CHESS HEALTH

Real Evidence.
Real Recovery.

Every day, thousands of individuals use the Connections app to support their recovery from substance use disorder (SUD). Whether used in early recovery, while progressing through outpatient treatment, alongside medication-assisted treatment (MAT), or in aftercare, the Connections app provides a vital set of tools and connections that have been proven in clinical trials funded by the National Institutes of Health (NIH) and customer implementations to improve short-term and long-term recovery outcomes.

Supported by CHESS Health's Peer Engagement Team, the Connections app helps individuals maintain their recovery, stay in treatment longer, and incur fewer recurrences. Consequently, individuals who use the app are less likely to require a readmission/return to a higher level of care, visit an Emergency Department, and/or overdose.

85%+
Positive Feedback

In clinical trials and in patient satisfaction surveys commissioned by CHESS customers, over 85% of individuals told researchers and their providers that they believed the Connections App improved their recovery. [1,2]

20-30%
Increased Adherence

In clinical trials and in provider implementations, individuals using the Connections App consumed more treatment services, completed IOP treatment 20% more often, and 30% less likely to dropout early from OP treatment. [1,2]

40-50%
Risk Reduction

Use of the app for longer than 30 days correlates to a 40% reduction in risk factor measures (difficulty sleeping, relationship troubles, struggle with cravings, etc.) measured through weekly patient assessments. [3]

30-50%
Greater Abstinence

In randomized clinical trials conducted by Dr. David Gustafson of the University of Wisconsin and Dr. Kathleen Carroll of Yale University and detailed in peer-reviewed journals, the app and the integrated CBT modules were proven to support 30-50% greater abstinence compared to control groups. [4,5]

$278pm/pm
Cost of Care Savings

A Medicaid MCO did a retrospective claims analysis comparing members who used Connections App and found these members were 2.9x less likely to incur a readmission to a residential/inpatient level of care than members – the resulting cost of care savings averaged $270 per member per month.

How Does the Connections app help?

The Connections app provides multiple layers that help sustain recovery:

PEER SUPPORT

Discussions with peers that extend support beyond the "walls of the clinic."

Because discussions are anonymous and moderated, the community within the Connections app becomes a supportive, affirming environment for individuals to share their experiences and support each other.

CBT

On-demand access to resources when individuals need them most.

Tools in the app include CBT for Recovery (used to reinforce coping skills), crisis support (as needed), and a full resource library and directory.

RECOVERY TOOLS

Self-affirming tools.

Whether it's a reminder to journal, to recommit to personal goals and motivations, or celebrating milestones, Connections provides cues for individuals to stay on their path to recovery.

CARE TEAM CONNECTION

Communication with the care team.

Individuals can connect with their care team, share updates, and even list appointments and set medication reminders.

> **JoshD$**
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> You guys are all amazing this has been my greatest tool in my recovery thank you everyone

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[1] "Using Smartphones to Improve Treatment Retention Among Impoverished Substance-Using Appalachian Women" https://www.chess.health/wp-content/uploads/2020/06/Using-Smartphones-to-Improve-Treatment-Retention-Among-Impoverished-Substance-Using-Appalachian-Women-A-Naturalistic-Study10.1177_1178221819861377.pdf

[2] Valley Hope Case Study https://www.chess.health/wp-content/uploads/2020/07/CHESS_Case-study_Valley-Hope.pdf

[3] Southwestern Day Recovery Case Study https://www.chess.health/wp-content/uploads/2021/11/CHESS-Health_SRDRC-case-study_final.pdf

[4] The Connections App was the subject of several randomized clinical trials conducted by David Gustafson, PhD, of the University of Wisconsin (in which the app was known as '**ACHESS**' (its pre-commercial release name)). Peer-reviewed articles can be found here: https://www.chess.health/evidence/

[5] The integrated CBT modules within the Connections App were developed by Kathleen Carroll, PhD, of Yale University, and known as '**CBT4CBT**' in seven separate randomized clinical trials supported by NIDA and NIAAA. Peer-reviewed articles by Dr. Carroll demonstrating the effectiveness of the CBT programs can be found here: https://www.chess.health/evidence/