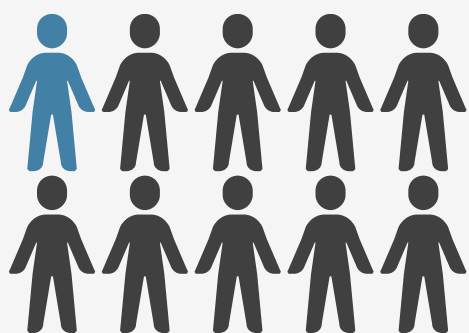AMERICAN SOCIETY OF ADDICTION MEDICINE

Digital Approaches for People with Substance Use Disorders

Digital approaches have the potential to revolutionize healthcare delivery and patient engagement, especially in areas of unmet need like substance use disorder treatment. Delve into the strengths and challenges of these digital strategies in treatment and recovery. *Support for this education was provided through an unrestricted educational grant from JBS International, Inc.*
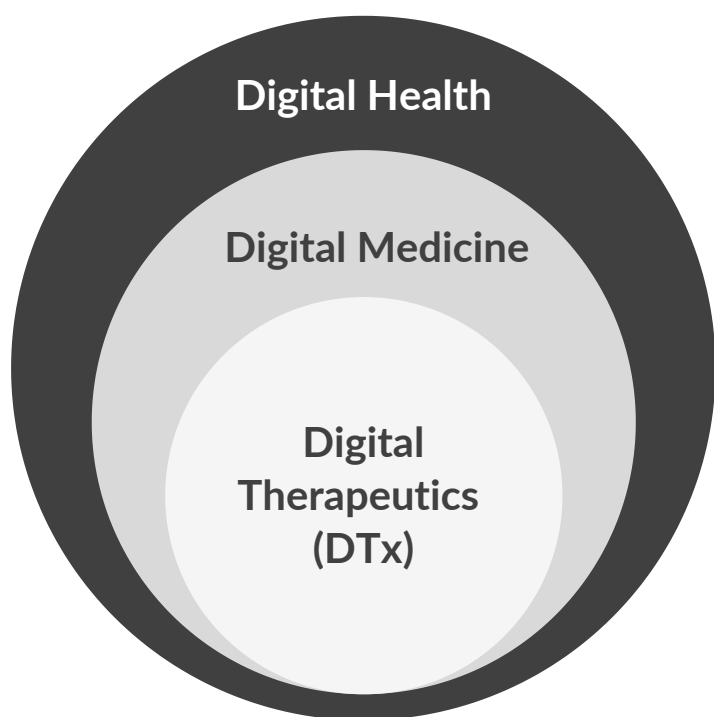
WHO
are we trying to reach?

In the US, there's an estimated **46.3M** people with substance use disorder, a highly treatable condition. However, a majority of people with a substance use disorder do not receive any treatment.

With many urgently needing care, healthcare providers are...

STRETCHED TOO THIN

WHAT
tools could extend their reach?

Digital Health · **Digital Medicine** · **Digital Therapeutics (DTx)**

Digital Health: Digital tools or technologies for promoting health and wellness, especially those where personal health data is collected. Most digital health tools are unregulated.

Digital Medicine: Used to measure and monitor key indicators of medical conditions and communicate with healthcare providers. This category includes telemedicine and electronic health records. Regulation varies widely by tool type.

Digital Therapeutics: Evidence-based interventions for the treatment of specific medical diseases. Clinical trials showing effectiveness and safety for patients are required for regulatory clearance.
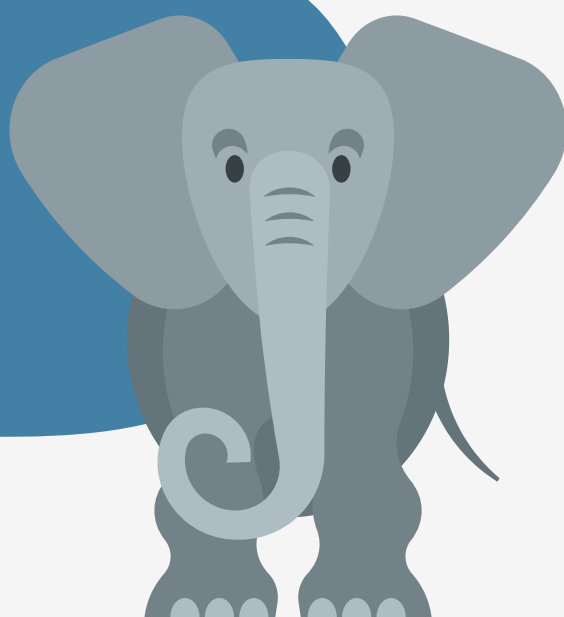
WHY
should we consider digital approaches?

5K WAKING HOURS!

Consider Medicine's infamous 5000-hour problem!

Every year, people talk with a doctor or nurse for a handful of hours—compared to over 5000+ waking hours engaged with everything else in their lives, outweighing good guidance on health practices.
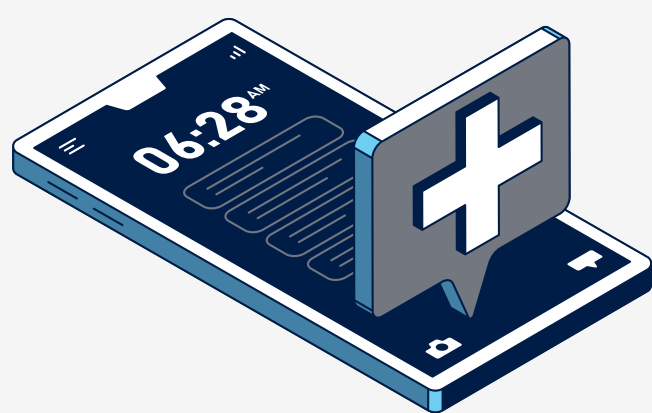
Talk about an elephant in the room!

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What do digital approaches mean for patients with SUD?

MEET THEM WHEREVER

Digital platforms can offer personalized care, breaking down geographical barriers.

REACH THEM WHENEVER

With 24/7 access, patients can get timely help during crucial moments.

HOW
many different forms can digital approaches take?

DIGITAL THERAPEUTICS

Dynamicare Health
Personalized coaching programs, self-paced lessons, at-home tests, online recovery support meetings, and financial rewards to assist with recovery behaviors.

RAE Health
Realize-Analyze-Engage (RAE) Health uses commercial-grade wearables, like Garmin smartwatches, to facilitate behavioral modification interventions in SUD treatment.

Chess Health
A digital platform and set of smartphone applications to support SUD treatment, recovery, referral, and prevention.
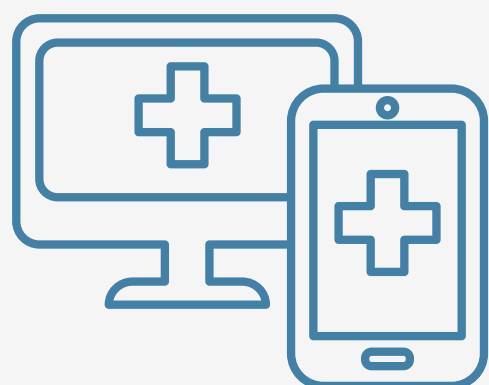
CBT4CBT
A web-based tool that uses cognitive behavioral therapy and narrated videos with strategy modeling.
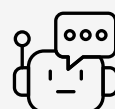
EMERGING AREAS

INNOVATIONS & IMPLICATIONS IN SUD TREATMENT

These emerging innovations are redefining SUD treatment, yet they also bring along their unique challenges.

Social Media
Can influence recovery both ways, be it positive or negative.

Chatbots
A promising tool, but with associated ethical concerns.

Wearables & Tracking
Captures health data in real-time, though accuracy is debated.

Virtual Reality
Being tested in exposure therapy, showing varied outcomes.

Digital Peer Support
Boosts adherence but faces privacy and access hurdles.

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Best practices for integrating digital technologies

HOW
can we set ourselves up for success as we integrate digital approaches?

PATIENT AND PROVIDER READINESS

PATIENT CHECKLIST

Motivation & Readiness
Personal Preferences
Technological Literacy
Availability & Accessibility
Self-Monitoring
Social Support
Clinical Considerations

PROVIDER CHECKLIST

Technological Proficiency
Openness to Innovation
Strong Communication
Adaptable & Flexible
Data Literacy
Continuous Learning

FAMILIARIZE YOURSELF WITH THE INDUSTRY CORE PRINCIPLES

The Digital Therapeutics Alliance has developed a set of legal and ethical considerations covering the following areas:

- Quality design and build
- User testing
- Patient privacy and security
- Product management and maintenance
- Evidence-supported
- Risk and efficacy assessment
- Marketing
- Real-world performance

LEARN MORE!

Access ASAM's learning resources on digital tools:
ELEARNING.ASAM.ORG/DIGITAL-THERAPEUTICS