



Suggested Protocol for Using SOBERLINK in Treatment

Monitoring Promotes Accountability and Improves Outcomes

Consistent monitoring in early recovery can dramatically improve outcomes¹ by helping modify behavior during the treatment process. Our Breathalyzers are accountability tools designed to make alcohol monitoring discreet, simple, and comprehensive. Additionally, the devices give treatment professionals the ability to detect signs of relapse faster, and subsequently take swift and appropriate action.

Client Agreement / Monitoring Plan:

Before using our devices, clients should sign an informed consent agreement. By signing they are stating that they understand and agree to the terms of their continued care plan. The contract may include:

- Length of continued care plan
- Testing frequency/schedule
- Instructions for proper device use
- What is required if the device is lost or damaged
- Who will see test results (e.g. employer, family member)
- Consequences of a positive test or other non-compliance
- Clear monitoring expectations (i.e. abstinence or reduced use)
- Expected treatment outcomes and goals

Use & Frequency:

- Inpatient Programs:** The device is used for individual on-site monitoring and tests can be required as frequently as the treatment center wishes. We recommend 2-3 tests per day. Clients become familiar with the technology and testing protocol so they can develop a consistent routine. This routine should carry into the client's continued-care program. By introducing the concept of daily monitoring early, the client is more likely to view it as part of the recovery process and not as a "punishment" for leaving treatment.
- Continued-Care Programs:** Patients in any type of continued-care program use the device to monitor their sobriety. Clients should be scheduled for 2-3 tests per day. A case manager or therapist acts as the monitor for the client. We recommend the monitor not be a loved one or family member as they can find it difficult to remain emotionally detached.

Tests per Day:

Random scheduling is the norm for urine testing, which makes the method easy to outsmart. Our devices are equipped with internal tamper detection sensors making them very difficult to circumvent. Clients can complete tests without major disruption to their day. We recommend you test the client 2-3 times a day. Testing should be viewed as an essential accountability tool, rather than a burden or consequence. The longer a client participates in monitoring, the greater their chance for success and continued sobriety.

¹McLellan, A.T., Skipper, G.E., Campbell, M.G. & Dupont, R.L. (2008). Five-year outcomes in a cohort study of physicians treated for substance use disorders in the United States. *British Medical Journal*, 337:a2038

The client's routine should be considered. Many successful treatment programs are using the twice-a-day testing approach with one test in the morning and one in the later part of the evening. If a third test is required, consider scheduling it at a potential trigger time for that client.

The test schedule should be determined during the initial case management meeting and be adjusted as necessary. Enable automated text reminders and inform the client. This will reduce anxiety and lower the likelihood of the client missing tests. We suggest limiting the number of tests so the program is not too difficult.

Duration of Use:

Studies show the chances of maintaining sobriety substantially increase after several years of continued-care monitoring. The duration of use will vary with each case but a client should commit to one year of post-residential treatment monitoring. Although each client will be on a month-to-month contract with SOBERLINK, a more involved commitment should be reached between the treatment provider and the client.

The contract should clearly outline the client's responsibility to immediately contact their monitor if the device is lost or broken. Failure to do so is equivalent to a positive or missed test. The monitor should provide a new device immediately so monitoring is uninterrupted. If the client is unable to retrieve the new device in person, alternatives may include overnight mail or a courier delivery (at the client's expense).

Maintaining a schedule vital is to success. If not emphasized, it can diminish the importance of the protocol in the client's eyes and increase the risk of relapse.

In the Event of Non-Compliance:

The initial contract should outline the goals and consequences for non-compliance.

The severity of non-compliance consequences may vary, but an example might be an increase in treatment efforts, including but not limited to:

- Additional 12-step meetings required
- Additional therapy sessions scheduled
- Increase in daily monitoring tests
- Increase in length of monitoring program
- Disclosure of non-compliance to family members or external support system

Abstinence is the standard of most monitoring and 12-step programs. Some treatment centers may have a different standard and in these cases, goals and expectations should be set on a case-by-case basis.

Signed Consent Form

We strongly recommend a written consent form signed by the client detailing what information will be disclosed, how it will be disclosed (e.g. phone or email), etc.

We can provide samples of consent forms to get you started.

All HIPAA standards must be followed.