

Evolving Addiction Treatment Using Technology and Data

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May 2017



Hazelden Betty Ford
Foundation



**Addiction is everyone's issue—
and a huge national concern**

The numbers we're up against

According to the 2016 Surgeon General's Report

1 in 7

Americans will experience a substance use disorder in their lifetime.

The numbers we're up against

Over 23.5 million
suffer from a
substance use
disorder right now.

23.5M

Among **YOUTH**, addiction is a leading cause of
disease, disability and premature death.



**More people need
access to care**

**In 2014, only
10%
received the care
they needed**

Impacting life expectancy

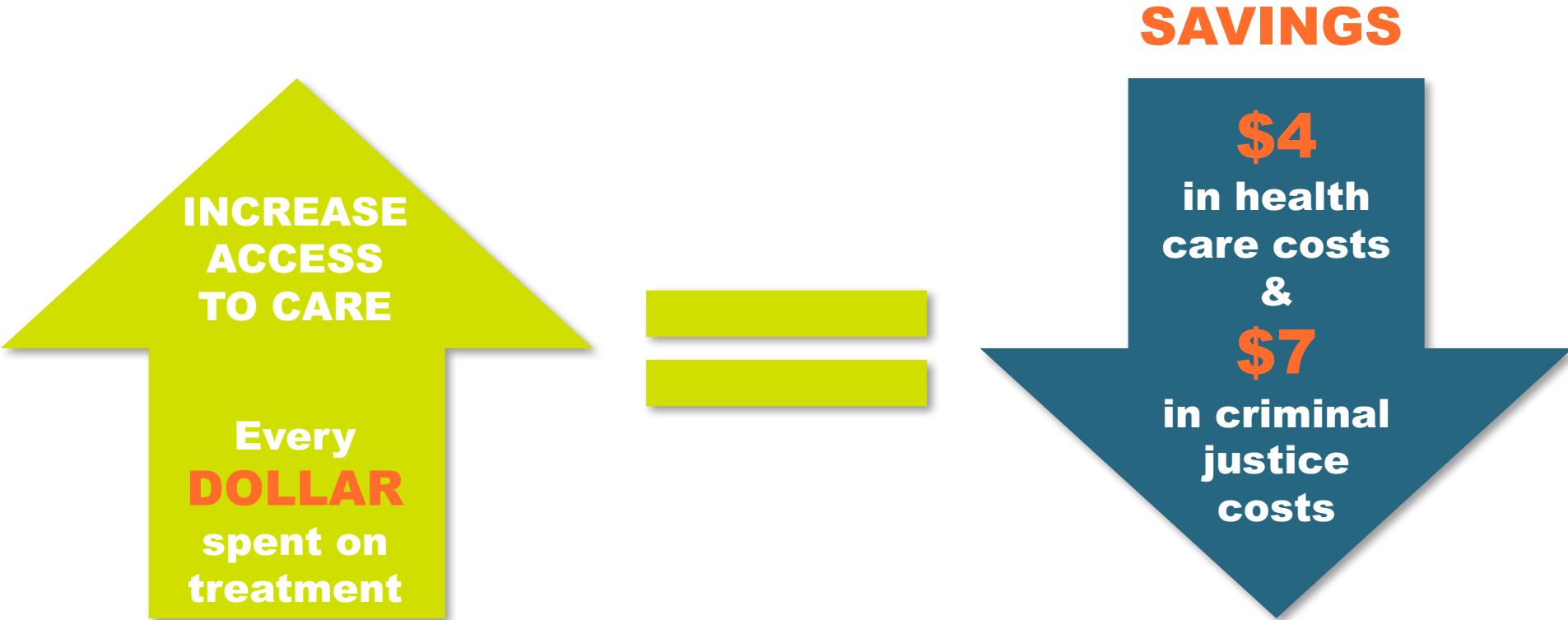
The **rise in opioid overdoses** is now **contributing to reduced life expectancy** for entire segments of our population.

Impacting costs and resources

Alcohol and other drugs cost society roughly \$442B every year in health care, lost productivity and criminal justice. By comparison, diabetes costs approximately half that amount.

\$442B

Together, we can start reversing the trend



Shaping better solutions

The more we can objectively describe and measure the process and indicators of change, the better we can target treatment efforts to effectively help more people find freedom from addiction.

Recognizing addiction as a chronic disease

Symptom recurrence rates for addiction are similar to those for other chronic medical illnesses that have physiological and behavioral components, such as diabetes, hypertension, and asthma.

Relapse doesn't signal failure; it indicates the need to reassess, adjust or reinstate treatment.

Percentage of Patients Who Relapse

TYPE 1 DIABETES

30-50%

ADDICTION

40-60%

HYPERTENSION

50-70%

ASTHMA

50-70%

Five Stages of Addiction Recovery

PRECOVERY

**RECOVERY
INITIATION &
STABILIZATION**

**RECOVERY
MAINTENANCE**

**ENHANCED QUALITY
OF PERSONAL &
FAMILY LIFE**

**EFFORTS TO BREAK
INTER-
GENERATIONAL
CYCLES OF
ADDICTION**

Focusing on what works

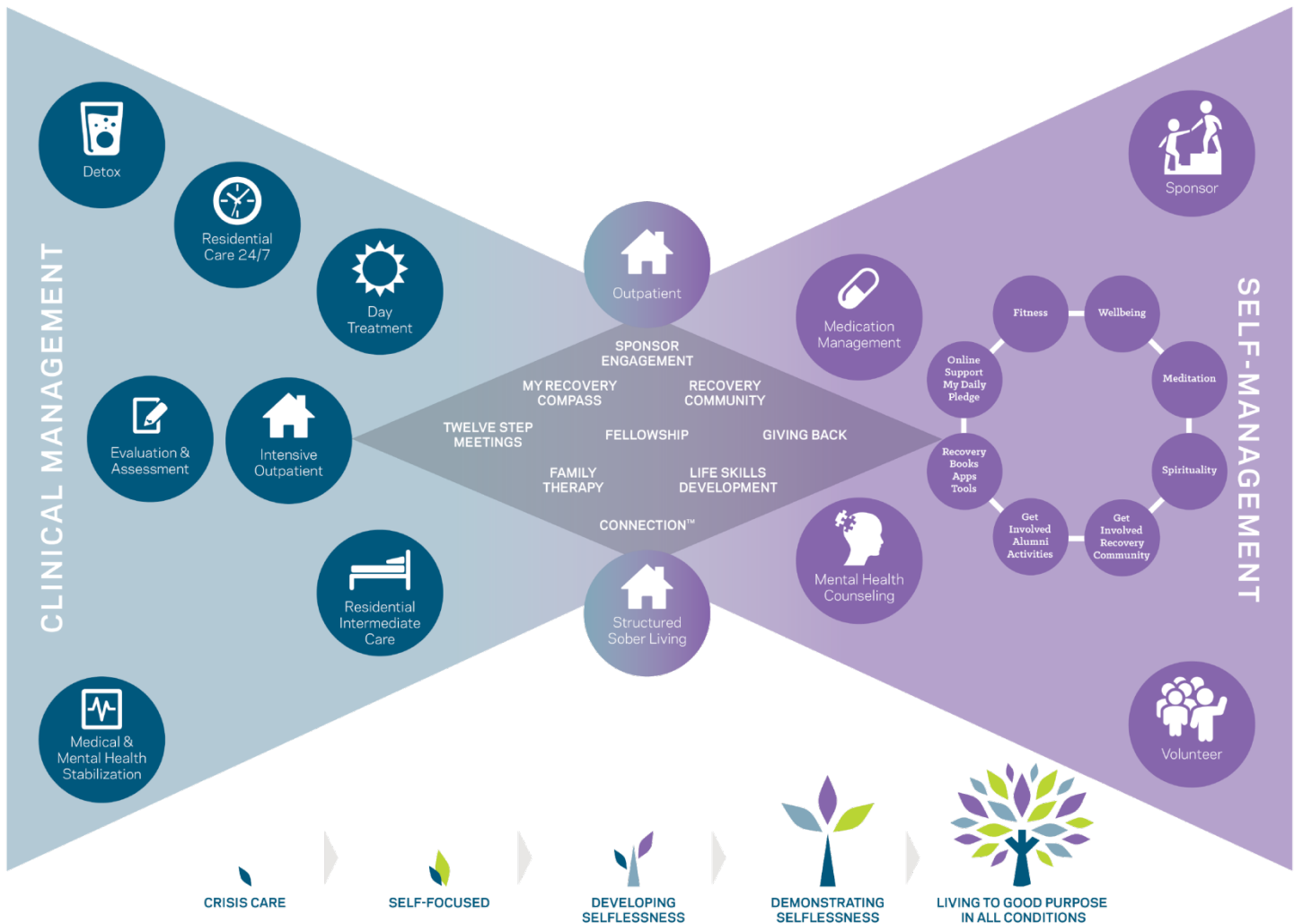
Our treatment approach is built on science and compassion, integrating:

- Twelve Step principles and practices
- Interdisciplinary care team
- Evidence-based therapies and techniques
- Personalized treatment plan
- Continuum of care

Ensuring a continuum of care and support

Increased knowledge of addiction as a chronic brain disease has informed our transition toward focusing on improved patient outcomes:

- Increasing length of engagement
- Increasing therapeutic alliance
- Improving self-efficacy



PHASES OF RECOVERY

CLINICAL CARE TO SELF-MANAGEMENT



CRISIS CARE

Physical



SELF-FOCUSED

Physical



DEVELOPING SELFLESSNESS

Cognitive



DEMONSTRATING SELFLESSNESS

Emotional



LIVING TO GOOD PURPOSE IN ALL CONDITIONS

Spiritual

NEEDS detoxification and stabilization in a highly supervised medical environment

CONTINUED USE
RISK LEVEL—VERY HIGH

NEEDS highly structured therapeutic care, support, and supervised living environment 24/7

CONTINUED USE/RELAPSE
RISK LEVEL—VERY HIGH

NEEDS highly structured care, support, counseling, and a monitored or healthy living environment

CONTINUED USE/RELAPSE
RISK LEVEL—HIGH

NEEDS support, counseling, and coaching and begins to build a network of fellowship

RELAPSE
RISK LEVEL—MODERATE

REACHES out to others to offer support, coaching, and/or mentoring

RELAPSE
RISK LEVEL—LOW

CLINICAL MANAGEMENT



Detox



Residential
Care 24/7



Day
Treatment



Outpatient



Evaluation &
Assessment



Intensive
Outpatient



Medical &
Mental Health
Stabilization



Residential
Intermediate
Care



Structured
Sober Living

SPONSOR
ENGAGEMENT

MY RECOVERY
COMPASS

RECOVERY
COMMUNITY

TWELVE STEP
MEETINGS

FELLOWSHIP

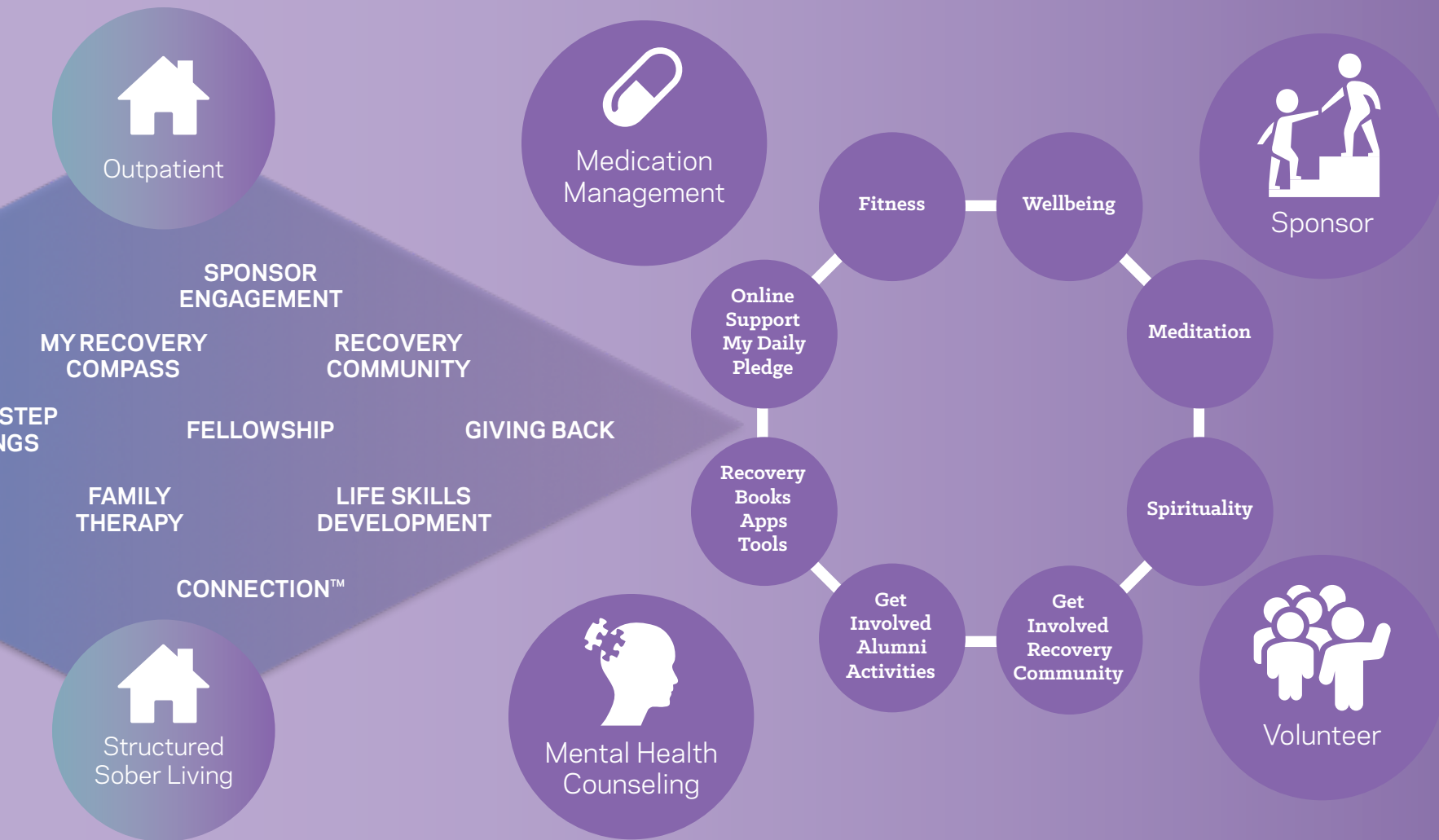
GIVING BACK

FAMILY
THERAPY

LIFE SKILLS
DEVELOPMENT

CONNECTION™

SELF-MANAGEMENT



Leveraging data and technology

Through technology-enhanced clinical capabilities, we can:

- Improve patient outcomes
- Address addiction as a chronic disease
- Enhance clinical responsiveness
- Adopt and advance evidence-based clinical approaches
- Create personalized care for individuals and families affected by addiction

Integrating real-time responsiveness

New platforms and tools allow us to build on our signature treatment approach, increasing patient engagement and clinical responsiveness through:

- **Compass**, our new electronic health records system
- **MyRecoveryCompass**, our new patient web portal
- **Feedback Informed Treatment (FIT)**, our new assessment tools that allow counselors to adjust treatment in real time

Compass

- Our new electronic health records system operates across all locations and levels of care:
 - Provides accurate, up-to-date, complete patient information at the point of care
 - Enables quick access to patient records for coordinated care
 - Securely shares information with patient and clinicians
 - Improves patient/provider communications

MyRecoveryCompass

Our patient web portal is used by patients during treatment and after to securely access:



My Plan

CHECK
TREATMENT
PLANS AND
RECOMMENDATIONS



Messaging

DIRECTLY
MESSAGE
YOUR CARE
TEAM



Scheduling

VIEW
UPCOMING
APPOINTMENTS



Assessments

COMPLETE
FIT
ASSESSMENTS



MORE™

ACCESS RECOVERY
TOOLS ACTIVITIES
AND RESOURCES

MyRecoveryCompass

Throughout treatment, patients complete brief assessments via the web portal to continually inform the care they receive.

Feedback Informed Treatment (FIT)

It's exactly what it sounds like: A process that uses patient feedback to inform treatment.

Developing FIT for our purposes

Our clinical leadership built our version of FIT using six assessments designed to:

- Measure factors sensitive to change across the course of treatment
- Measure factors reliably related to post-treatment outcomes
- Provide valid, reliable data and measurements

The “Vital Signs of Recovery”



**Patient
Health
Questionnaire**
PHQ9



**Generalized
Anxiety
Disorder**
GAD-7



**Brief
Addiction
Monitor**
BAM



**Working
Alliance
Inventory**



**Committment
to Sobriety
Scale**
CSS5



**Desire for
Substance
Questionnaire**

FIT = The “Vital Signs of Recovery”

FIT enables counselors to identify in the moment, during treatment, patients who may be heading for a less than favorable outcome.

FIT equips clinicians with useful feedback in the form of brief assessments that are efficient and relevant—and integrated seamlessly into the patient care plan.

MyRecoveryCompass

During treatment and after, patients have access to **MORE™** recovery tools, activities and resources.

Our exclusive MORE content and components inform and advance early recovery. Patients access MORE via MyRecoveryCompass portal to:

- Build on gains made during treatment
- Practice healthy new skills and habits
- Stay connected with their recovery community

MORE Workshops

The screenshot shows the 'Workshops' section of the Hazelden Betty Ford Foundations website. A red arrow points to the 'Workshop' label, another points to the 'Enrolled Workshops' dropdown menu, and a third points to the 'Resources' section.

Workshop

Enrolled Workshops -- Select Enrolled Workshop --

Foundations Workshop 2: Checking Your Reality

Week 1 of 1

Week 1: Checking Your Reality

From: 03/21/2016 - 03/27/2016
Goal: N/A
Tip: Make sure you click on each hyperlink within a task to complete the recommended activities, Big Book readings, and to view short videos.

About Workshop

Learn healthy coping strategies in your daily life to stay clean and sober using the Twelve Step Program of recovery.

This workshop is the second in a series of nine different workshops in the Foundations of Recovery Program. Workshop 2 will help you improve your daily routine and manage risky situations. You will learn about cravings and relapse triggers, such as challenging feelings and risky situations. You will learn about the mental obsession of addiction (Step One) and how to become more engaged in meetings.

Tasks	
* 02 - Attend a Meeting	Overdue Required: 03/27/2016
* 03 - Monitor Your Physical and Emotional Health	Overdue Required: 03/27/2016
* 05 - Step One: Understand the Mind	Overdue Required: 03/27/2016
▼ Completed	
06 - Build Your Support Network	
04 - Cope with Cravings	
01 - Refine Your Daily Schedule	

Resources

- ☐ Fellowship
- ☐ Meditation and Stress Management
- ☐ Twelve Step and Big Book Resources
- ☐ Sober Fun
- ☐ Trash Your Stash Checklist
- ☐ Seven-Day Time Schedule
- ☐ Support List

Breakthrough potential for predictive analytics

Compass,
MyRecoveryCompass, and
FIT data and measurements
will help us:

- Pinpoint and better understand why some patients do really well while other patients struggle
- Better predict which clinical characteristics are strongly related to outcomes and, knowing this, modify our treatment approach accordingly

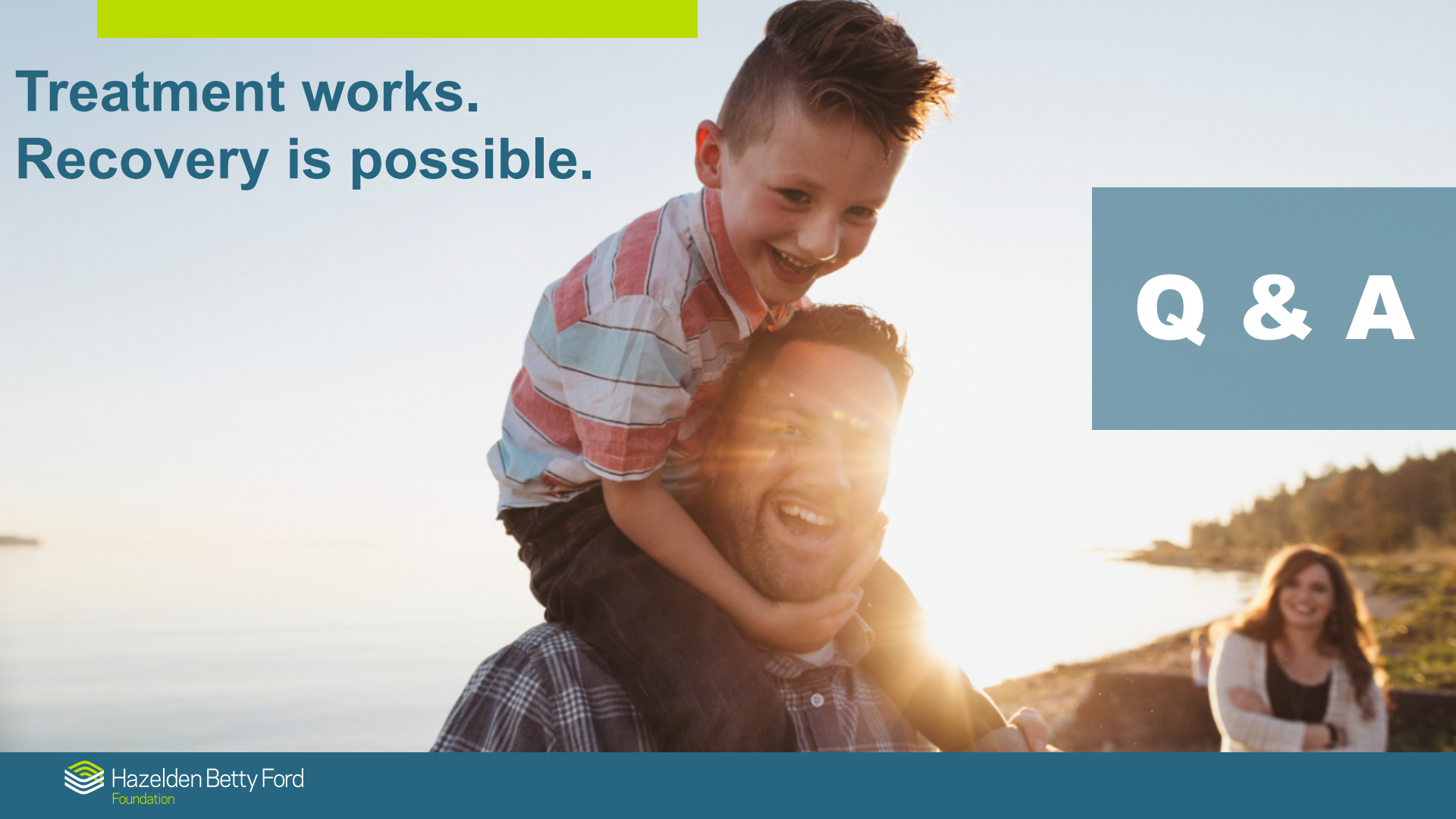
The screenshot shows the MyRecoveryCompass web application interface. At the top, there is a navigation bar with the URL <http://www.hazeldenbettyford.org/>, the user's name PAMELA ZZTEST, and a Sign Out link. Below the navigation bar, there are icons for My Plans, Messaging (with a red notification badge), Appointments, Assessments (underlined), and MORE. The main content area is titled "Assessments" and features the Hazelden Betty Ford Foundation logo. A user profile section for PAMELA ZZTEST shows "Available" and "Completed" tabs. Below this, a table lists "Assigned Assessments":

Assessment Name	Date received	Action
MORE Your Number One Priority	Sep 15, 2016	Continue
Brief Addiction Monitor (BAM)	Oct 12, 2016	Take Now
Brief Addiction Monitor (BAM)	Oct 19, 2016	Take Now
Patient Health Questionnaire - 9 (PHQ-9)	Oct 19, 2016	Take Now
Commitment to Sobriety Scale with Self Efficacy	Oct 19, 2016	Take Now
Generalized Anxiety Disorder (GAD-7)	Oct 19, 2016	Take Now
Working Alliance Inventory	Oct 19, 2016	Take Now

Improving outcomes and lowering costs

By leveraging technology to tailor patient care throughout treatment and customize long-term recovery support, we can ensure the most-effective help is always at the ready.

And tomorrow? The “Vital Signs of Recovery” and reliable outcomes will give the entire addiction treatment field the means to predict patient needs and inform decisions about care—leading to improved outcomes and lowered costs.



**Treatment works.
Recovery is possible.**

Q & A



THANK YOU