

TECHNOLOGY

For patients with substance abuse disorders

Addiction is serious. Even with treatment, relapse is a reality. Real recovery requires continuous connection throughout treatment, recovery and beyond. The A-CHESS behavioral health platform makes it possible.

A-CHESS is an evidence-based tool that improves a patient's recovery success by reducing relapses and increasing abstinence. It does this through a communications system that links counselors, recovery coaches and patients through a user interface that is simple, responsive, and easy to use. The app provides a personalized recovery resource in a secure environment that promotes trust, compassion, and success.

Patients using A-CHESS experience
12% higher abstinence rates and a
50% reduction in heavy drinking days.¹

HOW IT WORKS

The A-CHESS solution is rooted in social determinism theory, which proposes that a person's social interactions are better predictors of their actions than are biological factors. A-CHESS builds on this theory through features addressing Coping Competence, Autonomous Motivation, and Social Relatedness/Support. And it works. While only 26% of health apps that are downloaded are used more than once, 80% of patients using A-CHESS were still using the app after 4 months.

COMMUNICATION, CONNECTION, CONTENT, AND CONTROL

Using predictive relapse analytics and condition-specific content, A-CHESS provides information to patients in a proactive way so they have continuous access to the tools and the support they need to succeed, right on their smart-phone. Caregivers are provided tools to monitor patient progress, post inspirational sayings, send secure messages, and much more. The app includes four primary components:

- **Profile** is where you set up your profile with your own alias, interests, and photos to share!
- **Teams** is the place to get to know your assigned team, review their profile, and see their latest activities.
- **Message** is the perfect way to message your peers and counselors. Whether through individual or group messages, this is a quick way to contact those who support your recovery.
- **Discover** holds motivational and relaxation files in in audio and video formats to offer help when you need it most.
- **Plan** offers surveys to track your progress, contains upcoming appointments and journals and offers other tools to keep you on the road to recovery.
- **Get Help:** The Beacon button is the one-touch button available on every screen to reach out when you're really stressed and need assistance.

¹ A randomized controlled trial by JAMA Psychiatry of 349 SUD patients with access to the A-CHESS app found 12% higher abstinence rates, reduced rate of relapse of 50%, reduced severity of relapse, and lowered healthcare cost of SUD patients by \$8,000 per year.

The science of addiction recovery includes equal parts
COMPASSION,
COMMUNITY,
and
CONTINUUM OF CARE.

A-CHESS is the only technology of its kind recognized for relapse prevention by the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP), and has been recognized by the Surgeon General for positive patient outcomes.



A-CHESS has saved me from buying hard drugs, doing irresponsible things and kept me mentally healthy. It's given me outlets and options. I have choices now."