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# Online Substance Use Disorder Treatment

## Barriers to SUD Treatment

- Treatment Cost
- Absence of Problem (Denial)
- Stigma
- Time Conflict
- Poor Treatment Availability

## Online SUD Treatment

- Cost is sufficiently less
- Engagement and education
- Completely anonymous
- Flexible completion time
- Availability instantly

# RecoverOnline Requirements

**All participants will need to have the following:**

1. Access to WIFI or mobile data plan
2. Access to a computer, tablet or smartphone
3. Access to an email to set up an account

After all these requirements are met the participants are walked through the intake process with one click



# RecoverOnline Intake

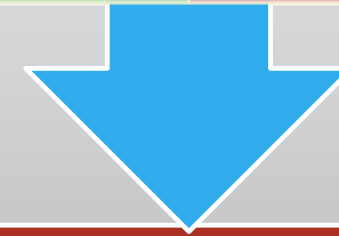
Once signed into an account, the participant will complete the following assessments:

1. Trac9  
Intake

2. NIDA  
Quick Screen

3. PTSD  
Checklist

4. Trac9  
Weekly  
Assessments



After completion, the participant will begin scheduling online therapy sessions with a licensed therapist, one per week

# Trac9 Assessments

- **Trac9 Weekly Assessments:** Every week, there is a Trac9 assessment that will need to be taken by the client before their therapy session. This assessment measures three overall ratings and nine individual scores.
- **Three Overall Scores:** Averages based on scores rated from assessment
  - **Global Recovery Score (GRS):** This measure is a comparison average between Resilience factors and Pathology factors. This will detail how the client is doing overall when measuring the client's Resilience and Pathology on a scale.
  - **Resilience (Resil):** Resilience is the client's overall score contributing toward a healthy recovery from addiction.
  - **Pathology (Path):** Pathology is the client's overall score delaying or impairing to the client's recovery.
- **Nine Individual Factor Scores:** Individual factor scores are under either the category Resilience or Pathology factors.

# Online Therapy Sessions

- **Before each of the four therapy sessions participants will complete a Trac9 weekly assessment**
  - Trac9 Weekly measures the strengths and weaknesses of the participants in terms of their Recovery through 9 different attributes
- **The Therapist will access this assessment to develop a form of intervention based on the participants needs for their recovery**
  - During Online Therapy Sessions, the therapist has the opportunity to look into the clients history and record session notes to build a profile for the Court to review.
- **Gain insight to participants motivations to stay sober and learn their difficulties to provide resources when they need help**

# Interactive Psychoeducational Videos

- All participants will need to complete sixteen different videos over a one month period
- **Each video displays the following:**
  1. Therapeutic Techniques
  2. 12-Step Instruction
  3. Personal Stories of Recovery
- **Videos engage the participants with in video assessments to develop their recovery with the program at a personal level**
  - This information is gathered into the participants “Client History”

# Treatment Curriculum

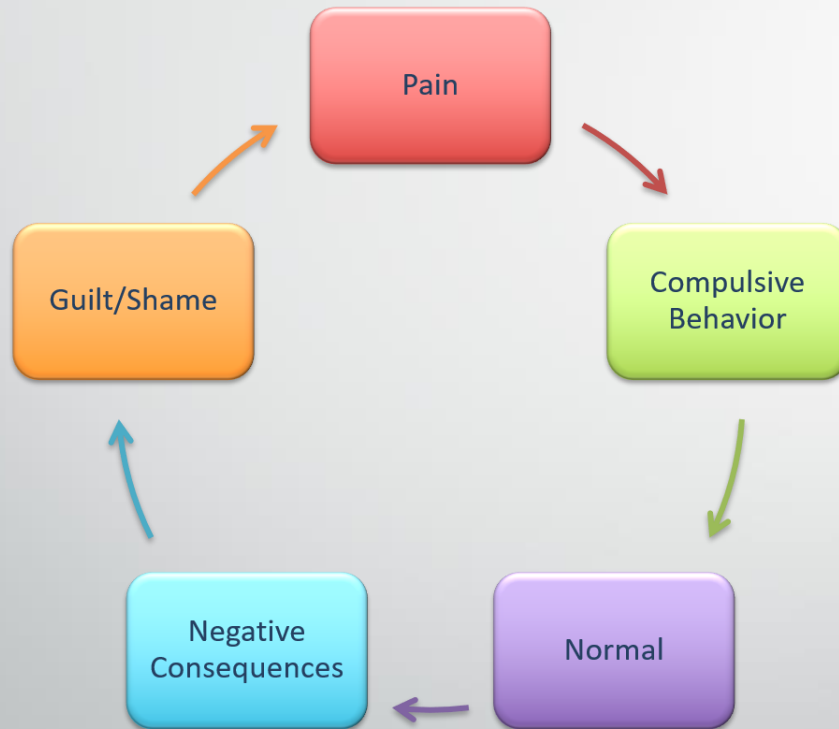
- **Research shows four evidence-based components to treatment:**
  1. Cognitive Behavioral Therapy
  2. Contingency Management
  3. Mindfulness
  4. Motivational Interviewing
- RecoverOnline offers all these techniques with *reinforcement from a live licensed therapist*

Week 1	Motivational Enhancement
Week 2	Cognitive Behavioral Therapy
Week 3	Cognitive Behavioral Therapy Mindfulness Treatment
Week 4	Mindfulness Treatment



# Featured Lesson: Process Model

## Process of Addiction



## Process of Recovery



# Process of Addiction

## Pain

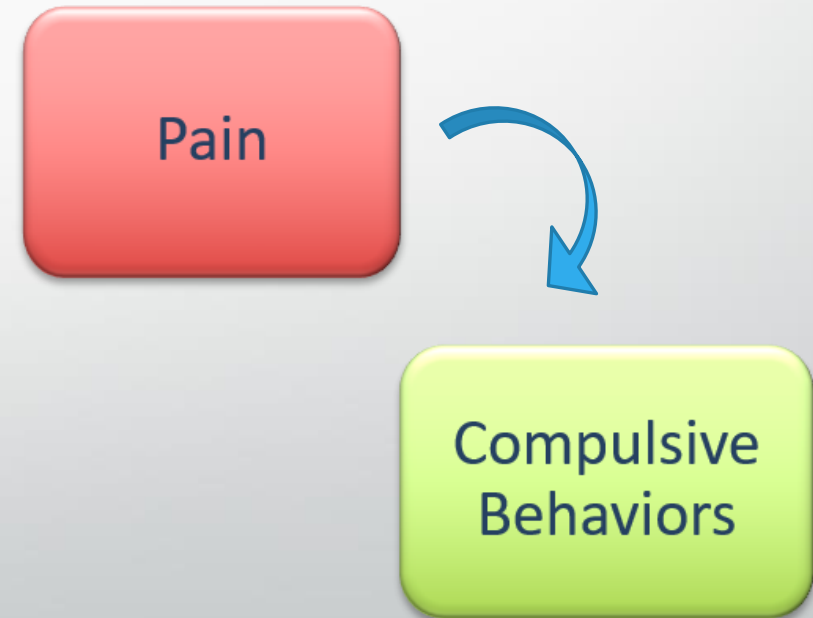
- Physical
- Mental
- Emotional
- Social
- Spiritual



Pain

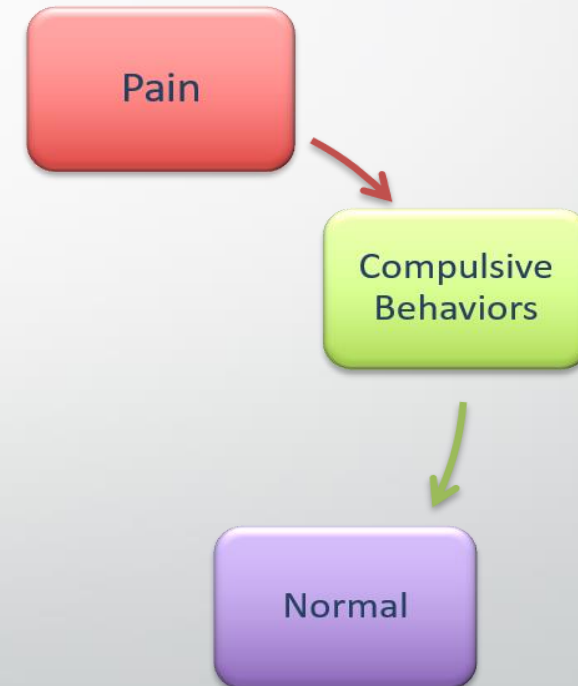
# Compulsive Behaviors

- Using Substances
- Over-Eating or Restricting
- Over-Exercise
- Sex
- Self-harm



# Normal

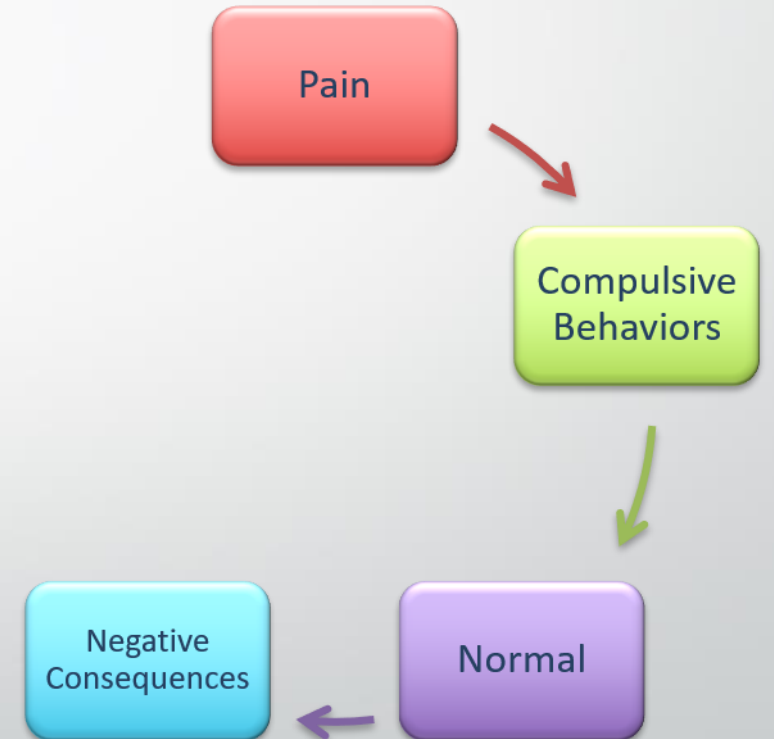
- People use substances and behaviors to feel “normal” and bring some sort of relief for their pain.



# Negative Consequences

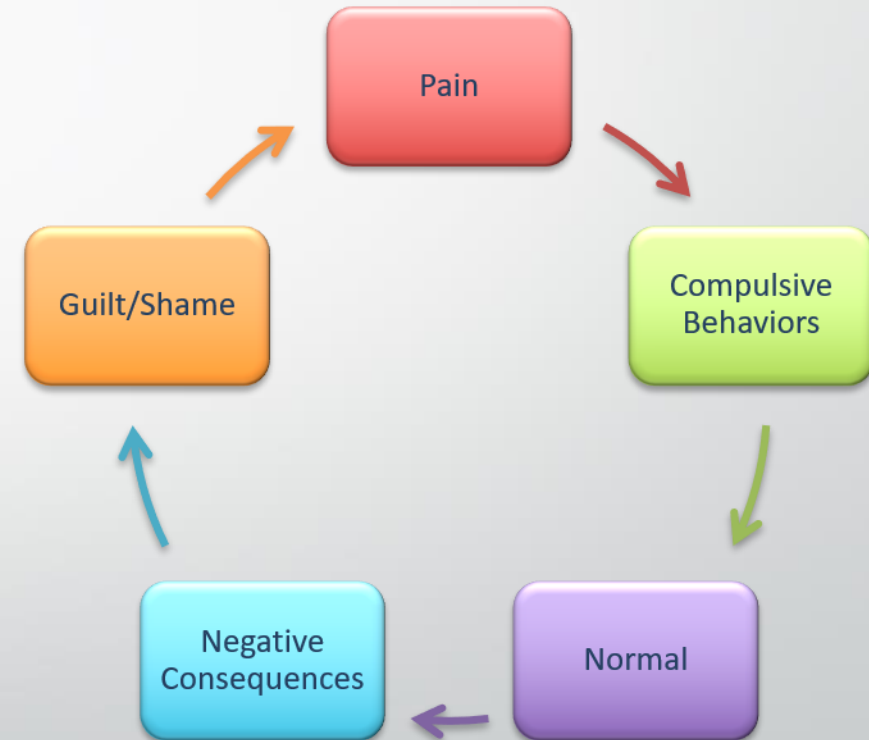
- **Types of consequences**

- Health
- Relationship
- Employment or School
- Financial
- Legal



# Guilt/Shame

- **Guilt**
  - Guilt is feeling bad about what you do.
- **Shame**
  - Shame is feeling about who you are.



# Process of Recovery

## Pain

- Physical
- Mental
- Emotional
- Social
- Spiritual

Pain

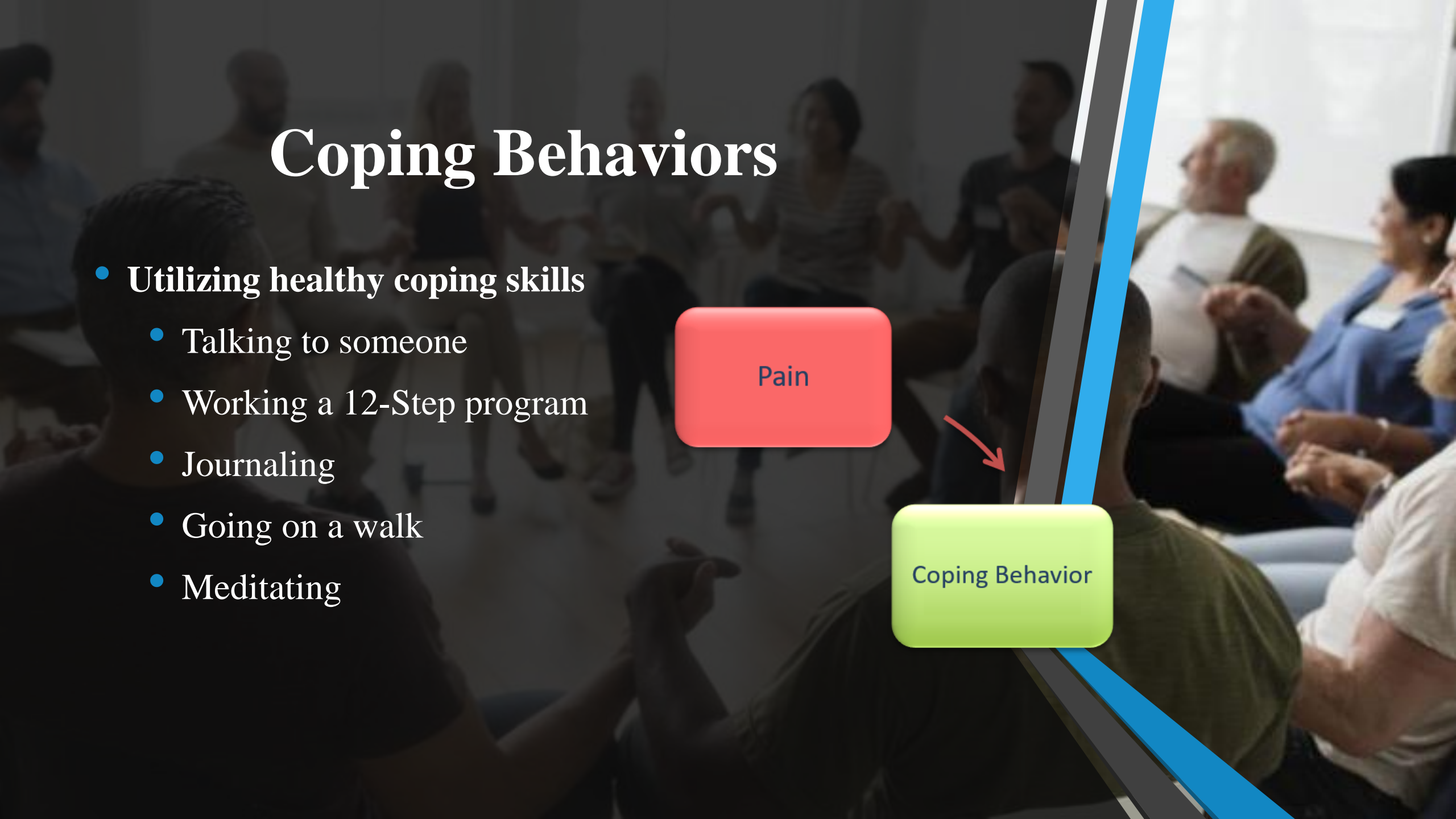
A red rounded rectangle with a slight gradient and a drop shadow, containing the word "Pain" in a blue, sans-serif font. The rectangle is positioned in the center of the slide, overlapping the silhouette of a person.

# Coping Behaviors

- Utilizing healthy coping skills
  - Talking to someone
  - Working a 12-Step program
  - Journaling
  - Going on a walk
  - Meditating

Pain

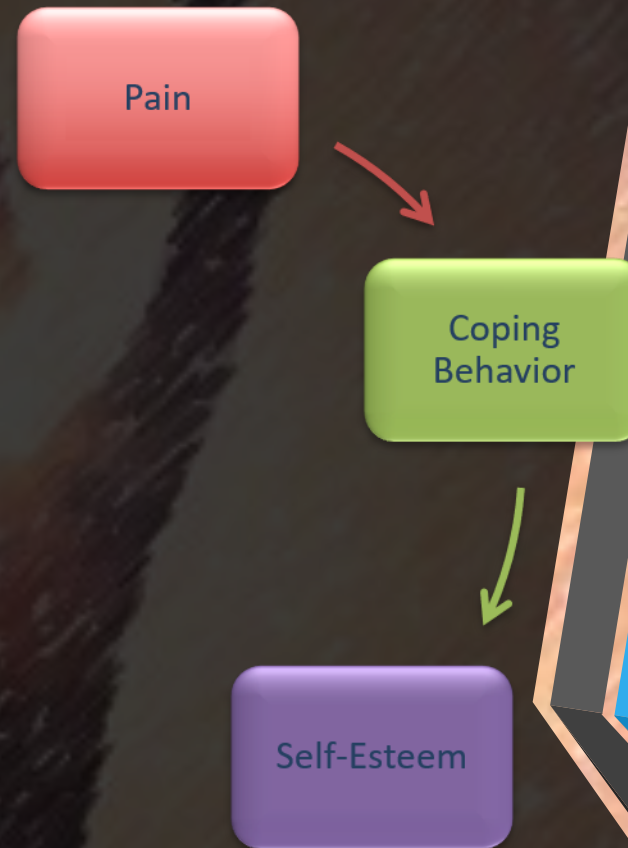
Coping Behavior





# Self-Esteem

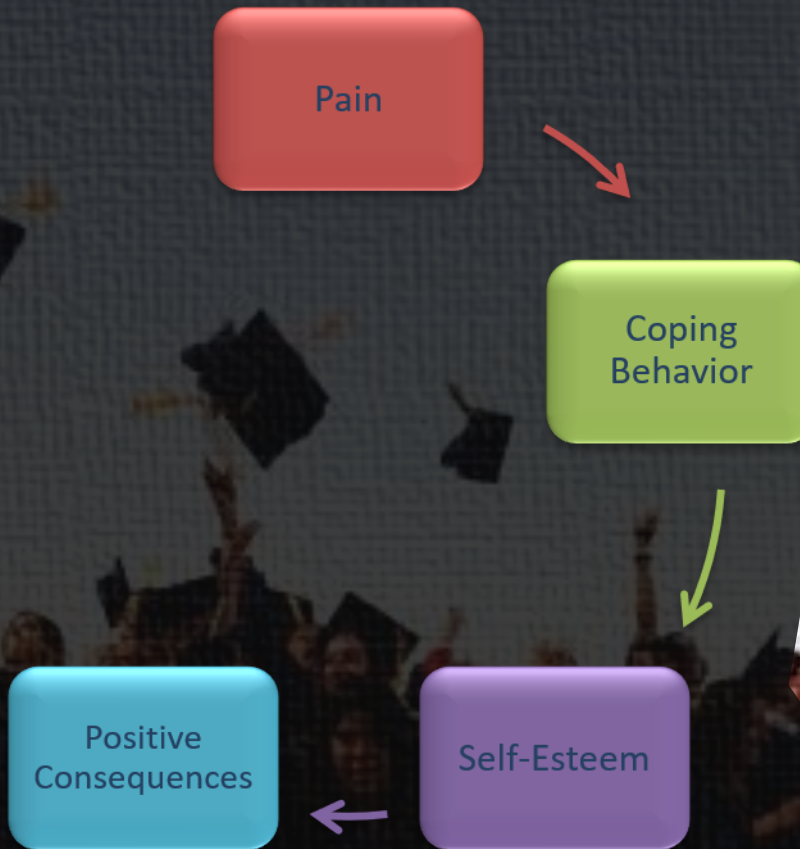
- A feeling of pride in oneself
- Being confident or satisfied with oneself
- A person's overall emotional evaluation of his or her own worth



# Positive Consequences

## Types of consequences

- Health
- Relationship
- Employment or school
- Financial
- Legal



# Resiliency

- Ability to recover from the strain of the negative situation or to overcome obstacles despite their impact on an individual's life





# 12-Step Instruction

- Three weeks of the RecoverOnline program
- The Twelve Step lessons are placed within 12 of 16 videos between the therapeutic techniques and the stories of the people in recovery
- The goal of this interaction is to develop a virtual sponsorship as the client is in the program while encouraging real life sponsorship
- The sponsor gives a passionate explanation of the Twelve Steps followed by their personal experience
- Twelve Step worksheets are available in the program notes as voluntary and complete confidential

# Personal Stories of Recovery

- Recovery stories begin near the end of each video segment of the treatment program
- To develop an intimate connection with recovery while the client learns from other people in recovery their experiences to cultivate strength and hope
- All of the recovery stories express vulnerability to encourage our clients to develop a story of recovery of their own



# Find a Meeting

- The clients are encouraged to attend self-help groups while taking RecoverOnline
- The program provides a way to access meetings based on the client's location
- RecoverOnline also details how to attend online meetings that are Twelve Step based or SMART Recovery





# Goal Accountability

- **My Goals:** Goals are set during the program with an accountability check tool within the system.
- All goals are set by how many times per week the client will engage in the following activities:
  - Recovery reading material
  - Twelve step meetings
  - Spirituality
  - Exercise

# Gratitude Journal



The screenshot displays a web interface for a "Gratitude Journal". At the top left, the title "Gratitude Journal" is shown. To the right of the title is a blue button labeled "ADD ENTRY". Below the title is a section titled "Gratitude List" which contains a text area with two entries: "I am grateful for my recovery today!" and "I am grateful for my family.". Below this is a section titled "Journal Entries" which contains one entry: "I am glad to be a" followed by the date "10/29/2018" and the text "- I am glad to be a part of this program." with a right-pointing arrow.

- This feature is special to the recovery process
- The client can create a gratitude list that will save within the system
- The client can add to this list at anytime while receiving RecoverOnline services
- There is also the opportunity to log journal entries into the system with this feature



# CBT Exercises and Meditations

## CBT Exercises

- Exercises included are as follows:
  - Automatic thought tracking
  - Craving
  - Triggers
  - Assertiveness

## Meditations

- The clients will have extensive training in mindfulness and meditations during the program
- This feature offers the ability to access these meditations at any point if the client wants to practice outside of the meditation activities

# Conclusion

- RecoverOnline provides a comprehensive treatment model
- Accessible by computer, tablet and smartphone
- Building a foundation of recovery skills into a client's pocket
- Enjoy our demo video of our program

