**Meeting with Journey  
May 11, 2016  
Presentation Outline**

* **Introductions-CHRIS, CANDACE, and CINDY**
* **DESCRIBE DOX-CINDY**  
  **Study Name: Randomized controlled trial targeting noradrenergic stress mechanisms in alcoholism with doxazosin**
* **DESCRIBE RISK-CANDACE  
  Study Name: Dynamic, real-time prediction of alcohol use lapse using mHealth technologies**
* **By show of hands, who has heard of mHealth prior to today?**
* **mHealth: The use of mobile and wireless devices to improve health outcomes, healthcare services, and health care research.**
* **GOAL OF RISK: To Develop a Relapse Prediction Signal/MODEL   
  Alert Tx Provider of client’s risk of relapse in real time, reach out to support with the goal of preventing relapse**
* **How will we do this:**

1. **Traditional Way-Self-Report Data (over three month period, 1x a month in lab)**
2. **Cell Phone App-ACHESS: ADDICTION-COMPREHENSIVEHEALTH ENHANCEMENT SUPPORT SYSTEM (SHOW PICTURE OF APP), COLLECT DAILY SURVEYS (how’s recover going)**
3. **GPS DATA (Identify Family/Friends who are supportive & unsupportive + Risky Locations)**
4. **Activity Monitor (heart rate and general activity)**
5. **Sleep Sensor (quality of sleep)**

* **ADDITONAL STUFF**
* **Motivational Interviewing**
* **Breathlyzer**
* **Earn up to $800**
* **Questions**
* **SUM UP DOX and RISK Similarities-CHRIS**
* Both relapse prevention studies that have the overall goal of improving monitoring and treatment related to relapse
* Recruiting recently abstinent alcoholics (no more than 8 weeks)
* English Speakers
* Over 18 Years old (No more than 65 for DOX)
* Utilization of motivational interviewing for participants who report a lapse
* All participants will be compensated for their participation (Range: $400-$800)
* Excluding individuals with SPMI (Bi-Polar, Psychosis, and Schizophrenia)
* **These are not treatment studies**
* **Discuss Journey’s Current Referral Process for Research Participants-ALL**

-Discuss current referral strategy with Tanya alone/Group

* **Next Steps?**Establish Post-Meeting Action Items