

Connect365 Data and Outcomes



Participation and Communication

Every resident who completes treatment is given the opportunity to enroll in Connect365. In 2017, we expanded our offering to those who leave Against Medical Advice (AMA), as a means for providing support and re-engaging them wherever possible.

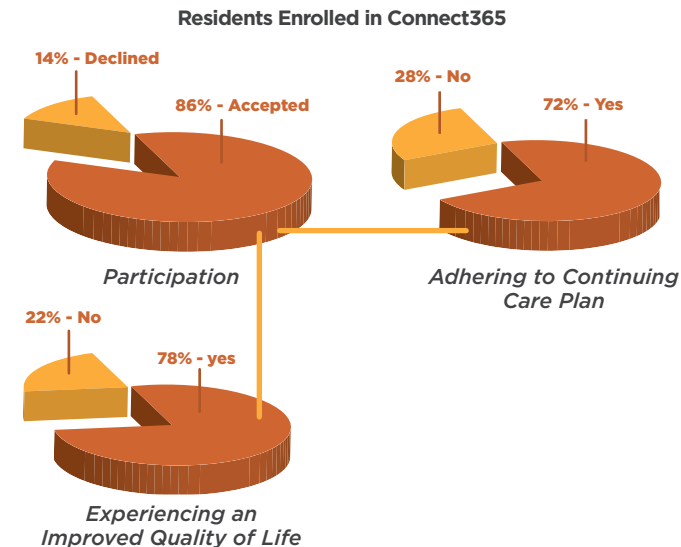
% of Residents Enrolled	86
# of Active Participants	747
# of Recovery Coaches	6
Avg. Live Contacts per Coach (Monthly)*	1,229

*Live contacts indicate actual contact between recovery coach and participant was made via phone, secure messaging, or email.

Out of those surveyed, average overall rating of recovery was 4.91 (on a scale of 1-5) and 95% reported medication compliance.

Weekly Encounters

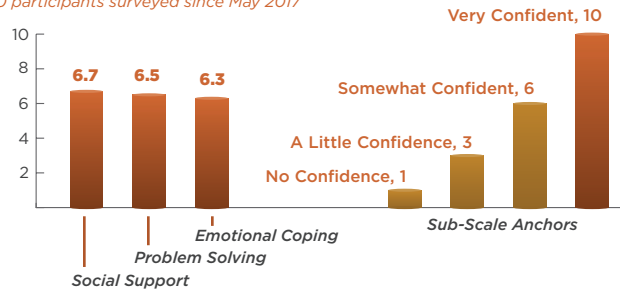
During weekly encounters of those enrolled with their recovery coach, participants are asked about continuing care plan implementation and their overall state of well-being. Communication takes place via phone calls, secure messages, and emails.



Coping Self-Efficacy Scale

Participants of Connect365 are asked to complete a Coping Self-Efficacy (CSE) evaluation every month. This assessment examines the ways in which respondents cope with life stressors. In each major domain (problem-focused, emotion-focused, and social support-focused), participants are scoring in the well-adjusted ranges.

*380 participants surveyed since May 2017



More than 85% were very confident to get emotional support from family and friends and to visualize a pleasant activity or place, and 80% indicated having greater confidence in the ability to pray or meditate when stressed and to stand their ground and advocate for what they want.

Readmissions

In addition to providing ongoing support during the first year of recovery, Connect365 has provided us with the unique opportunity to assist participants in returning to Sierra Tucson for further treatment when needed.

January–June 2017

# of participants that have readmitted to Sierra Tucson	22
# of residents that have enrolled in Connect365	538
# of residents that have successfully completed Connect365	124

Since November 2015

# of participants that have readmitted to Sierra Tucson	53
# of touches made to active participants*	13,383
# of participants referred to other Acadia facilities	6

*Touches indicate any contact that has been made, including communication in which the recovery coach did not receive a response from the participant.



Dear Colleague:

In November 2015, Sierra Tucson launched Connect365—our signature continuing care platform that utilizes recovery coaches and interactive technology to provide one year of continuous support following treatment completion. With the help of their recovery coach, participants download the customized mobile app and work on their continuing care plan. Offered at no additional cost, Connect365 has helped to bridge the gap between residential treatment and life in recovery.

I am pleased to share with you up-to-date qualitative data on Connect365. While it's no surprise that structure, support, accountability, and connection with others foster lasting recovery, we at Sierra Tucson have taken that knowledge and created a robust continuing care platform that has experienced tremendous success. We believe Connect365 is just one of the many ways in which Sierra Tucson differentiates itself from other treatment facilities.

Sincerely,

Jaime Vinck, MC, LPC, NCC, CEIP
Chief Operations Officer



For information about Connect365 and Sierra Tucson's residential treatment programs:

Call (800) 842-4487
or
visit SierraTucson.com.

Conclusion

These specific categories reinforce the effectiveness of Sierra Tucson's evidenced-based program components, including family work, cognitive behavioral skill building, DBT skill building, mindfulness, meditation, and support group participation.