

Addiction Chess:

Tricia-

I want a better life for myself. I've got a taste of what life can be like without it.

Sue-

They heard the "I'm sorrys" too many times, they are fully supportive of me, but every day I stay sober is all they want.

Joseph-

I want them to grow up and have a sober dad. I grew up in a family that was alcoholics and I, just wanna break the cycle.

Sara McElroy-

After someone leaves the residential treatment they would do some little after care, which would be anything from one hour a week to nine or ten hours a week. Often we have them come back here for group. And then once that is done, they are kind of on their own.

Evelyn Hayes-

They do come across situations, I've had ladies that say they know the coping skills, then they get out there and their mind just goes blank.

Tricia-

I was nervous about leaving also, because you know, you gotta kinda go back out there to the real world, you know, where you don't have all the structure and, I don't know, someone you can talk to right here, you know, there's no option of using really, when you're here, you know.

Andrew Isham-

ACHESS, which is a smartphone application that is designed to help people leaving addiction treatment, prevent relapse. ACHESS is the result of a number of projects that have been going on, at the center here, for the last five years.

Lisa Dillenberg-

We set it up so that it's, there's some, sort of, similar to Facebook where you have a network, a support network of people, where you can message, participate in discussion, kinda thing. There's a meeting locator, helps them find any AA, 12-step meetings in their area.

Evelyn Hayes-

Had one person was able to find meetings in another state, so that was helpful. The discussion groups, getting ideas from others when they're struggling with things whether be it relationships or whatever.

Sue-

Just hearing the people's stories, and hearing, hearing how their doing, and what they're doing, and offering what I have done, what has worked for me.

Sara McElroy-

It's a clear advantage for the phone. For the clients it seems to be that social support that they probably wouldn't have otherwise, not everybody is going to get to a meeting two or three times a week.

Joseph-

A lot of my friends outside are still on their same paths, it's hard to stay focused around them, so kinda just gives you a support group.

Lisa Dillenberg

There's a weekly check-in where we ask them a series of questions to kinda determine, where are they in terms of risky behavior versus protective behavior. The counselors on the other end get a report if they reach a certain threshold on those answers and we'll contact the person.

Sara McElroy-

It has allowed me to ask good questions as opposed to "how you are doing." I can say things like, you know, "it looks like you're not going to church," or "you maybe you're not spending time with your friends."

Joseph-

They see what, what your ratings are and they give you suggestions. You can also look and it gives you, like, a graph of where you're at month to month, so that helps too.

Sara McElroy-

The charts are pretty helpful. It looks as though, we can almost predict what's, you know, when someone's heading for a relapse.

Lisa Dillenberg-

When they first get the phone they put in places that they consider to be high risk places for them, the address, zip code, or state, street, I mean city. And when they get near that location, the

phone will beep them and tell them that they're near and ask them some questions about, you know, is this where they really want to be?

Andrew Isham-

What we're trying to design in this study are tools that extend the reach of clinicians, and require them to dig through less information that's not relevant and actionable for them at the time they see it.

Evelyn Hayes-

ACHESS not only is a support for us to use with the clients, but it's also like a safety net for them.

Sue-

It helps me to express and remember where I've been and things that I did, maybe even for the future, for me, if I get stuck in a situation again like that.

Tricia-

My relationships with my boyfriend, with my children, work, I've got a job, I've got a car, I mean there's a lot of things. Life is just, in general, way happier if I'm not using.

Joseph-

If this was around ten years ago there'd still be people that are sober that are using right now. It's kind of like a, it's kind of like a comfort system right in your pocket.