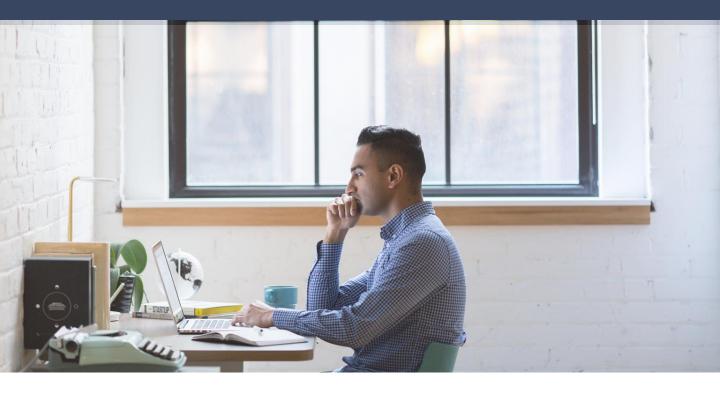
# 5-Actions Program™ for Addiction

Digital Self-Care + 24/7 Crisis and Peer-Recovery Support



## A New Type of Care

The 5-Actions Program<sup>™</sup> delivers the benefits of a video-based digital health intervention with **24/7 crisis and peer-recovery phone/text support**.

Less than 10% of those struggling with addiction receive professional treatment. This program offers a new type of care that removes many barriers to engagement. It is **free to the end user**, can be accessed on most computers and mobile friendly devices that have access to highspeed internet, and be used from the comfort and **safety of one's home**.

The program contains **6.5 hours of evidence-based video content** organized into 11 modules, along with downloadable assessment tools and an extensive library of external resources, including addiction specific help for **COVID-19**.



#### Innovations and Benefits

- Ingredients of successful behavior change organized into five, easy to understand action modules (5-Actions)
- Addresses all addictions, both substance and behavioral, within one integrated program.
- Identifies and intervenes upon key leverage points perpetuating addictive behavior, including insecure attachment, ACEs, trauma, and other co-occurring mental health disorders.
- Built upon two evidence-based theories of change: Contextual Model<sup>1</sup> and Self-Determination Theory<sup>2</sup>.
- Optimizes outcomes through state-of-the-art interventions that include enhancing quality of life





### Closing the Gap in Need

- Provides help for the 90% of people who struggle with addiction and do not access treatment due to stigma, shame, lack of motivation, limited/no insurance, or limited/no treatment available<sup>3</sup>.
- Offers coverage for hard to reach populations living in rural and frontier communities where treatment services are limited or unavailable.
- Provides adjunctive tools to clinicians now delivering addiction treatment via teletherapy sessions due to COVID-19.
- Prescribers can combine program with medicationassisted treatment to enhance outcomes.
- Can be used by drug courts to supplement traditional mandated treatment.

## **Cost-Effective Population-Based Care**

- Scalable solution that reduces the need for face-to-face treatment and can be delivered at a cost of less than \$1 per potential user.
- Program can be customized and launched within weeks.
- Data-driven assessment measures track use, outcomes, and user experience over time.

For more information: https://newmexico.5actions.com

<sup>1</sup> Wampald & Imel (2015), The Great Psychotherapy Debate, 2<sup>nd</sup> Ed., Routledge), <sup>2</sup> See: https://selfdeterminationtheory.org, <sup>3</sup> SAMHSA (September 2017), Receipt of Services for Substance Use and Mental Health Issues Among Adults, NSDUH Data Review.