

Soberlink Case Study

Trusted Technology Stops Relapse in its Tracks

How mobile alcohol monitoring and physician's health programs work together to prevent relapse and save careers.

Recovering Professionals

Wyoming Professional Assistance Program (WPAP) offers monitoring and guidance to doctors, pharmacists, veterinarians, dentists, lawyers, and judges who have substance abuse or mental health conditions.

Soberlink has developed powerful, handheld Breathalyzer devices and intuitive monitoring software to help people stay on the path to healthy recovery. Discreet, cellular devices transmit breath-test results (BrAC levels) directly to the secure Monitoring Web Portal.

Recovery is a process, not a single event. Together, Wyoming Professional Assistance Program and Soberlink have optimized the sobriety monitoring process for recovering professionals.

Challenges

Studies show that patients who do not participate in monitoring programs after treatment are more likely to relapse¹.

Too often, people mistakenly think alcoholism just needs a quick fix. Some people attend inpatient treatment facilities, which are an extraordinary tool to kick start sobriety. But recovery doesn't end when treatment ends. Alcoholism is classified as a chronic disease, meaning there is no cure and it requires ongoing care.

WPAP uses random urine testing to screen for drug and alcohol use as a part of their monitoring program. Unfortunately, they found that most, if not all, labs are closed on the weekends meaning participants could only be tested on weekdays.

Further, there is the risk that a participant could relapse and not be scheduled for a random test at the time. Without supplemental, consistent, scheduled alcohol testing, WPAP could lose the opportunity to intervene and stop a relapse. Even worse, the professional may decide to go to work while relapsing and possibly put lives at risk.

Soberlink Solutions in WPAP

WPAP has been successfully using the Soberlink system to supplement its professional monitoring program. Professionals are monitored for varying lengths of time as part of their alcoholism recovery plan. The automation

Wyoming Professional Assistance Programs

Wyoming Professional Assistance Program provides a confidential resource for professionals with substance use or mental/behavioral health conditions. Their services include identification, referral, and ongoing monitoring of Wyoming professionals with the aim to restore careers and enhance safe working environments.

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.

¹James R. McKay, PH.D., and Susanne Hiller-Sturmhöfel, PH.D., "Treating Alcoholism As a Chronic Disease," Alcohol Research & Health

and convenience of Soberlink technology has improved communication between participant and monitor to ensure sobriety in the work environment.

If a WPAP participant has a relapse episode, it's likely they would submit a positive Soberlink test. WPAP would receive the test results, call the participant, and if necessary send them home from work to immediately address a relapse issue.

Soberlink's real-time test results allow doctors and case managers to review BrAC levels and assess the situation in real-time. Quick and appropriate action can be taken to ensure the recovering professional is adequately supported.

Patients are able to test anywhere, anytime. Soberlink Breathalyzers build structure and accountability while acting as a mental deterrent to drinking. It gives participants a tangible reminder to prove their commitment to sobriety. At WPAP, they successfully supplement urine drug screenings with the Soberlink system.

Results

Safe work environments, early intervention, and successful recovery are all possible with Soberlink solutions.

At WPAP Soberlink gives case managers the opportunity to intervene in a timely manner if an alcohol relapse occurs. With data from Soberlink's breath-testing system, case managers and loved ones are assured that participants remain on the right track for a successful recovery.

Most importantly, the recovering person is able to build structure and accountability with Soberlink devices. This allows patients the chance to rebuild their lives, and continue to flourish in their careers.

Together with Soberlink, WPAP is putting safety and sobriety at the forefront by improving relapse response for professionals in recovery.

Suggested Use Protocol

In an effort to make Soberlink a part of the participant'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.

WPAP 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 and will vary from person to person.

In the event of a positive test, the Soberlink system allows case managers to respond quickly and appropriately in the best interest of the participant.

As recovery is not one size fits all, case managers should refer to the initial relapse contract to determine any consequences.