



# Recovery, One Connection at a Time

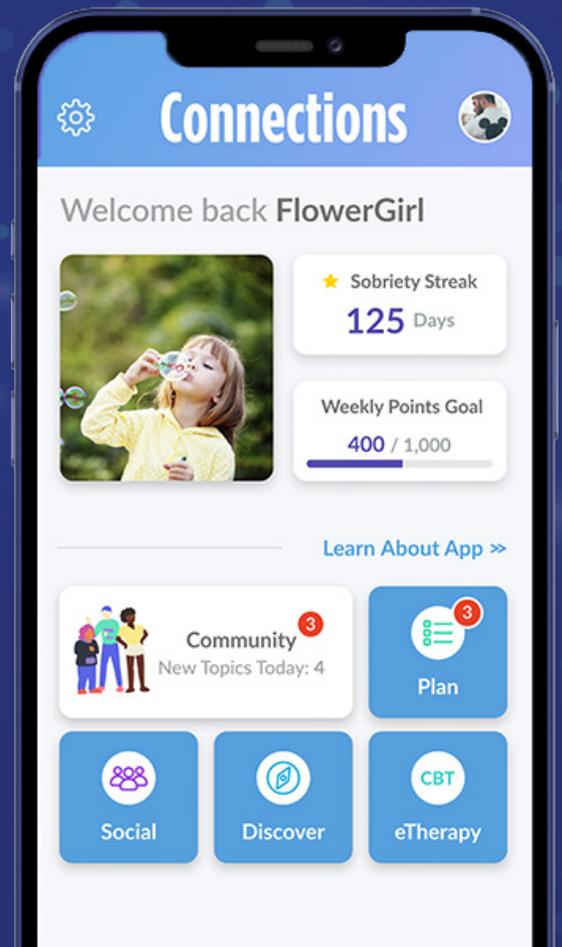
Recovery from substance use disorder (SUD) is a life-long journey that requires support from healthcare providers, family members, peers, and the community. Unfortunately, the relapse rate after treatment is high – estimated between 40 – 60%. Given the ongoing crisis of substance use disorder, organizations in the public sector are devoting more resources combatting the issue. Particularly in the wake of settlement funds from opioid legislation, the time is right to adopt evidence-based strategies that can address the financial and human toll of the epidemic.

## Combating Substance Use Disorder through Technology and Peer Support

- Help individuals **strengthen their recovery** between outpatient visits
- Provide **24/7 support** without adding extra staff
- Adopt strategies to **support special or high-risk populations**, such as those who live in rural areas, pregnant women and children, teens, or LGBTQIA+
- **Reduce risk of relapse** and returns to higher levels of care

## Through the eRecovery platform, CHES Health offers:

- **Connections App** - an easy-to-use smartphone app with 24/7 peer support that helps individuals reduce isolation, gain motivation, build confidence, and adhere to their treatment and recovery plan
- **The CHES Peer Engagement Team** - comprised of peer recovery support specialists, who moderate the peer communities in the app and host virtual support group meetings
- **Conexiones** - app with Spanish language and culturally appropriate content
- **Program Dashboard** - for care team collaboration, patient engagement, progress tracking, and population recovery analytics



## CHES Health's platforms are founded upon peer-reviewed research that demonstrates:

- Using the Connections app correlates with a **40 - 50% reduction in key relapse risk factors** <sup>ii</sup>
- Patients who use the app **stay in treatment 20% longer** <sup>iii</sup>
- A small clinical trial found patients whose treatment included on-demand CBT had **8x less re-treatment cost** <sup>iv</sup>

## Additional Information:

Learn more about How Oklahoma Is Winning the Battle Against Substance Use Disorder (<https://discover.ches.health/white-paper/how-oklahoma-is-winning-the-battle-against-substance-use-disorder>)

Hear from a patient (<https://youtu.be/TFeQiNepxP4>)

i National Institute on Drug Abuse. (2018). Treatment and Recovery.

ii Fiona M. McTavish MS, Ming-Yuan Chih MHA, MS, Dhavan Shah PhD & David H. Gustafson PhD (2012) "How Patients Recovering From Alcoholism Use a Smartphone Intervention" Journal of Dual Diagnosis, 8:4, 294-304, DOI: <http://dx.doi.org/10.1080/15504263.2012.723312>. Joseph E. Glass, James R. McKay, David H. Gustafson, et al. "Treatment seeking as a mechanism of change in a randomized controlled trial of a mobile health intervention to support recovery from alcohol use disorders" (2017). Journal of Substance Abuse Treatment 77 57-66.

iii Darcie C Johnston, W David Mathews, Adam Maus and David H Gustafson (2019). "Using Smartphones to Improve Treatment Retention Among Impoverished Substance-Using Appalachian Women: A Naturalistic Study" Substance Abuse: Treatment and Recovery, Volume 13: 1-10

iv Todd A. Olmstead, Cary D. Ostrowb, Kathleen M. Carroll (2010). "Cost-effectiveness of computer-assisted training in cognitive-behavioral therapy as an adjunct to standard care for addiction" Drug and Alcohol Dependence 110 200-207.