

Mobile Wellness & Recovery Program: E-Therapy Treatment for Individuals with a Substance Use Disorder

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Convenient and Mobile Addiction Treatment: The New Office of Outpatient Treatment; i.e., your home





Center for Substance Abuse
Treatment (CSAT)
Health Information
Technology Grant

CSAT – HIT Grant Program

- The CSAT Health Information Technology (HIT) grant program is used to expand addiction treatment services through e-therapy technologies
- Human Service Center (HSC) received a 3-year CSAT HIT grant to fund e-therapy interventions
- The HIT grant will target adults, 18 years and older, with a SUD who reside in rural regions

CSAT – HIT Grant Program



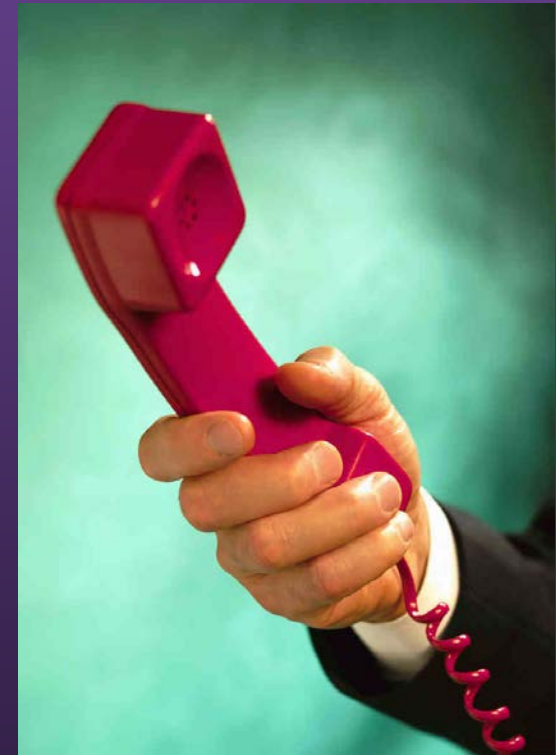
The Target Population is adults who have a substance use disorder and live in any rural county in Illinois as defined by the U.S. Census



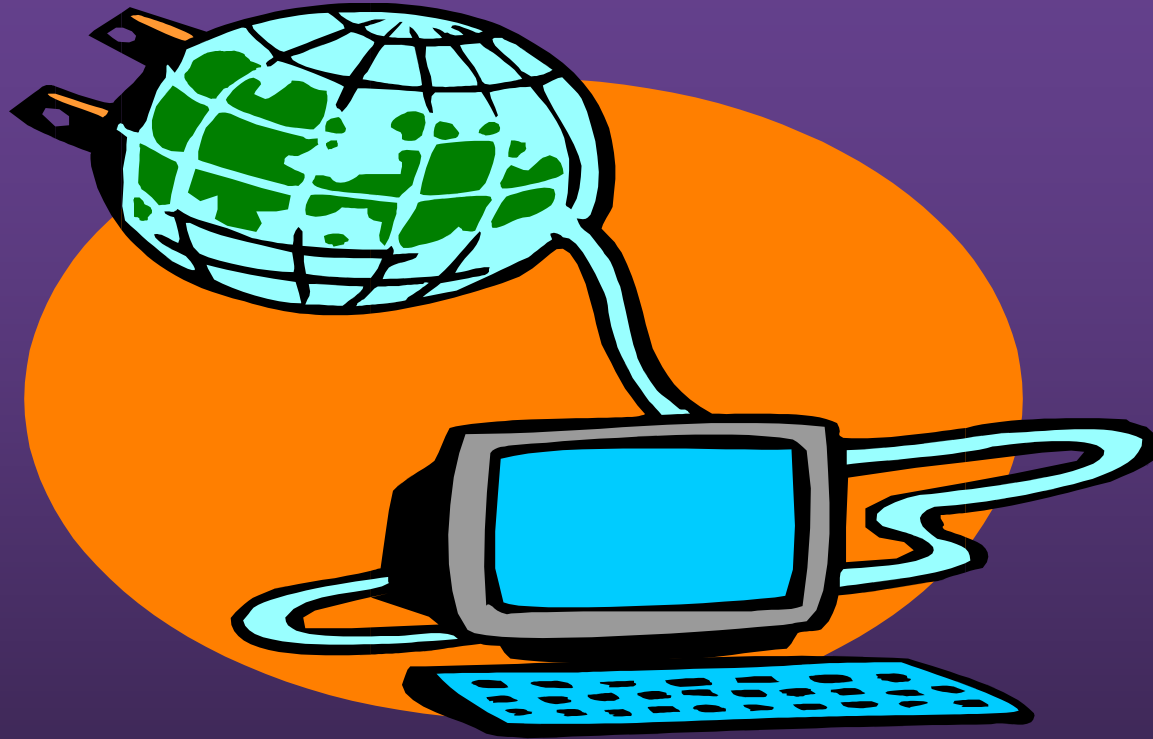
CSAT – HIT Grant Program



Individuals
need access
to a
telephone,
either a
landline, cell
phone, or
web-based
voice to
enroll in the
project



CSAT – HIT Grant Program



Access to the web would be extremely helpful, but is not mandatory for enrollment

Recruitment Protocol

- Potential clients can be referred through multiple pathways, including:
 - ✓ Existing outpatient or inpatient programs from SCI or HSC
 - ❖ Clients can be actively enrolled in an OP, IOP, or residential program when being enrolled in the MW&R
 - ❖ OP, IOP and residential clients are eligible if they reside in a rural county
 - ✓ New clients with a SUD, seeking services at SCI or HSC, but unable or unwilling to attend an office-based program
 - ✓ Referrals can also come from other community sources, such as faith based organizations or health care centers

Mobile Wellness and Recovery (MW&R) Program: Evidence-Based Treatment in your home (or any location)



Mobile Wellness and Recovery (MW&R) Program

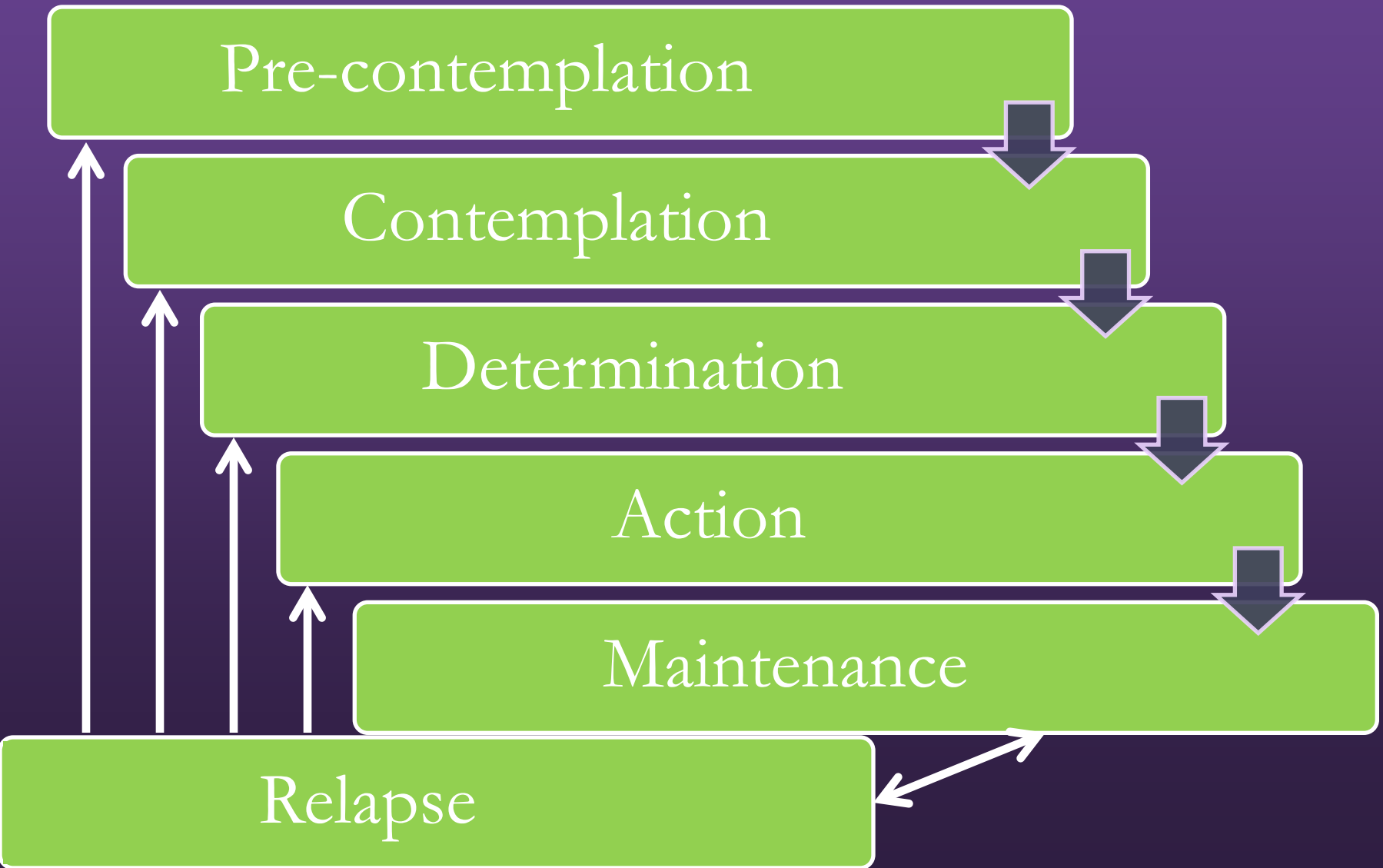
MW&R Program

- The MW&R is designed to engage clients across all stages of readiness to reduce or abstain from alcohol and other drugs (including tobacco)
- The MW&R program is also designed to retain clients for a minimum of six months and as long as 12 months through a variety of e-therapy interventions

MW&R Program

- Conventional addiction treatment is designed for individuals in the action stage of readiness to abstain from alcohol and other drugs (see the following slide)
- The MW&R program is designed to engage individuals at all stages of readiness to change their substance use behaviors
- The MW&R program can work with individuals who wish to reduce their alcohol or drug consumption or abstain from these substances

People with a SUD can be at one of six stages of readiness



MW&R Program

- The MW&R model is structured to enroll people at their current stage of readiness to change their substance use behaviors with the long-term goal of moving individuals in to an action stage of change (see the follow graph)

MW&R Model

Pre
contemplation,
contemplation
&
determination s



Action
Stage



Maintenance
Stage

Clients can receive brief, MI interventions over the phone, receive information via email/mail on the risk of alcohol & other drugs, participate in a variety of web-based or self-guided harm reduction skills training, participate in the TES-CBT or work with a patient navigator



Clients with minimal experience with CBT, will start with the TES-CBT program or a self-guided version for those without access to the web, with weekly phone-based contacts, for 8 to 12 weeks, work with patient navigator for health care, and initiate ACHES smart phone application within 6 weeks



Clients will graduate to a phone-based continuing care protocol after the core CBT skills training, including weekly structured phone calls (15 to 25 minutes) for problem solving and relapse prevention, use of the ACHES smart phone app, and guidance on smoking cessation



MW&R Treatment Model

Start with a web-based,
CBT program



Transition to a phone-
based continuing care
protocol for relapse
prevention



Finally, download an
interactive, smart-
phone application for
recovery support –
available for
ANDRIOD & I-Phone



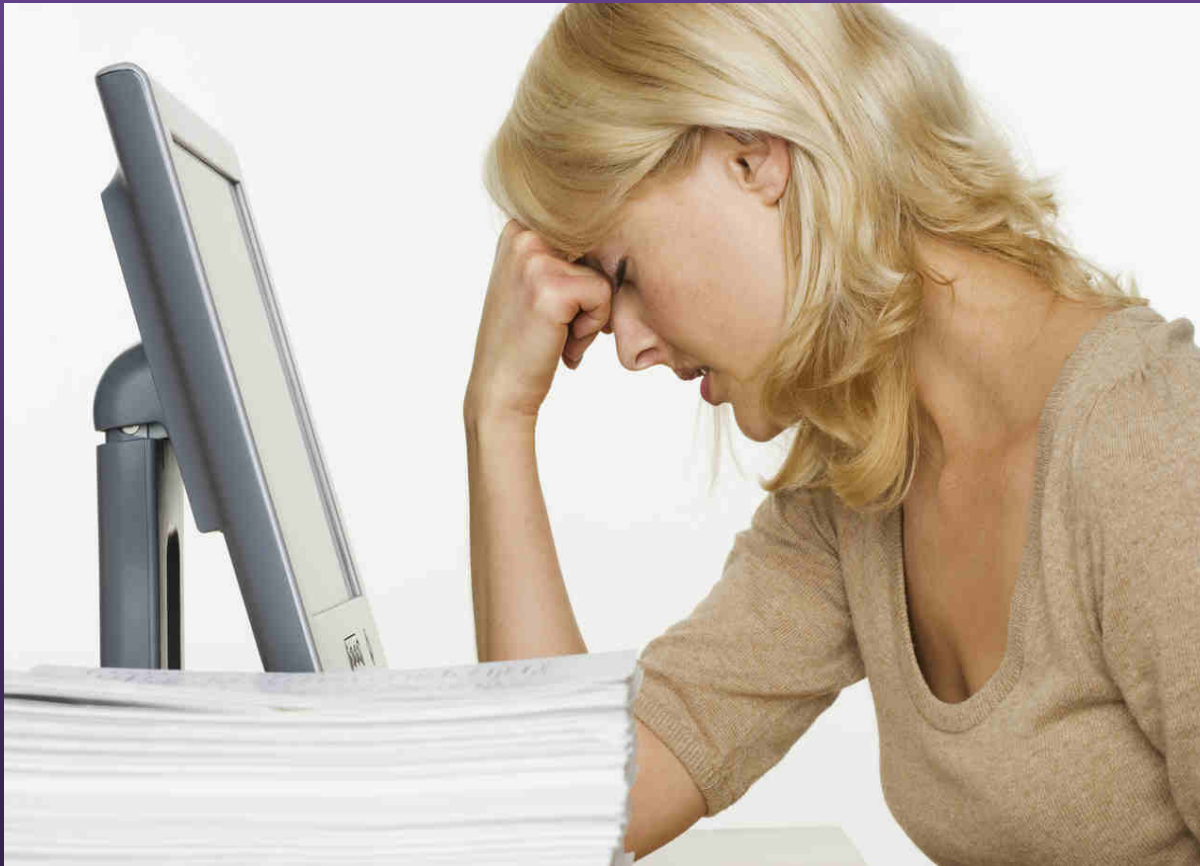
E-Therapy Interventions

- The program will combine e-therapy technology with effective, behavioral and skills training techniques in addiction treatment
- E-therapy interventions will include:
 - ✓ A web-based, interactive computer program for cognitive behavioral therapy; i.e., skills training
 - ✓ Smart-phone applications for relapse prevention and recovery-management
 - ✓ Phone-based protocols for continuing care interventions (or for basic CBT for those who don't have access to the web)
 - ✓ Distribution of information through social media technology

E-Therapy Interventions

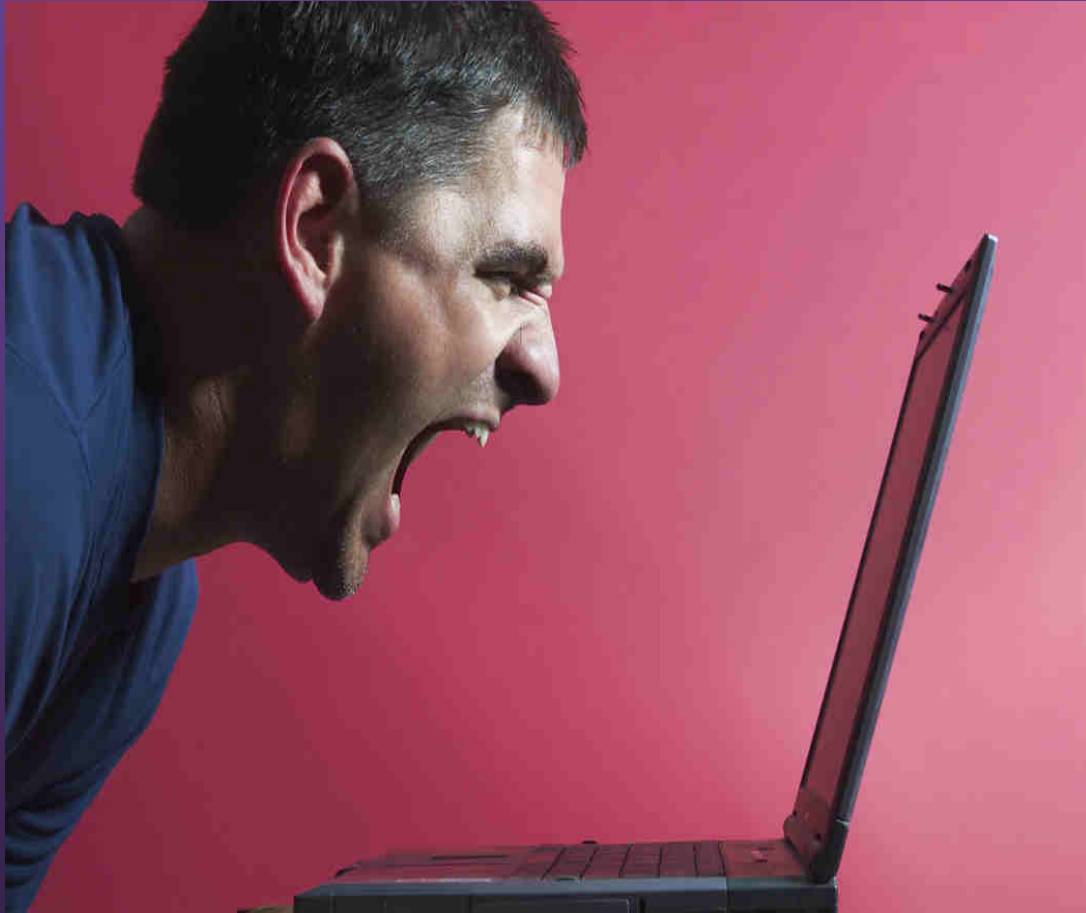
- Individuals enrolled in the project can receive an evidence-based, cognitive behavioral program through a web-based, interactive computer program
- The program is referred to as TES-CBT and includes the same CBT modules found in established, manual driven programs provided by SAMHSA, NIDA or NIAAA
- Through phone support and guidance from the MW&R counselor, individuals can begin receiving CBT modules within one day of enrolling in the program

Convenient Addiction Treatment: CBT Problem Solving Modules



Individuals can learn at their own pace while completing a series of CBT skills training sessions, such as Problem solving, identifying relapse triggers, and assertiveness training

Convenient Addiction Treatment: CBT Anger Management Module

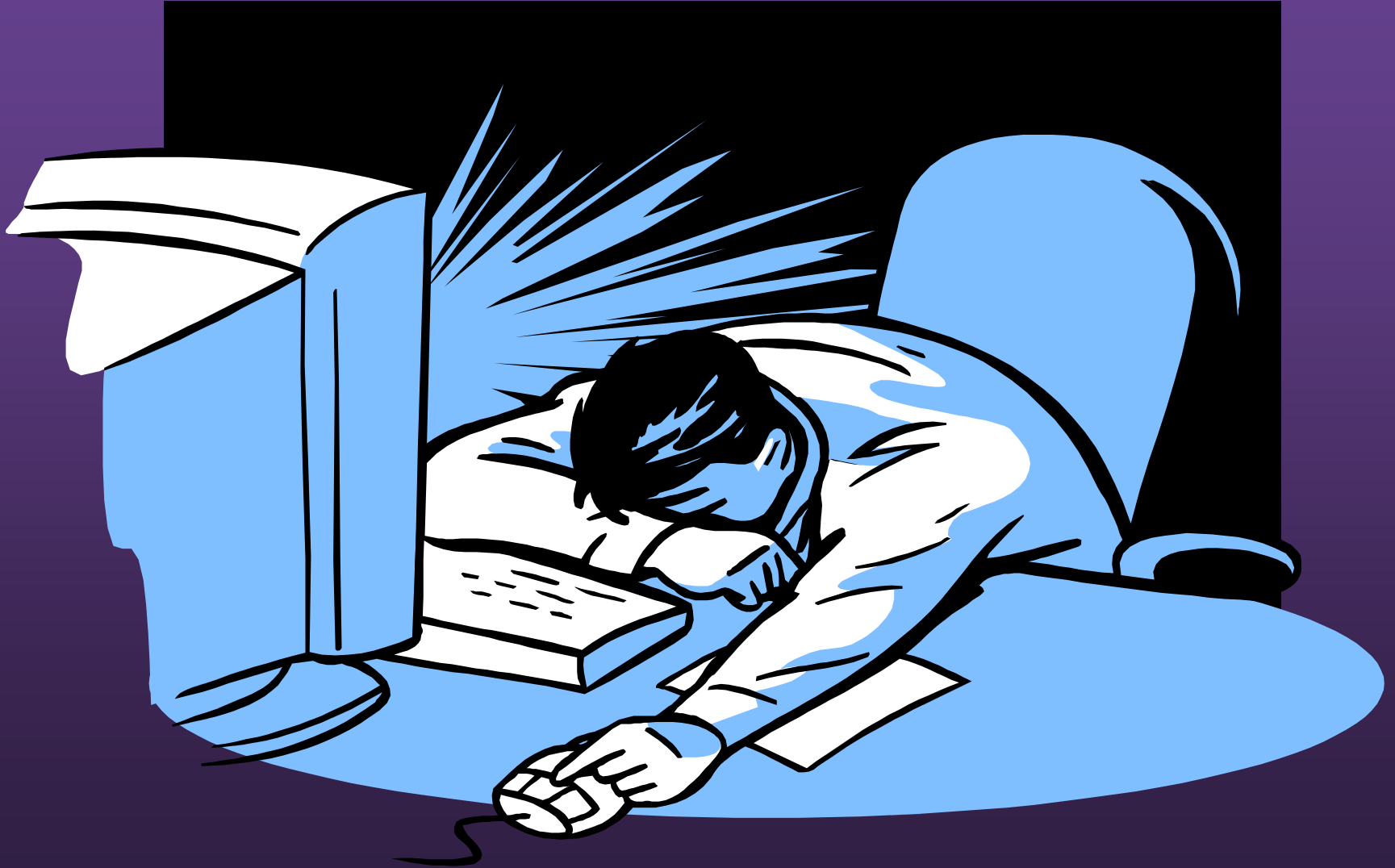


Individuals can work on additional modules beyond the basic CBT skills training for addiction, such as anger management

Convenient Addiction Treatment: Wellness skills training, such as eating a balanced diet



Convenient Addiction Treatment: CBT for Wellness and Good Sleep Hygiene



CBT protocols

- Individuals who don't have access to the web and cannot acquire access through a library or other source, can receive a self-guided CBT program
- The MW&R counselor will walk individuals through the self-guided modules over the phone (copies of the CBT modules can be mailed to the person's home address)

E-Therapy Interventions

- Individuals will be able to transition into a phone-based continuing care protocol after they have complete the basic CBT skills training program
- The continuing care protocol is a structured, brief, phone-contact that helps individuals problem solve situations, enhance their relapse prevention skills (or plan), and identify the early signs of a slip or relapse
- The phone contacts occur weekly at first, move to bi-weekly, and end with two to four months of monthly contacts, based on each person's needs

Convenient Addiction Treatment: Benefits of phone-based continuing care



This man is attending his weekly continuing care session with his MW&R counselor –

he's always on time, despite being busy with work and children

Convenient Addiction Treatment: Phone-based continuing care



This woman is attending her weekly continuing care session with her MW&R counselor

Continuing care sessions begin after individuals have completed their basic CBT skills training

Convenient Addiction Treatment: Phone-based continuing care



E-therapy can minimize stigma and improve confidentiality for people living in small towns who don't want to be seen entering a behavioral health program

Convenient Addiction Treatment: Phone-based continuing care



This man works 60 hours a week in the summer, but always finds time for his weekly continuing care session that will last around 10 to 20 minutes

Mobile Addiction Treatment: Recovery support through smart phone applications



Individuals enrolled in the MW&R can download a free recovery-support based, interactive application, if they have a smart phone

E-Therapy Interventions

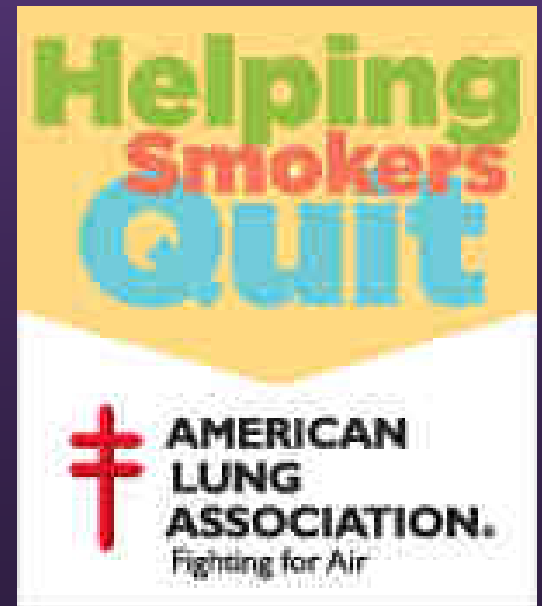
- The MW&R team will also use a range of social media technologies, including Facebook, email, texting and the use of our website to disseminate information and keep individuals engaged over time
- Individuals will also be provided with a range of web-based resources and free/low cost smart phone applications to promote their recovery, such as
 - ✓ Web-based 12-step programs and other online mutual help programs
 - ✓ Smart phone applications for managing emotions, wellness or smoking cessation

E-Therapy Interventions



Participants will also be encouraged to engage in a smoking cessation program via the phone or through access to one of three, free, interactive websites for smoking cessation

Smoking cessation programs provided with addiction treatment leads to a 25% increase in recovery rates from alcohol and other drugs



Expanded Scope

- Partnering with local FQHC (Heartland Community Health Center) and regional ACO (OSF St. Francis Healthcare) to provide brief interventions in office and follow patients via mobile wellness for follow up
- Please check us out via Facebook, Twitter, or www.mobilewellnessandrecovery.com