

eTHERAPY

Delivering better cognitive behavioral therapy (CBT) for substance use disorder (SUD), via browser and smartphone

For too many patients, conventional SUD treatment is not working. Too many drop out of treatment, too many relapse, and, sadly, too many Americans die each year of overdose and other drug and alcohol-related consequences. Medication-Assisted Treatment (MAT) is effective for opioid and alcohol use disorders, but MAT alone is not a magic bullet. Studies have confirmed that in order to change their experience with drugs and alcohol, patients need to develop critical cognitive and behavioral control skills, which can be learned using CBT. However, there are too few trained counselors who can deliver CBT, some patients are uncomfortable with talk therapy, and many others have challenges with access to care.

eTherapy

eTherapy is the CHESS Health solution for more affordable, effective, and durable digital CBT delivery

In partnership with Dr. Kathleen Carroll of Yale, CHESS Health's eTherapy is comprised of three CBT4CBT programs::



**CBT4CBT
for SUD**

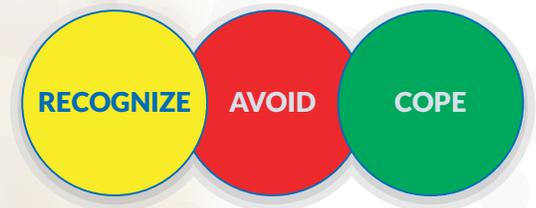
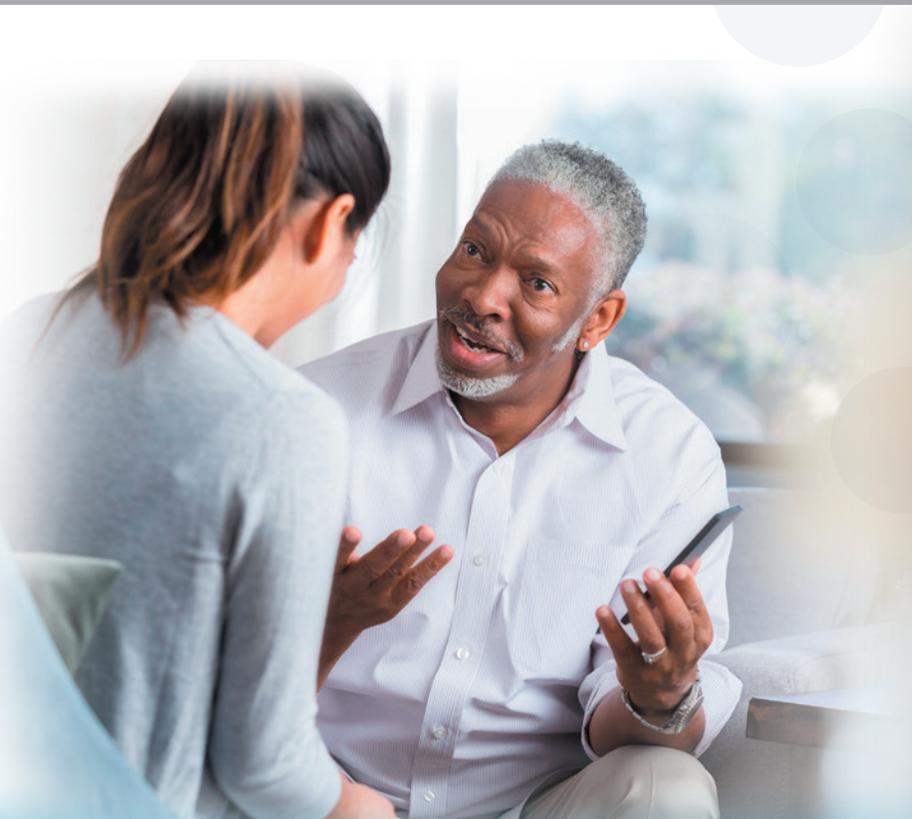


**CBT4CBT
for Alcohol**



**CBT4CBT
for Buprenorphine**

These programs are available via web delivery and as a smartphone app, enabling a patient to complete the program in a clinic, at home, or wherever they are comfortable



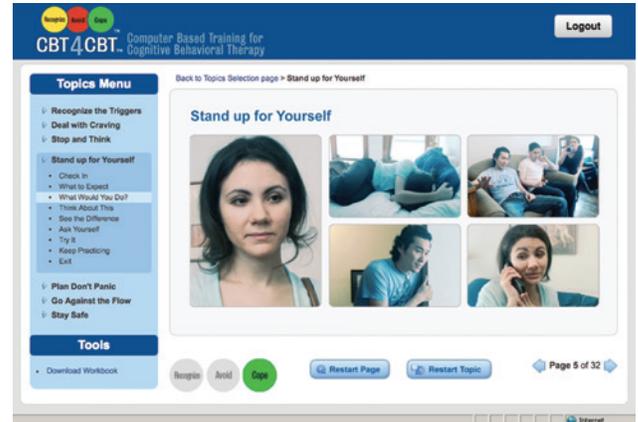
EVIDENCE-BASED PROGRAM DESIGN

Dr. Carroll is an internationally recognized expert in cognitive behavioral therapy (CBT), is the author of an authoritative treatment manual and training program for CBT and developed the web-based version of CBT, called CBT4CBT. Five independent randomized clinical trials have established its effectiveness and durability with a range of populations.

KEY FEATURES AND RESULTS OF THE CBT4CBT PROGRAMS:

Highly engaging videos, interactive exercises and quizzes, teach and reinforce skills more effectively than counselor delivered therapy

- Actors demonstrating skills to successfully negotiate real-life challenges
- Great for learning new skills by modeling behavior
- In-session practice builds mastery of skills



Patients give CBT4CBT high satisfaction scores and recommend it to others stating that it is

- Engaging and stimulating
- Great for learning new, relevant skills
- Enables them to implement newly acquired skills

76% of surveyed Buprenorphine-prescribing providers said CBT4CBT would be “Very Helpful” or “Extremely Helpful” to their patients

Available anywhere, to address significant nationwide issues with access to high quality in-person counseling

- The programs can be completed in the clinic or at home
- PCPs and Clinics can offer eTherapy instead of or in addition to counseling
- Available in both English and Spanish



CBT4CBT is proven to be more effective than Treatment as Usual (TAU), as measured by abstinence, reduced substance use, and reduction in DSM symptoms

- Studied with diverse patient populations in six randomized clinical trials (RCT) over ten years
- Studies measured both efficacy during treatment a durability (a.k.a. “sleeper effect”) over six months

Breaking News!

The most recent RCT of CBT4CBT tested its effectiveness for Opioid Use Disorder (OUD) patients getting Buprenorphine in a primary care setting—the soon-to-be-released results were very promising between the patients getting CBT4CBT and those who didn't. Contact CHESS Health for a copy of the study.

Scientifically Validated

The American Journal of
Psychiatry

International Journal of
Neuropsychopharmacology

Official Journal of Society of Biological Psychiatry
Biological Psychiatry
A Journal of Psychiatric Neuroscience and Therapeutics

For evidence of the impact of CBT visit:
www.cbt4cbt.com/references/