**GoMo Health**®

# Case Study

## Rimrock
## *Recovery Pathways*

**PROGRAM DESCRIPTION:**

*A* digital care management program that augments Rimrock's in-person programming for people with a substance use disorder (SUD) diagnosis who are in treatment or recovery, both court-ordered and non-court ordered.

**PROGRAM AUDIENCE:**

People in treatment/recovery for an SUD diagnosis and their support person(s).

**RIMROCK**
LEADING ADDICTION TREATMENT

| PROGRAM OBJECTIVES: | PROGRAM OUTCOMES: |
|---|---|
| ➤ Extend impact of in-person SUD treatment programs with a "digital concierge" that delivers personalized content, resources, nurturing messages, and access to staff — without adding FTEs<br><br>➤ Enhance clients' ability to initiate digital and secure communications with their care team | **Over 2,000 escalations** (in-the-moment notifications digitally delivered to care team) **enabled immediate triage to avoid potential adverse events** |
| ➤ Empower those in treatment or recovery with the confidence and resources to manage daily living and avoid relapse/recidivism | **86% find the program helpful**<br><br>**78% indicate a more positive situational outlook, reduced stress and anxiety, and an increased ability to address challenges as they arise**<br><br>**75% saw a significant or high impact on their emotional health**<br><br>**72% feel more supported**<br><br>**88% would recommend the program to a friend** |
| ➤ Increase "return to work" preparedness and employment | **54% increase in full-time employment** |

# Program Components:

### Care Communications:

Upon enrollment, participants receive text messages to support their recovery journey both physically and emotionally, with some including links to a library of resources (see Care Companion). Topics include addiction recovery, relapse prevention, emotional regulation, skills and readiness, preparation for court, return to workforce training, parenting, mental health/self-care, and healthy living.

### Care Companion:

This cloud-based learning management system (LMS) provides vetted educational content that is personalized by participants' self-expressed priorities and interests, structured into easy-to-follow sections to promote independent education, learning and self-care management.

### GoMo Chat:

Much like a typical text conversation, GoMo Chat allows (secure) live messaging between participants and their care team, enabling in-the-moment, on demand conversations.
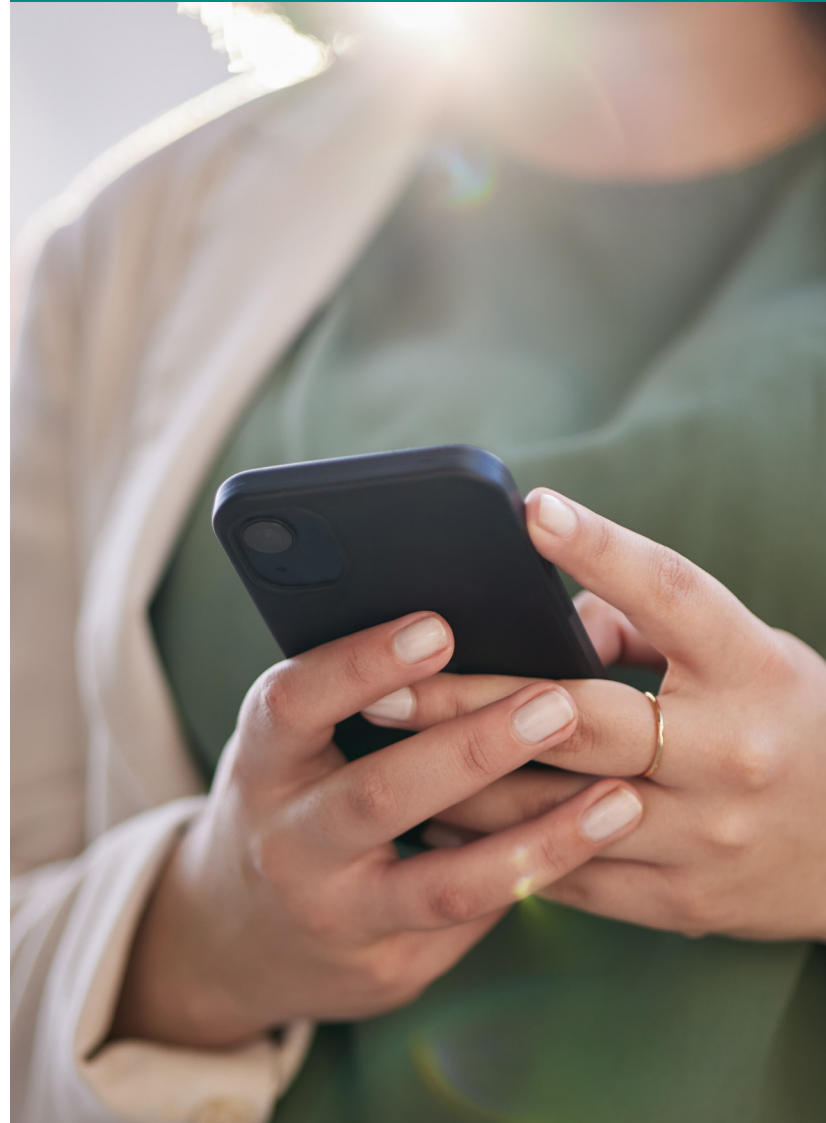
### Secure Data Collection and Reporting:

Engagement and experience data is collected and analyzed and reported back to providers for ongoing quality, clinical delivery and service improvement.

*"Early Recovery feels lonely, and I believe that Recovery Pathways really delivers a way for our clients not to feel lonely on this journey. I wish I had this program (when I was in treatment)."*

**Annette Redding,** Rimrock Treatment Program Graduate and Former Director of Peer Support

*"Has helped me achieve more sobriety than anything else in the last 22 years! You saved my life."*

**Program Participant,** Court Treatment

**GoMo Health**®

gomohealth.com

info@gomohealth.com