

# Soberlink Case Study

## Reinforcing Recovery

How mobile alcohol monitoring and continued care are working together to strengthen the recovery process and help prevent relapse.

## Chronic Alcoholism Requires Chronic Care

The Edgewood Health Network (EHN), with treatment centers and clinics across Canada and the US, assists those looking to embrace sobriety and recover from addiction to alcohol and other drugs. To support patients in recovery, EHN offers a range of services including residential inpatient and intensive outpatient programs, as well as continuing-care programs which may involve group, individual, couple and family counseling, alcohol and drug monitoring, weekend workshops, and individualized plans.

Soberlink has developed powerful, handheld Breathalyzer devices and intuitive monitoring software to help keep recovering people on the path to healthy recovery. SL2 is a discreet, cellular device that transmits breath-test results (BrAC levels) directly to the secure monitoring web portal.

Treating and caring for the recovering person after they leave a facility is the purpose of continuing-care programs like those at EHN. Together, EHN and Soberlink have optimized the sobriety monitoring process for recovering people in continuing care.

## Challenges

Studies show that patients who do not participate in continuing-care programs are more likely to relapse.

Too often, people mistakenly think alcoholism need only be addressed with inpatient treatment programs. While treatment facilities are an extraordinary springboard into sobriety, recovery doesn't end when the person leaves. Alcoholism is classified as a chronic disease, meaning there is no cure and it requires ongoing care.

Traditional methods of alcohol detection, primarily urine tests, suffer from limitations in accuracy, sensitivity, and convenience that compromise their ability to identify substance abuse problems, discourage alcohol use, and document abstinence. In addition, those in recovery often report feeling dehumanized when they have to report for a test at a laboratory.

Previously, EHN had used traditional urine testing to supplement their continuing-care program.

## Edgewood Treatment Centers

Edgewood Health Network Treatment Centers are world-renowned inpatient treatment facilities and clinics. EHN treatment centers, Edgewood In British Columbia and Bellwood in Ontario, have expanded internationally, and helped thousands of individuals and families live healthy, productive lives in recovery. Following successful completion of inpatient treatment, Edgewood Health Network outpatient clinics offer individualized continuing-care programs designed to fully support people and families living in recovery

## Soberlink

Soberlink provides patented, revolutionary, mobile technology to monitor sobriety discreetly and conveniently. The Soberlink system was designed with care and the recovery process in mind. The devices allow those recovering from alcoholism freedom from the stress of constant supervision and the software gives peace of mind to loved ones.

The facilities found it was difficult to get patients to go to a lab, there were problems with the chain of custody, and discrepancies with lab results. Further, the results would take days to come in, meaning that EHN case managers lost valuable intervention time in the event of a relapse.

### **Soberlink Solutions in EHN Continuing Care**

Since 2013, the EHN clinics and their treatment center in Nanaimo have been successfully using Soberlink to supplement its continuing-care program. The program typically recommends that patients remain on a monitoring plan for at least one year.

The automation Soberlink technology offers has eliminated the need for costly urine testing. Now communication between patient and case manager is more effective than ever.

Soberlink's real-time test results allow doctors and case managers to review BrAC levels, assess situations, and quickly make decisions to best support the recovering person. A timely intervention can prove to be the next big phase in a patient's recovery.

Patients are able to test anywhere, anytime due to the convenience of Soberlink Breathalyzers. Modern technology gives patients a tangible reminder to prove their commitment to their program. At EHN, patients unanimously prefer the Soberlink system to urine testing.

### **Results**

Early intervention, personalized continuing care, and successful recovery are all possible with Soberlink monitoring solutions.

At EHN, Soberlink not only eliminates the challenges of getting test results, but also gives case managers the opportunity to intervene in a timely manner if a relapse occurs.

With data from Soberlink's breath-testing system case managers and loved ones are assured that the patient is on the right track to a successful recovery.

Most importantly, the recovering person is able to use Soberlink devices as discreet, accountability tools instead of feeling the stress of constant supervision. Soberlink allows patients the chance to rebuild their lives, all while enjoying greater freedom from the hassles of traditional urine testing.

Together with Soberlink, the EHN is producing improved outcomes, and helping patients sustain a healthy recovery.

#### **Suggested Use Protocol**

In an effort to make SOBERLINK a part of the patient's daily routine, rather than a burden, random testing is strongly discouraged. Scheduled testing creates structure and accountability while the anxiety of unpredictable testing can cause patients to miss tests. The program is more effective if the patient is submitting planned, required tests rather than making excuses for why they missed random tests. Edgewood employs SOBERLINK's suggested testing protocol requiring 3 tests per day.

2 staple tests: one in the morning and one in the evening.

The third test should be scheduled during a pinpointed "trigger time" for that client—this will vary between patients.

In the event of a positive test, the SOBERLINK system allows monitors to respond quickly and appropriately in the best interest of the patient. As continued-care programs are not one size fits all, monitors should refer to the initial relapse contract to determine any consequences.