 65% fewer visits to the ER in the 30 days post ER intervention.
Contact Information

Brenda Haaga
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Arel Meister, Founder & President, Sprout Health Group
Evolving Technology in Behavioral Health
Arel Meister-Aldama, Founder and CEO, Sprout Health Group

Sprout Health Group is a leading addiction and mental health services provider, with inpatient and outpatient treatment facilities across California and New Jersey.

- Board director and advisor to Elevated Billing, which provides revenue cycle technology and services to the behavioral health sector and The Motherhood Center, which provides outpatient mental health treatment to new mothers.
- Previously Arel invested in healthcare services and technology companies at Summit Partners, a venture capital and private equity firm.
- Prior to Summit Partners, Arel worked at Credit Suisse in the Mergers & Acquisitions Group.
- Graduated from New York University.
Company Overview

We are a team of healthcare professionals and entrepreneurs committed to helping individuals and families overcome behavioral and addiction issues.

Sprout Health Group operates 10 treatment programs across 2 campuses: Cedar Point Recovery in Sacramento, CA and Advanced Health & Education in Eatontown, NJ.

Cedar Point Recovery, Sacramento, CA
- Detox, residential, and outpatient care
- Sober Living and extended care
- Addiction and Mental Health
- First Responder Program
- Family Program
- Primary Care and Urgent Care
- Office-based opioid treatment
- Mobile aftercare

Advanced Health & Education, Eatontown, NJ
- Residential and outpatient care
- Sober Living and extended care
- Addiction and Mental Health
- First Responder Program
- Family Program
- Primary Care and Urgent Care
- Office-based opioid treatment
- Mobile aftercare
Triggr Health

Triggr Health is a predictive care system that reduces drinking and drug use.

A.I.-based platform delivering mobile care through Taylor, a distributed person that enhances remote clinical team.

Data analytics engine can predict unhealthy behavior with 92% accuracy days before it happens.
Addressing Varied Client Needs through Technology

5 Stages of Change

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

A small minority of those affected with behavioral issues seek treatment. Technology can help us reach a broader audience.
The largest real-time behavioral data set of people in early stage recovery in the world

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<th>500 MM+</th>
<th>Over 500 mm passively collected behavioral data points on people in early recovery</th>
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<td>1 MM+</td>
<td>Over 1 mm new, real-time conversational strings on relapse prevention, reduced use, and real world pain per month.</td>
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<td>3x</td>
<td>Utilizing this data, Triggr can produce over 3x better outcomes than traditional treatment pathways.</td>
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Robust passive data + a strong, positive therapeutic alliance enables an A.I.-based platform that is significantly more accessible + effective than any other form of care today. Data allows Triggr to predict unhealthy behavior with 92% accuracy days before it happens.
Arel Meister – Aldama
Founder and CEO, Sprout Health Group
arel@sprouthealthgroup.com
Maks Danilin, Strategic Account Executive, Aware Recovery Care, Inc.
LEVERAGING TECHNOLOGY ACROSS THE CARE CONTINUUM

PRESENTATION FOR OPEN MINDS

NOV 8TH, 2017
INTRODUCTIONS

Maks Danilin
Strategic Account Executive
The Aware Recovery Care Approach to Technology

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<th>Benefit</th>
<th>Description</th>
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<td>Provide opportunities for increasing standardization of assessment tools and procedures</td>
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<td>Increase accuracy of self-reports or risk-behavior</td>
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<td>Allow for data about individual’s substance use and triggers for use to be obtained in real-time outside the confines of traditional care settings where data collection procedures are limited by retrospective recall.</td>
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<td>Offer opportunities to enhance reach of evidence-based interventions</td>
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<td>Ensure fidelity of intervention delivery</td>
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<td>Enable anonymity</td>
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<td>Transcend Geographic boundaries</td>
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<td>Allow for therapeutic support outside of formal care settings</td>
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Aware Recovery Care is a Certified Soberlink Provider

As a Certified Soberlink Provider, our staff is trained on how to best utilize Soberlink to support our clients' recovery. The Soberlink program keeps our clients connected to their support network in a way that does not disrupt day to day life. Soberlink testing is a great reminder of recovery, and self-reporting to loved ones is no longer necessary thanks to real-time documentation through Soberlink technology.
When Recovery Starts

Studies show the longer a person stays involved with a consistent monitoring, the better the long-term outcome. The Soberlink program delivers real-time blood alcohol results to anyone, anytime. The visibility of results strengthens relationships and allows for a timely intervention when necessary. Ultimately, these shared results are documented and promote accountability.

The Benefits of Using Soberlink

For Participants
- Stay Connected with your recovery circle
- Builds accountability and structure
- Documents sobriety

For Families
- Share in the recovery process
- Helps rebuild trust
- Provides peace-of-mind
Aware Recovery Care began use of SoberLink devices in its innovative in-home addiction treatment approach in 2013.

Shortly thereafter, clients and care teams alike shared the vast benefits of the utilization of technology to maximize on accountability while in the "real world".

**IMPLEMENTATION**
- Lowered sentences for DUI cases with proven abstinence.
- Raised client self-disclosed relapses between client and treatment team.
- 100% of clients who began SoberLink prior to admittance were still utilizing SoberLink after 6 months.
- 68% of clients who began SoberLink services prior to admittance were utilizing device at month 12.

SoberLink allows for Aware Recovery Care in-home care teams to deliver their innovative model of addiction treatment while allowing our clients to experience the freedoms of their own lives.

**RESULTS**
GPS Tracking and Verification Technology

- Geo-fencing / Hot Spots (Alerts full team)
- Pattern Analysis/Driving Analysis

*Less than a 5 minute set up for client and entire treatment team

Outcomes:

- Strengthened accountability with client and family system
- Increased rate of completion of weekly tasks as verified by GPS
- Increased responsiveness to potential crisis scenarios
Aware Recovery Care is currently involved in beta-testing and trials with a device that utilizes the cutting edge technology of a wearable, wireless, multi-sensor device with real-time biofeedback and data acquisition. Through this device we are able to capture and measure quality continuous data representing the two main branches of the autonomic nervous system stress response.

The device is non-descript and is worn on the wrist. Paired to the device is the software and app. The app prompts the wearer to subjectively record and identify events that the wearable device captures; geographically record where the event took place; capturing sleep patterns, physical activity, perceived stress symptoms and user generated responses of what that stress was to them all in real-time.

Where Are We Going?

Where Are We Going?
Questions & Discussion
Turning market intelligence into business advantage

OPEN MINDS helps over 180,000 industry executives tackle business challenges, improve decision-making, and maximize organizational performance every day. See how our market intelligence can help your organization at www.openminds.com.

Mental Health Services  ▪  Chronic Care Management  ▪  Disability Supports & Long-Term Care
Addiction Treatment  ▪  Social Services  ▪  Intellectual & Developmental Disability Supports
Child & Family Services  ▪  Juvenile Justice  ▪  Adult Corrections Health Care