

Recovery Pathways: A Lived Environment Court Treatment Program



Court treatment for non-violent drug related arrests and re-entry treatment programs for those who have served time are common diversion programs. Treatment courts recognize that for people to successfully normalize back into quality living, it is more effective to address the root cause of these criminal offenses with rehabilitation, life skills training, and substance use treatment rather than incarceration alone.

The *Recovery Pathways* court treatment program extends the impact of person-to-person support with a virtual concierge, providing guidance and coaching in compliment to services traditionally offered through live court treatment programs. The *Recovery Pathways* delivers an interactive and personalized mobile experience including reinforcement of protocol-driven resources aligning full circle support for people as they return to a new – and healthier – daily lifestyle.



How Can This Program Help Reduce Recidivism?

Bi-directional, personalized and consistent communication provides a feeling of connectivity and community by extending support to clients and family members in their lived environment. This approach has shown to reduce stigma and increase self-trust and credibility, fully functioning as productive, contributing members of society.

Program Benefits:

- + Consistent, active engagement with court treatment clients; increasing daily “touches” for 12 months using our mobile bot.
- + Activate self-management of daily mental and physical lifestyle adjustments to achieve personal, professional and emotional success.
- + Loyal attendance, therapy reinforcement outside of session, and increased graduation rates.
- + Provide case managers with deeper client behavioral data to make their human touches more impactful.

Use Case: *Rimrock*

Situation

Rimrock is a leading addiction and mental health treatment provider in Montana offering comprehensive, interdisciplinary care to address substance use disorders, process addictions, and co-occurring mental health disorders for formerly incarcerated individuals, as well as misdemeanor and felony offenders with the objective of living a recovery-based lifestyle.

Rimrock's programs range from full service residential and diversionary/therapeutic court treatment programs to a continuum of outpatient services including day treatment, intensive outpatient, outpatient, and supportive ancillary programs such as parenting classes, anger management and targeted cognitive behavioral therapy groups. All programs include crucial peer support designed to reduce recidivism, sustain abstinence, promote life skills, and assist with transition into safe, healthy and productive living and sober housing.

While these in-person programs have had success, Rimrock recognized the vital need to connect and extend life nurturing when clients are alone, during times of increased vulnerability.

Components

The digital therapeutic includes multiple weekly “touches” designed to reinforce lessons, principles and skills taught in the live therapy programs. These are “snackable” bites of information, often in the form of short text messages; with many containing hyperlinks to deeper web content including tip sheets, videos and articles.

- + Evidence-based content delivery is guided by BehavioralRx, a proprietary personalized science of engagement that enables tailored support of each participant's needs in terms of timing, frequency, tone, and sequencing of messaging.
- + In-the-moment distress screenings collect outlook, depression and stress triggers. Indicators are often managed by the Concierge bot, while issues of greater concern are escalated to the Rimrock live care team as needed. All data is collected via the secure GoMo Platform with a full suite of real-time reporting available.
- + The program addresses “thinking errors” and other behavioral issues that may have contributed to drug use and abuse.
- + Clients are prepared for required events such as court appearances and employment evaluations, including promotion of self-care, education and interviewing skills training.

