

Idaho Department of Corrections

Telehealth Services to Support Addiction Recovery During the Pandemic

COVID-19 and Addiction

The COVID-19 pandemic created significant challenges for those struggling with addiction. Justice-involved patients with opioid use disorder (OUD) are particularly at-risk, and COVID-19 presented further challenges and disruptions in care. The continuous stress, changes to program and recovery support availability, and isolation during the pandemic resulted in increases in relapses and overdoses nationwide.

Pilot Overview

322 Participants



297 individuals accessed recovery services and programs



87 participants accessed digital therapeutics

36

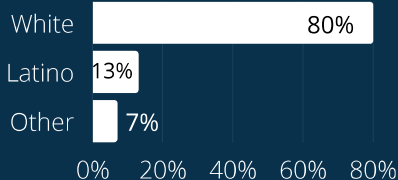
Average Age

93%

Previously participated in treatment



64% Male
36% Female



IDAHO PILOT



To provide safety net support and services during the pandemic, the Idaho Department of Corrections, in partnership with the Addiction Policy Forum and Foundation for Opioid Response Efforts (FORE), expanded telehealth support to justice-involved substance use disorder (SUD) patients during the pandemic.

The Idaho pilot served 322 individuals with substance use disorder during the pandemic, providing an evidence-based smartphone app for recovery support; CBT4CBT, a digital therapeutics platform that delivers cognitive behavioral therapy; proactive engagement of highest-risk clients; and recovery support services from Addiction Policy Forum that included weekly forum, support groups, and peer/social worker sessions.



Digital Therapeutics



Recovery Services



Cognitive Behavioral Therapy

OUTCOMES



ID DOC participants reported significant improved sleep and confidence in recovery/abstinence, improved participation in work, school, volunteering and support group meetings, as well as reductions in urges/cravings, feelings of depression and anxiety, and relationship troubles.

Improved Protective Factors

Improved Sleep	30.52%
Improved Participation in Work, School, Volunteering	2.67%
Increased Participation in Support Groups	1.21%
Increased Confidence in Recovery/Abstinence	3.40%

Reduced Risk Factors

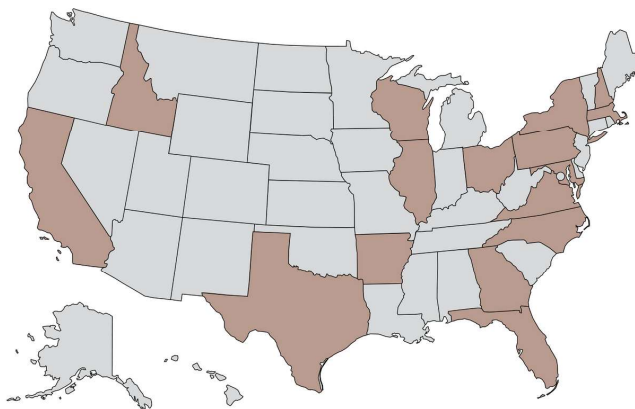
Reductions in Relationship Troubles	26.14%
Reductions in Depression/Anxiety	20.31%
Reductions in Urges/Cravings	5.3%
Reductions in Risky Situations	9.17%



"This app is the best thing that's helped me throughout my road to recovery."

- Program Participant

A NATIONWIDE PILOT



The Idaho Department of Corrections was one of 21 criminal justice agencies selected for the pilot project across 16 states. The pilot provided services to a total of 634 justice-involved individuals with a substance use disorder, including 322 participants referred by the Idaho Department of Corrections.

Connections App

To support individuals in recovery from substance use disorder, CHES Health created Connections, a smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement. The pilot provided the Connections App to 230 participants.

The digital therapeutics platform allows participants to:

- Track sobriety,
- Connect with trained counselors and peers through messaging,
- Track treatment plan and set reminders,
- Add medication and appointment reminders,
- Journal daily, and
- Access videos, testimonials and more through the resource library.

CBT4CBT

CBT4CBT teaches cognitive and behavioral skills that can help people gain control over their use of drugs or alcohol. Developed by a team of researchers and clinicians at Yale University led by Kathleen Carroll, CBT4CBT has been tested and validated in randomized clinical trials.

Skills taught to participants include:

- Recognizing and changing patterns of use
- Coping with craving and urges to use drugs or drink
- Challenging and changing negative thoughts
- Improving decision making skills
- Learning how to say NO effectively
- Improving problem-solving skills

RECOVERY SUPPORT SERVICES



Addiction Policy Forum (APF) provided recovery services that included included 1) peer support sessions; 2) online support groups; 3) weekly forums; and 4) case coordination with criminal justice agencies.



Peer Support Sessions

APF conducted 61 peer support one-on-one sessions led by social workers and peer navigators.



Online Support Groups

46 online support groups meetings were held, led by APF social workers and peer navigators.



Weekly Forums

Weekly forums of resources included support connecting to vaccines, gratitude modules, self care, and how to access support groups.



Case Coordination

Case coordination sessions with criminal justice agency staff helped with client matters ranging from housing needs to mental health services.

TESTIMONIALS

"There was no place to go because of COVID restrictions and lockdowns and after being on the app for a while I learned there was a recovery meeting on Thursday night, which was great. I met a lot of really cool, genuine and honest people and hey helped me open up about my alcoholism...and I wasn't alone anymore."

- Program Participant

PROJECT PARTNERS

The Addiction Policy Forum and the Foundation for Opioid Response Efforts (FORE) partnered to expand telehealth support to justice-involved substance use disorder (SUD) patients during the pandemic in 16 states nationwide. For more information, visit addictionpolicy.org.

