



CENTRAL KANSAS FOUNDATION

CHALLENGE

Drug abuse has been declared a national emergency, a situation the state of Kansas knows first hand. Last year there were 310 drug-poisoning deaths statewide; 95 from methamphetamine, and 104 from opioids. One of the primary challenges in reducing deaths is relapse, which most addicts experience shortly after completing a treatment program. Brenda Haaga, VP of Prevention and Early Intervention Education, needed a way to address the relapse issue by expanding the foundation's treatment services to include a recovery program.

"Traditional healthcare isn't going to work for the addiction crisis," said Haaga. "With A-CHESS Connections App, patients have access to the resources they need 24/7, making relapse much less likely."

SOLUTION

Haaga had worked with CHESS Health on a pilot project with the University of Wisconsin - Madison in 2010. The project was centered on a randomized trial of the A-CHESS Connections App, which provides condition-specific content and resources to patients so they have 24/7 access to the tools they need to succeed. Caregivers are able to monitor patient progress, post inspirational sayings, send secure messages, and much more. Results of the pilot were impressive; 94% of participants were still using the app after 16 weeks. Haaga decided to integrate the A-CHESS Platform into the entire CKF program throughout its 65-county service area.

IMPACT

Each patient entering a CKF treatment center receives the A-CHESS Connections App right away. It takes just 15 minutes for Peer Specialists to set up the app and educate the patient on its features. Patients are connected with caregivers and other recovery resources 24 hours a day, 7 days a week, unlike traditional programs that are available only during business hours. CKF has recently rolled the app out in emergency rooms too, which helps get the app into the hands of those in need even sooner.

The Central Kansas Foundation (CKF) provides comprehensive addiction and treatment services encompassing the full continuum of care, including social detoxification, outpatient treatment, medical integration, and a walk-in Pathfinder Recovery Center. CKF has a 22-bed inpatient treatment facility, the only Level III inpatient treatment center in the area, and offers prevention and education programs as well.

CKF chose A-CHESS (Addiction Comprehensive Health Enhancement Support System) Platform from CHESS Health to provide patients with the resources they need to help them on their road to recovery.

CKF PATIENTS USING A-CHESS Connections App:

Attend 20% more group therapy sessions

Complete the full treatment program 19% more often than non-users

Experience 65% fewer repeat visits to the ER in the 30 days post discharge



With A-CHESS Connections App, clients have support 24 hours a day. They love having a virtual recovery community when and where they need it. This works for them outside the traditional 8-to-5 healthcare delivery model.

Brenda Haaga
VP of Prevention
and Early Intervention Education
Central Kansas Foundation