How Mobile Health Technology May Improve Addiction Treatment for Patients and Providers
Bre Stafford, Ben Hakakian, Kylie Lousberg
University of Colorado School of Medicine

Background

• 93.5% of individuals with substance use disorder (SUD) and 93.2% of individuals with both SUD and any mental illness are not being treated in any formal setting.
• Well studied factors causing this astronomically high number include lack of insurance, availability, provider attitudes, cost, transportation, stigmatization of mental health and SUDs, and multicultural factors.
• Diversus is a multidisciplinary community-based mental health facility that provides inpatient and outpatient treatment.
• During review of Diversus EMR, over 1,800 patients met criteria for SUD, but have not been engaged in treatment by providers. Only 325 of those patients are in treatment.

CHESS Platform

• Target Outcomes
  - Access to mobile health technology through smart devices
  - Technology literacy
  - Health literacy
  - Health system funding
  - Language barriers
  - Lack of evidence based therapeutic apps for comparison

Connections App

• Peer Community
  - Anonymous discussions forums.
  - Recovery, mental wellness, and fun/social topics.
• Peer Engagement Team
  - Takes pressure off community providers to follow SUD patients throughout treatment.
  - Allows patients to accept treatment when they are ready.
• Link to Local Resources and Care Team

References

Future Objectives

• Perform qualitative interviews with individuals who have used SUD apps and ask about what resources were missing (i.e. job resources, language, etc).
• Hold focus groups with other medical students to talk about these problems and brainstorm solutions.
• Aggregate data from the implementation of CHESS Health at Diversus health clinics in order to track relapse outcomes through data analysis.
• Brainstorm ways to implement CHESS Health in other need health systems in Colorado.