



**Building Recovery Capital
through Digital Health
Technologies**

Learning Objectives



new

At the end of this session participants will be able to:

- identify at least three different types of digital health technologies and how these online technologies are used by peers, peer support specialists, and behavioral health professionals.**

Quote of the Week...

*‘Digital and mobile technologies hold enormous potential for increasing access to services, facilitating self-help, monitoring and assessing variations in symptoms and wellness-promoting activities, and increasing health literacy. This potential will be fulfilled only if behavioral health service providers are willing to adopt effective **new technologies**, to develop the adequate skills to use them, and to fully support service users.’*

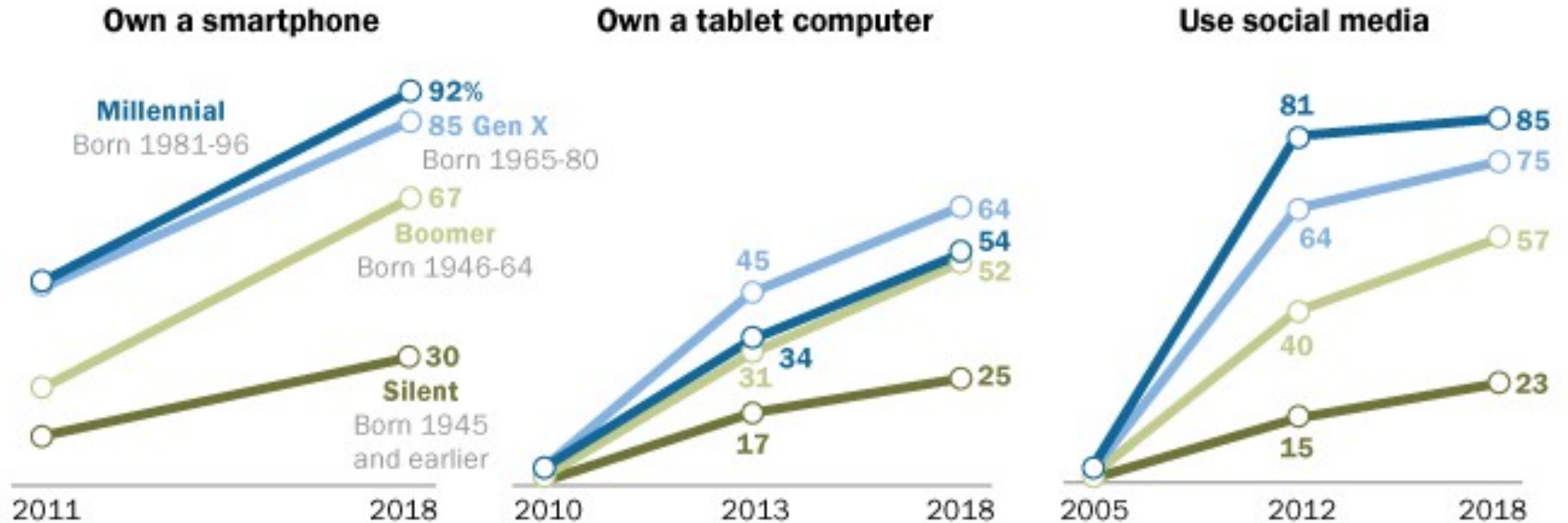
Week 1 Outline

Discuss/Review

- **Online/Telephone Self Help/Support Groups**
- **Social Networking Sites**
 - Facebook
 - Instagram
 - Twitter
 - Reddit
- **Lurking**
- **Web-Based Narratives**
 - PodCasts
 - Blogs
 - Videos
- **What is Your Role**
- **Creating/Preparing Your Tool Belt**

Millennials lead on some technology adoption measures, but Boomers and Gen Xers are also heavy adopters

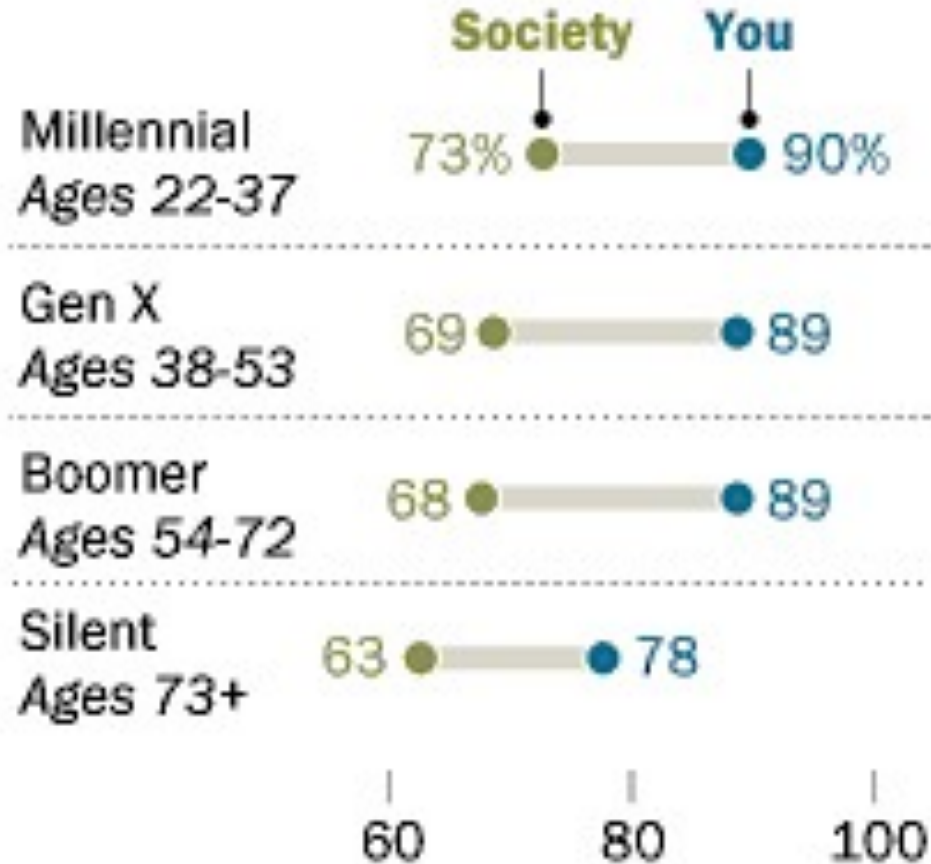
% of U.S. adults in each generation who say they ...



Source: Survey conducted Jan. 3-10, 2018. PEW RESEARCH CENTER

Older internet users less likely to view the internet as a positive for society

% of U.S. internet users who say the internet had mostly been a good thing for ...



Note: Include responses from internet users only.

Source: Survey conducted Jan. 3-10, 2018. PEW RESEARCH CENTER

ONLINE & TELEPHONE-BASED GROUP SUPPORT





EFFORTS — P. O. Box 20241
Kansas City, Mo. 64195-0241
Ph: 1-866-END-COPD

The information on (or referenced by) the EFFORTS' website and discussion lists is not intended or implied to be a substitute for the professional medical advice of your own healthcare providers.

Support EFFORTS at AmazonSmile.org.

When you shop at Amazon.com, please use this link to help support our EFFORTS organization. #StartWithaSmile at

smile.amazon.com/tmz/43-1870961

Amazon sends collected donations to charities quarterly. Thank you for your participation.

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Emphysema (COPD) takes your breath away

Learn more about Emphysema (COPD) from others who are living with it. Daily email discussions about lung disease, medical professionals also contribute their expertise and answer our questions.

If you are looking for more information or support about Emphysema or other Chronic Obstructive Pulmonary Disease (COPD), you have found the most energetic and comprehensive organization on the web. Be an informed patient. Learn that living with COPD, while a change in lifestyle, is not a death sentence.

We currently number about 1500 members representing the USA and 30 other countries.

EFFORTS is a 501(c)(3), non-profit organization that was formed, funded and is operated by patients with the disease. Membership is free. All contributions are tax-deductible and gratefully accepted. Click here for [information](#) on sending contributions to EFFORTS. We accept credit cards and PayPal.

BECOME A MEMBER OF EFFORTS

To become a member, fill in the form below and click the Submit button. Please note, we are an active list so many emails may come to your mailbox in one day. In order to receive only one email containing the emails that were sent for the day, type "Yes" in the Digest field. If you are a medical professional, email us and let us know your specialty or write it in the Digest field, in addition to notes if you want digest. If you have any problems or questions please contact us at efforts.managers@people.com.

Early examples of intervention websites appeared approximately 20 years ago and were first published on in the late 1990s and early 2000s.

An online community is a group of people who interact in a virtual environment. They have a purpose, are supported by technology, and are guided by norms and policies.



‘online community’ to mean any virtual social space where people come together to get and give information or support, to learn, or to find company. The community can be local, national, international, small or large.

A more elaborate and technical definition of online community, which acts as a benchmark for developers includes 4 basic constituents:

- **Socially interacting people striving to satisfy their own needs**
- **A shared purpose like an interest or need that provides a reason to cooperate**
- **Policies in the form of tacit assumptions, rituals, or rules that guide the community members' behavior**
- **A technical system that works as a carrier that mediates social interaction**

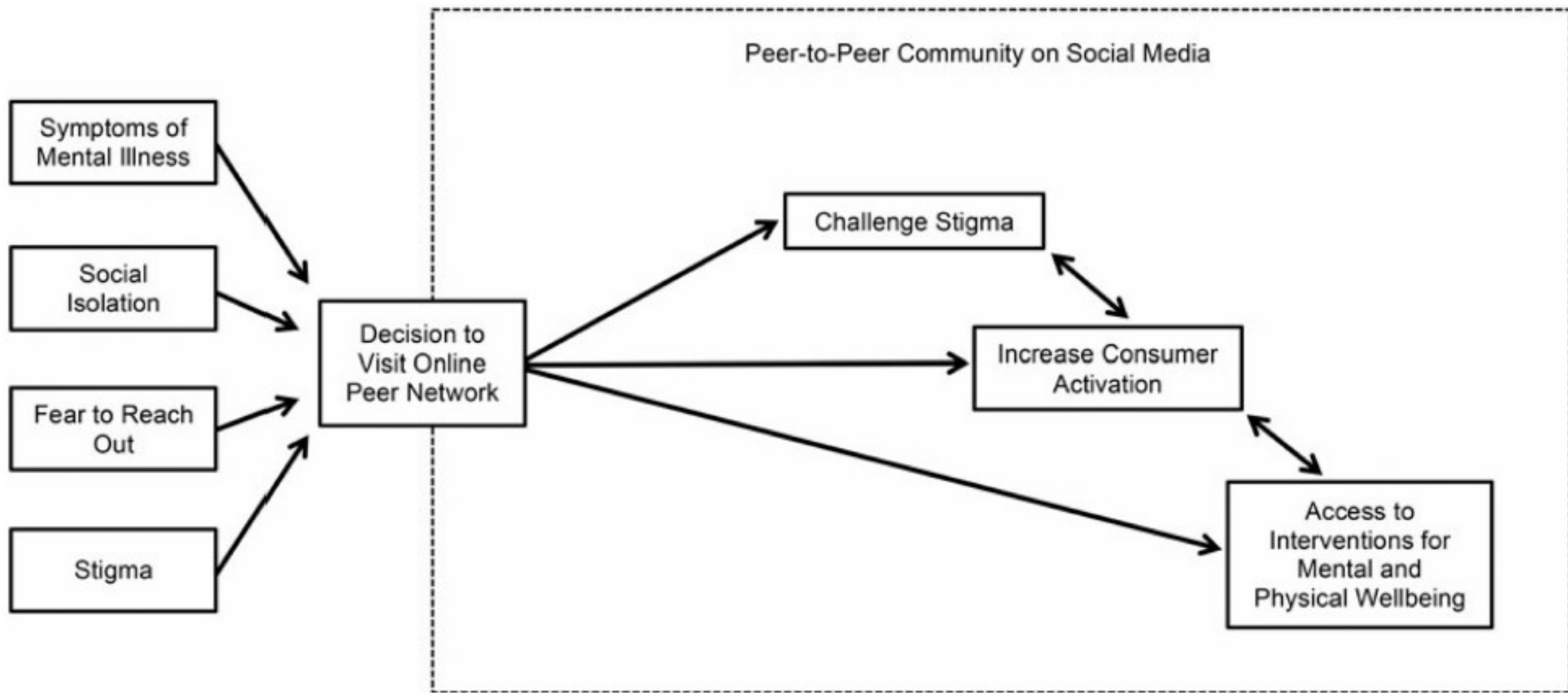
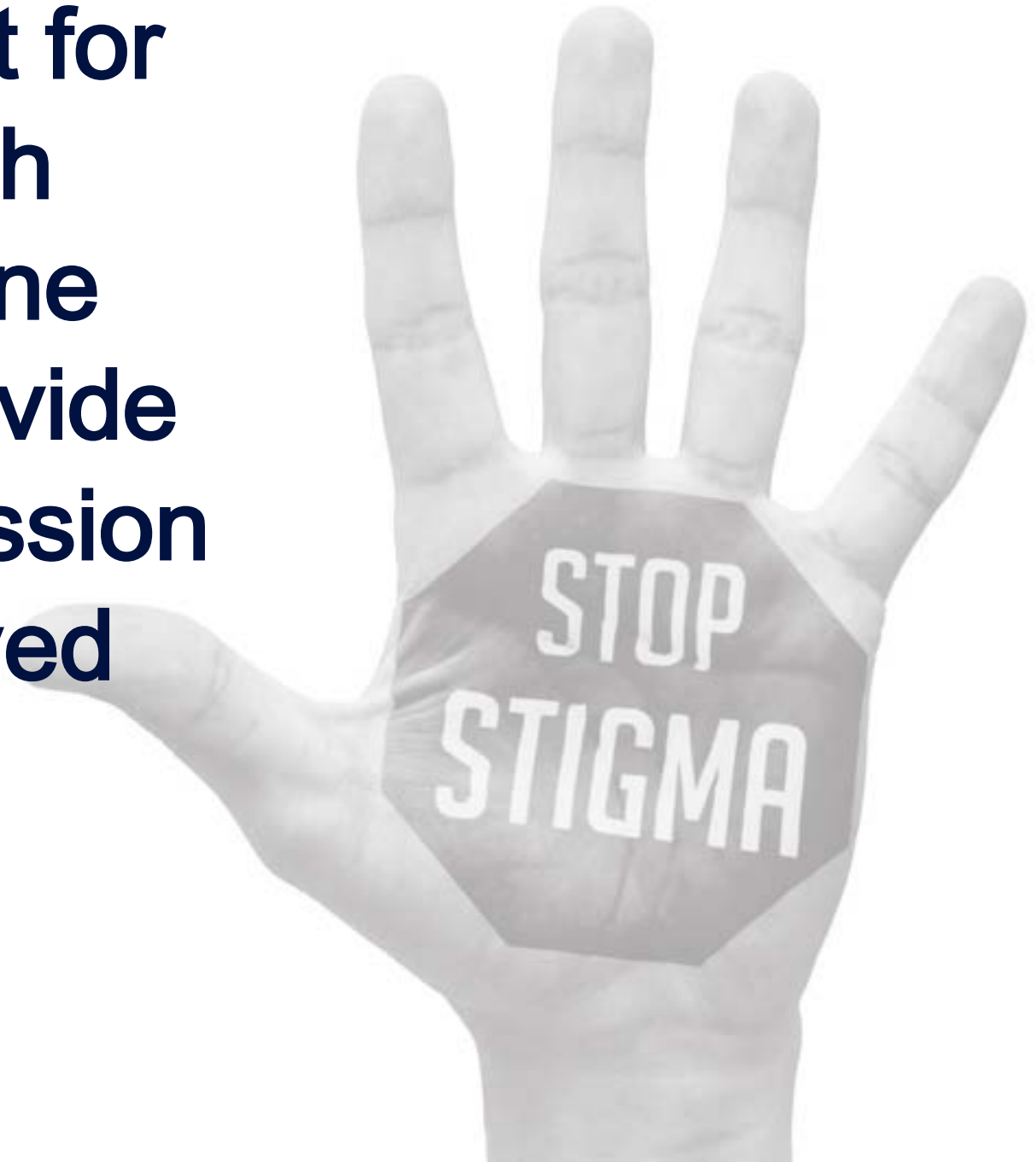


Fig. 1. Conceptual model illustrating potential opportunities that may be available to individuals with serious mental illness after visiting an online community of peers.

Studies have shown that for individuals struggling with addictive behaviors, online peer support groups provide an open forum for discussion while minimizing perceived barriers and stigma.



**OSGs have a direct effect on well-being
and personal empowerment.**

Tanis, 2007; Barlett & Coulson, 2011

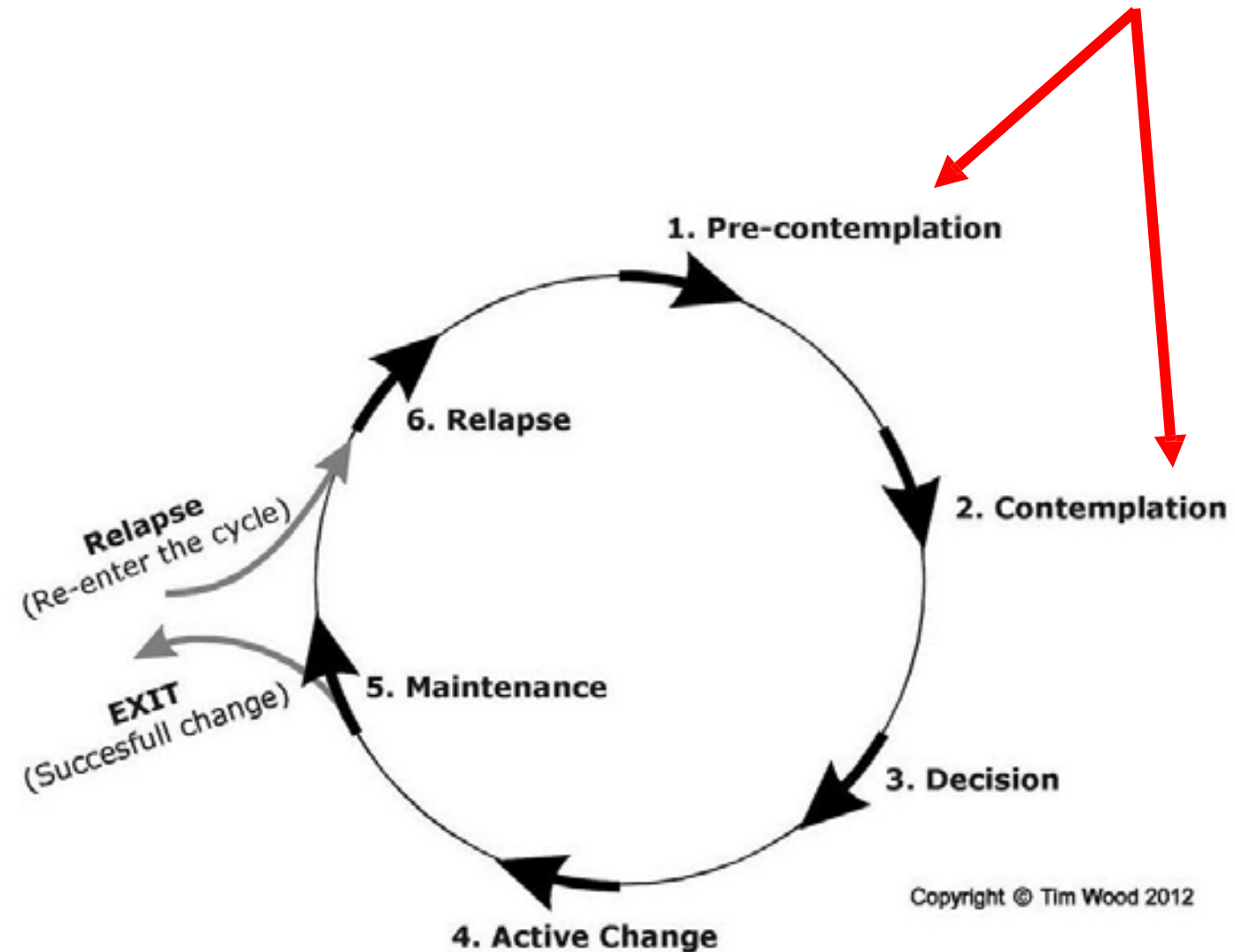


Online support groups are associated with higher life satisfaction and highly desired by people in distress, reporting positive and relevant interactions.

McColl et al., 2014



Online groups appear to provide an alternative for people who experience barriers in accessing traditional services, and may serve as a place to explore their relationship with alcohol at early stages of change.



1. Pre-contemplation (**Why bother?**)
2. Contemplation (**Partly want to change**)
3. Decision (**Deciding to change**)
4. Active change (**Changing behaviour**)
5. Maintenance (**Keeping it going**)
6. Relapse (**Return to pre-contemplative behaviour**)

Benefits of OSGs

- **Convenient**
- **24/7 access**
- **Leads to meaningful peer connections**
- **Preserves users' anonymity**
- **Specialty groups accessible**
- **Bridge between inpatient and outpatient programs**
- **Improved outcomes in maintaining recovery**

Types of Online Support Groups

- **Videoconferencing** (Zoom/Skype Meetings)
- **Discussion Forums**
- **Live Chat and Designated Chat Rooms**
- **Email**
- **Telephone**



Online Meetings Directory

Some groups conduct multiple meetings or offer multiple meeting formats. For example, if you see both "E" and "CH" in the codes column, that group offers both email and chat meetings.

English-language Meetings

Browse the meetings with the [Meeting Browser](#) (10 per page), the [A-to-Z Browser](#), or follow the links below to narrow your selection:

[Email](#) | [Chat\(text\)](#) | [Audio/Video](#) | [Discussion Forums](#) | [Telephone](#)

[Men](#) | [Women](#) | [Gay/Lesbian/Bisexual/Transgender](#)
[Deaf/Hard of Hearing](#) | [Loners/Internationalists](#) | [Military](#)
[Regional/Ethnic](#) | [Professional Specific](#) | [Atheist & Agnostic](#)

Meetings in Other Languages

[Čeština/Slovenčina](#) | [Dansk](#) | [Deutsch](#) | [Español](#) | [Français](#)
[Ελληνικά](#) | [Italiano](#) | [日本語](#)
[Polski](#) | [Português](#) | [Russki](#) | [Slovenčina](#) | [Svenska](#)

Open & Closed Meetings

"Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.

"Closed meetings are for AA members only, or for those who have a drinking problem and "have a desire to stop drinking."

(from "The AA Group"; copyright AA World Services, Inc.; reprinted with permission)

Meeting Codes

O Open Meeting
C Closed Meeting

Regular / Specialty

A Regular (all)

Men Men Only

Women Women Only

GLBT Gay / Lesbian /
Bisexual /
Transgender

DHoH Deaf / Hard of
Hearing

LI Loners /
Internationalists

MIL Military

RE Regional /
Ethnic

P Profession
Specific

AAg Atheist &
Agnostic

Meeting Formats

E Email Meeting

CH Chat (text)
Meeting

AV Audio / Video
Meeting

DF Discussion
Forums
Meeting

T Telephone

AA Meeting - Videoconferencing/telephone

Eye Opener Web Meetings

Alcoholics Anonymous Group

6:00 a.m. (Pacific Time) daily

To enter the main meeting room, just click here:



Eye Opener web meetings **never last more than 30 minutes**. They keep us connected with the Fellowship and support the daily maintenance of our spiritual condition. You don't have to give your name or any contact info to join us, and you can participate from pretty much any device — even a plain old telephone (instructions below).

What to expect. These are audio/video meetings. They are often small and informal, but they usually follow a set format guided by a meeting chairperson. There's a button that lets you turn off your video camera if you prefer not to be seen, and if you prefer just to listen, you are welcome to pass when called upon.

Meeting materials.

- AA Preamble
- Daily Reflections
- How it Works
- Twelve Traditions
- Alcoholics Anonymous Big Book and 12x12.
- Fellowship of the Spirit
- Acceptance
- The Promises
- Keys of the Kingdom

For chair person:

- Sunday meeting format (Occasional speaker meeting)
- Monday meeting format (Step study meeting)
- Tuesday meeting format (Open-discussion meeting)
- Wednesday meeting format (Open-discussion meeting)
- Thursday meeting format (Big Book study meeting)
- Friday meeting format (Open-discussion meeting)
- Saturday meeting format (Open-discussion meeting)
- Current issue of *The Grapevine*.

Entering a meeting room. Just click the colored camera icon. If it is your first time, you may be prompted to install the Zoom.us app, but that is quick and easy. We also have the following smaller meeting rooms if you need to talk to another alcoholic privately or at an unscheduled time:  [Appear in room](#) or  [Google room](#).

Participating by telephone: dial 1-408-638-0968 (or 1-646-558-8656) and enter Meeting ID 7307336463.

<http://www.portlandeyeopener.org/WebMeetings.html>



Men's ASL AA Group

<https://doda.omnijoin.com/>



Click for an
English Version



Thought for the Day

Gossip about or criticism of personalities has no place in an A.A. clubroom. Every man in A.A. is a brother and every woman is a sister, as long as he or she is a member of A.A. We ought not to gossip about the relationships of any man or woman in the group. And if we say about another member, "I think she or he is taking a few drinks on the side," it's the worst thing we could do to that person. If a woman or a man is not living up to A.A. principles or has a slip, it's up to her or him to stand up in a meeting and say so. If they don't do that, they are only hurting themselves. Do I talk about other members behind their backs?

Meditation for the Day

To God, a miracle of change in a person's life is only a natural happening. But it is a natural happening operated by spiritual forces. There is no miracle in personalities too marvelous to be an everyday happening. But miracles happen only to those who are fully guided and strengthened by God. Marvellous changes in people's natures happen so simply, and yet they are free from all other agencies than the grace of God. But these miracles have been prepared for by days and months of longing for something better. They are always accompanied by a real desire to conquer self and to surrender one's life to God.

Chat AA Meetings

Welcome to AAOnline.net!

Click here to Enter Chat

**ENTER
CHAT**

in the new
AAOnline.net Web Chat
Meeting Room.

Web Meeting Schedule

8:30am Every Day
1:30pm Weekdays
6:30pm Every Day
9:30pm Every Day
3:00pm Weekends

Beginner's 9:30pm Monday
(all times in Eastern Time)
at:

All are welcome to attend!
A Flash 7 (or above) enabled
web browser is required to
access the meeting.

Twelve Step
Committee



Need help right now with a
drinking problem?
Assistance is available 24
hours a day in many
languages. [Send a message.](#)

AAOnline.net has open "facsimile" real time AA topic meetings for Alcoholics on the WWW. It has 38 Online Alcoholics Anonymous meetings per week and plans to add more. Approximately 55 to 85 people flow through the room during any one meeting. Average attendance per meeting is 62. All recovering alcoholics, or anyone with a desire to stop drinking with a Flash 7 (or above) Enabled Browser can attend the Meetings.

MISSION STATEMENT

The primary purpose of AAOnline.net is to carry the Alcoholics Anonymous message of recovery to the alcoholic who still suffers. In using this electronic medium, the message of recovery can be brought to those unable to physically attend meetings and shared under the protection of increased anonymity with those who would not otherwise have made contact in any other way.

Our purpose at AAOnline.net also includes supporting the continued recovery of those wishing to supplement their regular face to face meetings of Alcoholics Anonymous in the continuation of their journey of spiritual awakening and in becoming happy and usefully whole.

AAONLINE conducts open topic meetings online very much like face to face AA meetings. Standard Online Protocol is observed so that people may share uninterrupted. To share, type "!" (no quotes) and when finished sharing, type "/ga". Type "?" for a question. Requests to share are called on, in turn, by the meeting Chair or QUEUE-Leader. Questions are usually handled in IM's. Crosstalk is discouraged during sharing in protocol, but is okay in IM's. It's that easy!

The only requirement for membership is a desire to stop drinking. Just like any other AA meeting, there are no dues or fees, no sign ups.

GOD grant me the Serenity to accept the things I cannot

IMPORTANT NOTE: Alcoholics Anonymous World Services, Inc. (AAWS) has not approved, endorsed, or reviewed this website, nor is it affiliated with it, and the ability to link to AAWS' site does not imply otherwise.

Telephone Group

We're Saving a Seat For You

A.A. Holiday Group

HOME

CONTACT

HOLIDAY MORNINGS ONLY

8AM PACIFIC
11AM EASTERN

Tel: 712-432-3900

Access Code:
283535#

New Year's Day
MLK Birthday
Washington's Birthday
Memorial Day
Independence Day
Labor Day
Columbus Day
Veterans Day
Thanksgiving Day
Christmas Day

THIS IS AN OPEN
MEETING.

THIS AA GROUP IS A SPECIAL GROUP
THAT MEETS ONLY ON HOLIDAY
MORNINGS. THIS IS A PLACE FOR
NEWCOMERS TO GO WHEN FEELING
SHAKY AND OTHER AA'S TO COME &
CARRY A MESSAGE OF HOPE TO THEM.

Email AA Meetings

<http://www.g-r-o-w.com/>

[Home](#) [About GROW](#) [For Members](#) [About AA](#)



GROW

Grateful Recovering Online Women

Welcome to GROW!

We are the Grateful Recovering Online Women's (GROW) Group of Alcoholics Anonymous. We hold E-mail A.A. meetings for alcoholic women and/or women who wish to learn how A.A. might help them stop drinking. We adhere to the 12 Steps and 12 Traditions found in *The Big Book of Alcoholics Anonymous*.

We provide this website as part of our 12 Step work, and we welcome new members!

Who are we?

We come from all walks of life and we have traveled many different paths to get to A.A. What we have found here is a daily reprieve from our drinking, and that daily reprieve has transformed our lives.

To protect the anonymity of its members and to avoid any appearance of endorsing outside issues, GROW will not participate in research, surveys or similar projects conducted by individuals or institutions outside Alcoholics Anonymous.

About GROW

Our guiding philosophy, how we hold meetings, how to join us, and our FAQ

Members

Group conscience decisions, trusted servant information, common welfare guidelines, business meeting minutes, group history

Alcoholics Anonymous

General information and links to official A.A. websites; how to access 24-hour help to quit drinking

We meet by E-mail, so we're "open" 24 hours a day! Subscribed members can send mail to the group list service which is then distributed to all members. Each Sunday a meeting leader sends out the week's topic.

GAYSOBER2- email

<https://groups.yahoo.com/neo/groups/GaySober2/info>



GAYSOBER2

Restricted Group, 167 members

Conversations Photos Files About More

About Group

+ Join Group

added in the last 7 days

Group Description

GaySober2 is a discussion list for lesbian and gay adults in recovery from alcoholism and/or drug addiction.

While many members also belong to Twelve Step groups, all paths to recovery as well as all belief systems (or lack thereof) are respected. Healthy discussion of anything that helps you achieve and maintain sobriety is welcome -- trolling, bashing and flaming are not.

If you are a recovering alcoholic and/or drug addict, you are very welcome here to share your experience, strength and hope with us so we can help each other to stay clean and sober.

As the social creatures we humans are, posting needn't be limited to meeting-style "sharing" -- think of Gaysober2 as the "meeting after the meeting" too. Sometimes there are things we'd like to discuss or share that aren't strictly recovery or "program" related, but we'd prefer to do so with like-minded folks. This is a great place for that. And while "cross talk" is usually frowned upon in traditional meetings, if you have a legitimate comment or response intended to offer help or encouragement, or to further discussion, it is welcome in this forum.

GaySober2 operates primarily as a mailing-list. You can either post a message by replying to a message in the e-mail program you are using or by using the web-interface, and it gets mailed to all list members. On the other hand if you have something to say to somebody privately, you can e-mail to her or him directly.

If you post something on GaySober2 you are very likely to get a reply and there is always somebody out there who reads, cares and understands.

Just as in face-to-face recovery, it works by getting involved. Helping ourselves by helping others. You never know when what you have to say is exactly what someone else needs to hear, so when in doubt, let it out!

Thanks for joining!

Members of this group also joined

We Share, Uncover, Discover and Re...

Public Group, 1874 members



Twelve Step Soul Food for the Spirit welcomes people from all 12 Step fellowships, in recognition ...more

EARN A MASTER OF SOCIAL WORK ONLINE

- Advanced standing available
- As few as 12 months to complete
- Bachelor of Social Work required
- Four start dates per year

Start an Application >

USC Suzanne Dworak-Peck
School of Social Work

Soberistas



Soberistas
@Soberistas

Home

Posts

Videos

Photos

About

Community

Create a Page



Like Follow Share

Send Message

Status Photo/Video

Write something on this Page...

Posts



Soberistas

July 11 at 6:40am

<https://soberistas.wordpress.com/.../quitting-drinking-isnt-.../>



Quitting Drinking Isn't Just About No More

Website

Community

See All

Invite your friends to like this Page

6,817 people like this

6,677 people follow this

About

See All

Typically replies within a few hours
Send Message

www.soberistas.com

Website

Pages liked by this Page



Action for Happiness


Like



Justice For Irish Moth...

Like

‘Soberistas is an online mutual aid group, described by its founder as ‘non-prescriptive, non-religious, and non-judgmental’ (Rocca, 2016) and entirely peer-led except for limited content moderation. It is a private limited by shares company and a social business with a global membership base (including the UK, USA, and Australia) of 1828 subscription-paying members (fee: £34/year) and 2000 active browsers.’



How do you feel about your
relationship with alcohol?

I'D LIKE TO KNOW MORE

I'M READY TO CHANGE

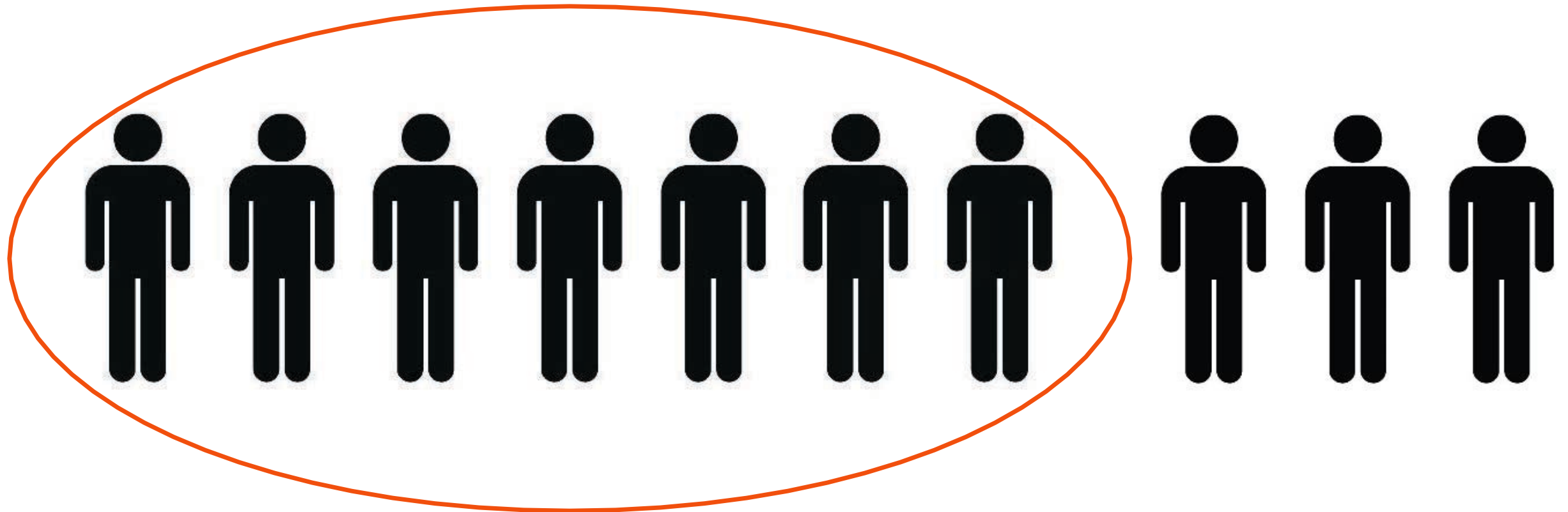
I WANT TO SUPPORT SOMEONE

‘Developed in Australia in 2009, HSM is an online program that encourages people to commit to a period of non-drinking and to blog about their experiences. Once individuals sign up to HSM, they instantly have a platform to discuss their experiences with a network of others, which aims to create an environment that enables people to communicate and support one another. HSM was developed to support people to change their own drinking patterns, reflect on their alcohol consumption and on alcohol’s role in society.’

Online Support Groups

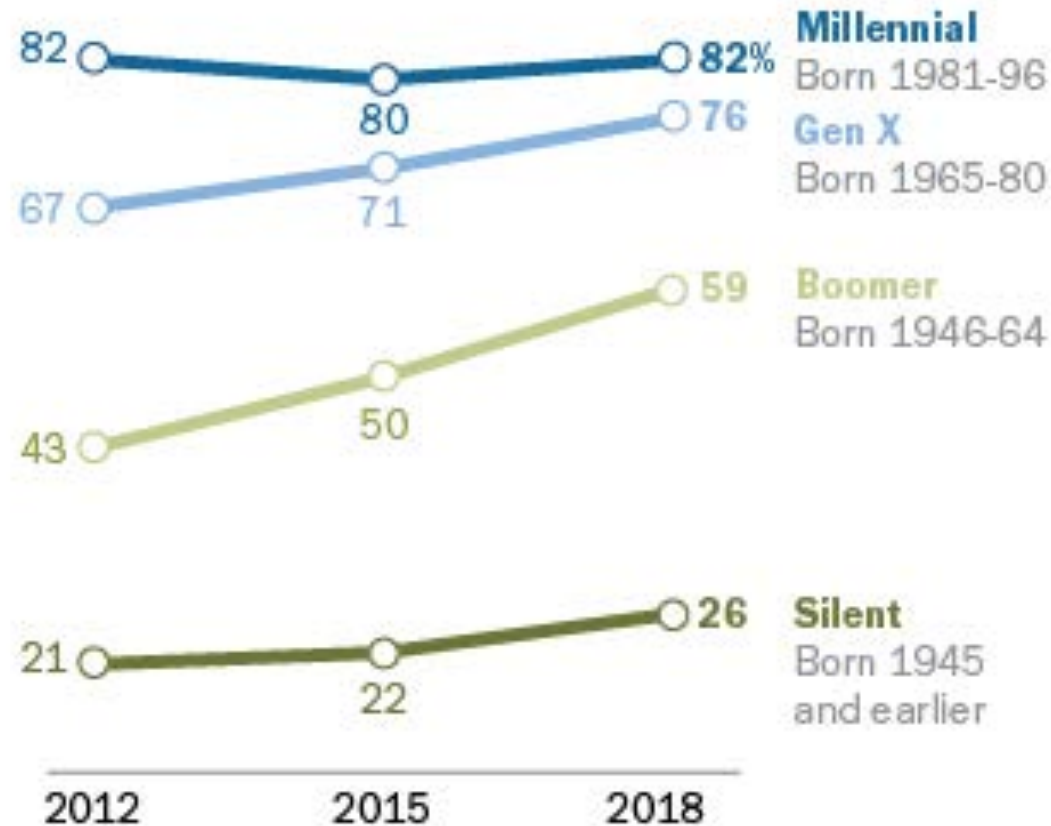
- SMART Recovery
<http://web.archive.org/web/20120107134838/http://www.smartrecovery.org:80/meetings/ol-schedule.htm>
- In the Rooms <https://www.intherooms.com/>
- Online Intergroup <http://www.aa-intergroup.org/directory.php>
- Daily Strength <https://www.dailystrength.org/group/alcoholism>
- Lion Rock <https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
- LifeRing <http://lifering.org/chat-room/>
- SOS <https://groups.yahoo.com/neo/groups/SOSWomen/info>
- [Adult Children of Alcoholics](http://www.meetings.adultchildren.org/find-a-meeting-search-results#results) <http://www.meetings.adultchildren.org/find-a-meeting-search-results#results>; <http://www.meetings.adultchildren.org/find-a-meeting-search-results#results>
- Alanon- Serenity for Us Yahoos Group
<https://groups.yahoo.com/neo/groups/serenity4us/info>; <http://al-anon.info/MeetingSearch/PhoneMeetings.aspx?language=EN>
- The Recovery Group www.therecoverygroup.org/meetingroom.html

7 in 10 Americans use social media to connect with one another, engage with news content, share information and entertain themselves.



Similar shares of Gen Xers and Millennials now use Facebook; Boomers growing fast

% of all adults in each generation who say they use Facebook

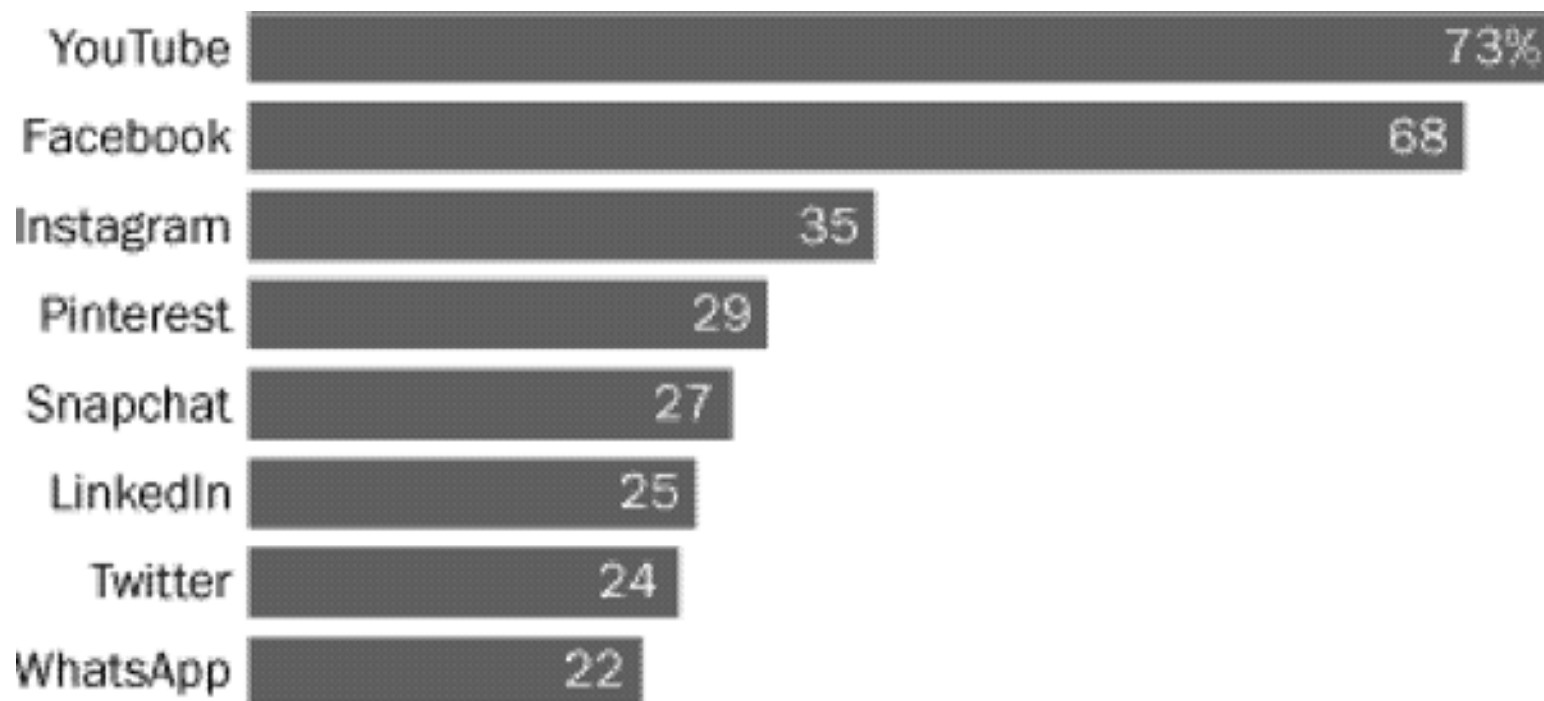


Note: Include responses from internet users only.

Source: Survey conducted Jan. 3-10, 2018. PEW RESEARCH CENTER

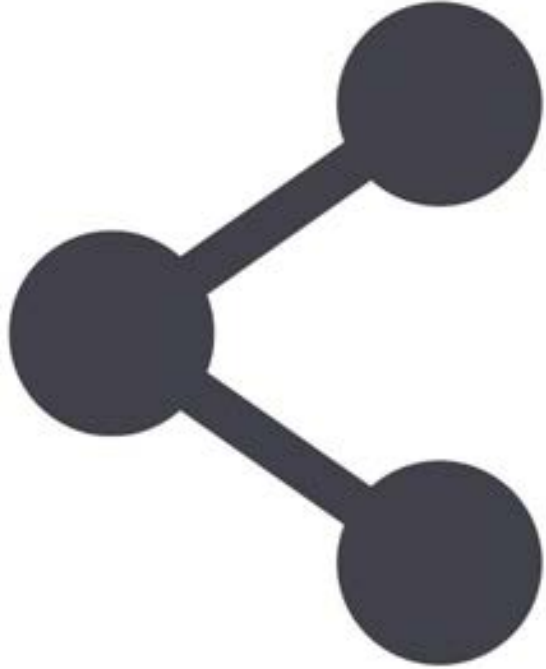
Majority of Americans now use Facebook, YouTube

% of adults who say they use



source: Survey conducted

2018



Sharing Icon

- **Social media users can choose their own level of engagement and extent to which they interact with others.**
 - **Important for people with serious mental illness because it may help them overcome debilitating effects of their illness such as information processing challenges, increased social anxiety, or difficulties with social interaction.**



alcohol support group



Top Tweets

All Tweets



stephanie chivers @ichange21 · 5d

Ladies only FB closed support group for women who want to change their relationship with alcohol buff.ly/2u1Pjzo

Women who dont drink.

Share - Accountability - Support

ichange21



stephanie chivers @ichange21 · 5d

Whats so great about the Ladies only support group buff.ly/2ugX74T #alcohol



Hope Not Handcuffs
@hopenothandcuffs

Home
Posts
Videos
Photos
About
Community
Events

Downriver Opioid Forum
Wednesday, May 30, 2018
6:30 to 8:30 PM
Location: Henry Ford Wyandotte Hospital

Like Comment Share

7
2 Shares

Sign Up Send Message

About See All

- Typically replies within a few hours
Send Message
- familiesagainstanarcotics.org/hopenothandcuffs
- Nonprofit Organization - Community
- Suggest Edits

Team Members

Katie Donovan

Related Pages

Families Against Narcotics
Nonprofit Organization

<https://www.facebook.com/hopenothandcuffs/>

<https://www.facebook.com/facingaddiction/>

Facing Addiction with NCADD
@facingaddiction

Home
About
Fundraisers
Events
Photos
Videos
Community

STOP the stigma, STOP the silence.

Like Follow Create Fundraiser ...

Donate Send Message

Nonprofit Organization in Danbury, Connecticut
4.8 ★★★★★

Facing Addiction with NCADD invited you to like this Page
Show that you're interested in this Page by liking it.

Like Page



Grateful Addicts in Recovery

Home

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Videos

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Create a Page

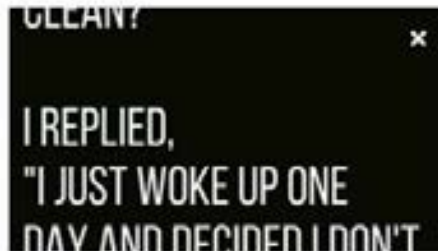


Welcome to Grateful Addicts in Recovery,
We're here to help and support those who still suffer fr...

Like Follow Recommend ...

Send Message

Featured For You



806,473 people follow this

Save



799,166 people like this

Status Photo/Video



Write something on this Page...

Posts



Grateful Addicts in Recovery

September 23, 2016

Community

4.7 ★★★★★

Community

See All

Invite your friends to like this Page

799,166 people like this

806,473 people follow this

About

See All

Typically replies instantly

Send Message

Community - Addiction Service

English (US) - Español - Português (Brasil) - Français (France) - Deutsch



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Cookies - More

Facebook © 2017

<https://www.facebook.com/Grateful-Addicts-in-Recovery-1689359964682589/>

	Public	Closed	Secret
\Who can join?	• Anyone can join or be added or invited by a member	Anyone can ask to join or be added or invited by a member	Anyone, but they have to be added or invited by a member
\Who can see the group's name?	Anyone	Anyone	Current and former members
\Who can see who's in the group?	Anyone	Anyone	Only current members
\Who can see the group description?	Anyone	Anyone	Current and former members
\Who can see the group tags?	Anyone	Anyone	Current and former members
\Who can see what members post in the group?	Anyone	Only current members	Only current members
\Who can find the group in search?	Anyone	Anyone	Current and former members
\Who can see stories about the group on Facebook (like in News Feed and search)?	Anyone	Only current members	Only current members

Facebook Video

These Inmates Did A Facebook Live From The County Jail. Their Message Is Life-Saving.

These inmates have a message for Hillary, Donald and the rest of America.

09/25/2016 01:59 am ET | Updated Feb 17, 2017



Awesome! Peer to peer is the way,
Keep up the good work guys - all the way
from Hawaii

#hashtags

#recovery; #sobriety; #AA

#onedayatatime

#soberissexy

#soberliving

#teamsober

#recoveryispossible

#celebraterecovery

#sobernation

#sobermovement

#addictionchat

#HopeSharedHere

Address another user or organization with “@”

@Recovery_Org

@OurYoung Addicts



Instagram

AT&T Wi-Fi '...' 7:18 AM -1 9 82% +

TOP POSTS
#sober

 soberevolution · Follow



WAKING UP SOBER LIKE...
@SOBEREVOLUTION

1,295 likes

soberevolution Ahhh it's good to wake up without feeling hung over **H** Happy Sober SaiuLd a I_




  

AT&T Wi-Fi '...' 7:26 AM -1 9 81% +

Q #sober 0 Cancel


Top People Tags Places

- #soberlife 731,834 posts
- #soberissexy 292,425 posts
- #soberano 188,885 posts
- #soberana 39,653 posts
- #soberanos 16,725 posts
- #soberania 15,172 posts
- #soberanas 7,329 posts
- #soberity 7,240 posts

ring_   

AT&T Wi-Fi '...' 7:32 AM -1 9 80% 1-1

MOST RECENT
#wedorecover





Q 0 17

17 kes

hurricanebella731 *'tir..): (9 (A)' "tf*
100 days clean and sober today!!
The longest I've been clean.. more
View all 4 comments

mutually.symbiotic Congrats girl! That's a huge milestone!

hurricanebella731@mutually.symbiotic
Thanks woman! I feel awesome! "



How to Use Instagram

<https://www.lifewire.com/how-to-use-instagram-3485864>



Twitter
has over
336 million active users
who produce
500 million tweets
microblogging

<http://www.internetlivestats.com/twitter-statistics/>

<https://www.statista.com/statistics/282087/number-of-monthly-active-twitter-users/>

A few useful terms to know before diving into a conversation about Twitter

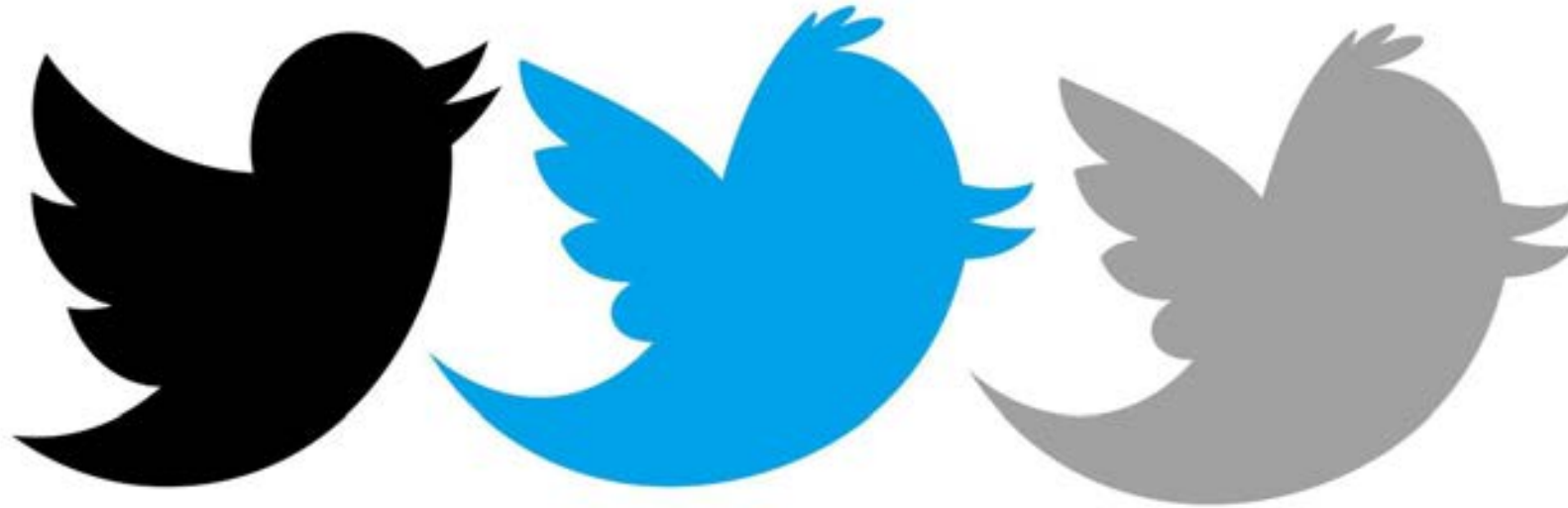
- 1. tweet: a 280-character or less message;**
- 2. hashtag: any word or phrase preceded by the # symbol, which is used to tag and search tweets belonging to a specific topic;**
- 3. handle: one's Twitter profile name preceded by the @ symbol**

How to Use Twitter

<https://www.lifewire.com/tutorial-intro-to-using-twitter-2654622>

Twitter posts remain forever—and, in fact, all US tweets are archived in the Library of Congress

Peters, et al., 2015



twitter

<https://blogs.loc.gov/loc/2013/01/update-on-the-twitter-archive-at-the-library-of-congress/>

#soberMOVEMENT

Top Latest People Photos Videos News Broadcasts

8

Twitter has a new Terms of Service and Privacy Policy, effective May 25, 2018. Learn more

Search filters Show

New to Twitter?

Sign up now to get your own personalized timeline!

Sign up

Worldwide trends

#Kohlanta
38.6K Tweets

.;":t_1.)Lo#
42.8K Tweets

#FactorX7
4,576 Tweets

.....:i|#
8,256 Tweets

#TemerAbaixaAGasolina
16.5K Tweets

FORA TEMER
64K Tweets

Irish Times
9,266 Tweets

Indiana
93.8K Tweets

Exercito
88K Tweets

Canal13

People

View all



Tweets

7,494

Following
4,676

Followers
10.5K

Follow

Sober Movement

@soberMOVEMENT

Sober Movement is a Non Profit dedicated to the unionization of people in all forms of recovery! #soberMOVEMENT Check the gear at

Non-Profit • SOBERMOVEMENT.com

11 J Sober Movement @soberMOVEMENT • 22m

Here is (IG: derk_da_mailman) with over 7 years clean and sober! Absolutely amazing! (Share your story with us at SOBERMOVEMENT.com)

#soberMOVEMENT #sober #sober life #sobriety #sober living #recovery #rehab #drugfree #ODAAT #soberissexy



#dearmentalhealthprofessionals

Top latest People Photos Videos News Broadcasts

7,423 Tweets

FORA TEMER
602K Tweets

hdiana
92.6K Tweets

> /
2,623 Tweets

Exercito
84.5K Tweets

Popeye
55K Tweets

Marian Fick Rigsbee @orioncounseling · Mar 19
I love the #dearmentalhealthprofessionals hashtag! Want to read every. single. one.

0 1 U 1 <? 2

Eli se @TrueToEli se · Mar 16
[@vanessachelle](#) thank you J. #OearMentalHealthProfessionals

Alida Paz MA. QMHP @ApazMA
#DearMentalHealthProfessionals is the best trend I have ever seen. All #herapists #counselors #socialworkers and #psychiatrists listen up!

Q <? 3

Natasha Chilman @NatashaChilman · 16 Nov 2017

Interesting article I have always been told to say SU - what does everyone think?
[#mentalhealth](#) [#dearmentalhealthprofessionals](#)
Please don't call me a 'service user,' I'm a mental health patient



Please don't call me a 'service user,' I'm a mental health patient
'It invalidates my experience as a person with a seious illness.'
metro.co.uk

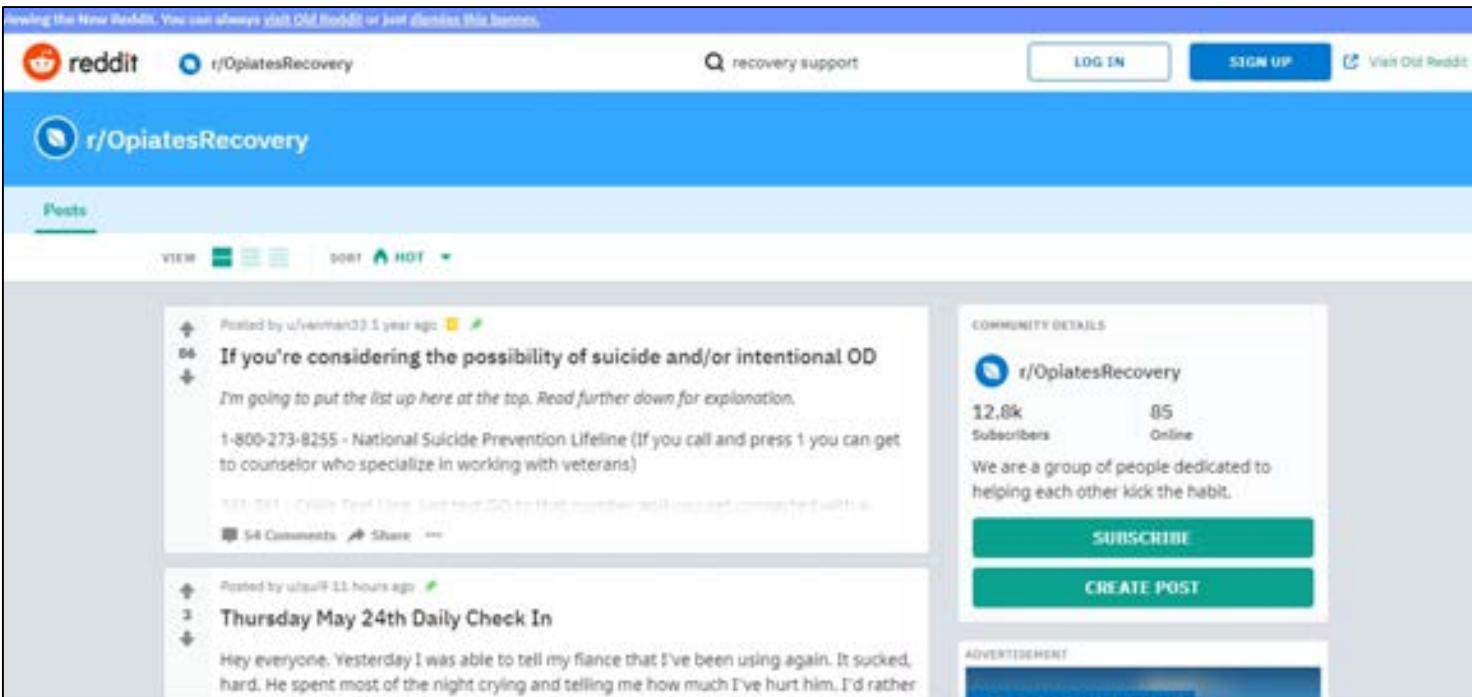


**Aim to contribute value with every action
and consider the community first**

<https://www.shopify.com/blog/how-to-use-reddit>

**Reddit is a social news website
and forum where content is
socially curated and promoted
by site members through
voting. The site name is a play
on the words “I read it”.**

<https://searchcio.techtarget.com/definition/Reddit>




<https://www.reddit.com/r/OpiatesRecovery/>

Reddit

Reddit's audience tends to be male, between the age of 18–29, and from both ends of the education spectrum

COMMUNITY DETAILS

 r/OpiatesRecovery

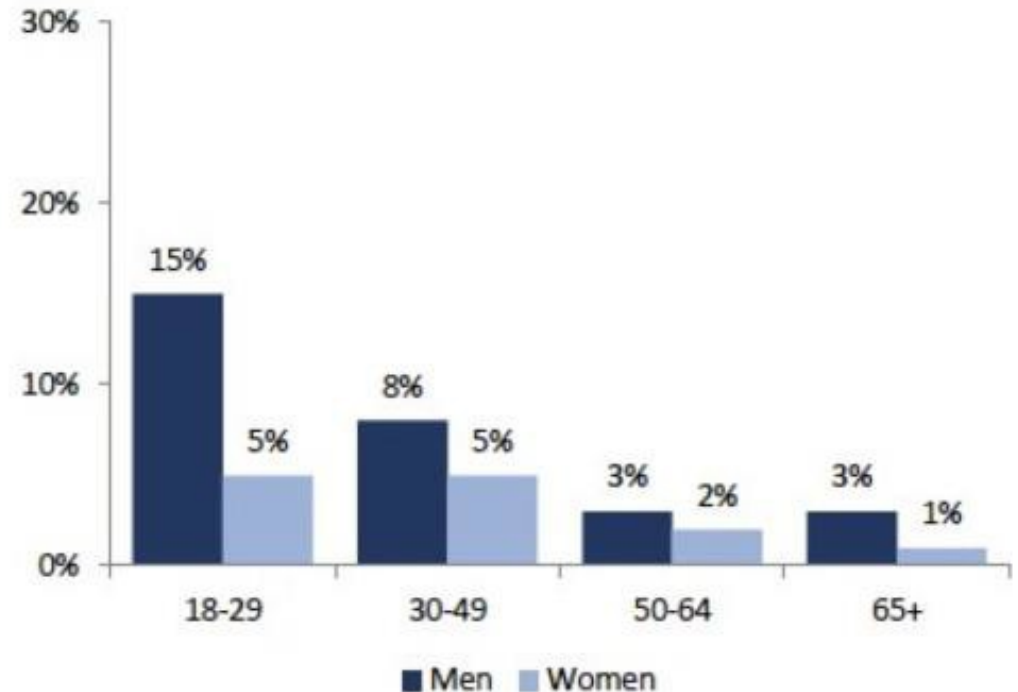
12.8k Subscribers | 59 Online

We are a group of people dedicated to helping each other kick the habit.

SUBSCRIBE

CREATE POST

Young males are especially likely to use reddit
% of internet users in each age/gender grouping who use reddit



Source: Pew Research Center's Internet & American Life Project Spring Tracking Survey, April 17 – May 19, 2013. N=2,252 adults ages 18+. Interviews were conducted in English and Spanish and on landline and cell phones. The margin of error for results based on all internet users is +/- 2.5 percentage points.



r/SecularRecovery
23 Subscribers

help each other to *move* forward. Our climate is one of optimism, empathy, and progress.

SUBSCRIBE

For those who practice or are interested in secular recovery in any form(s) including abstinence from alcohol, drugs and other self-destructive behavior, and those who support us. Secular recovery is a recovery which can be shared with others without interjection of personal religious or spiritual beliefs.

This reddit is a place for redditors in recovery and those thinking about starting the journey.

Hi! Welcome! This is a community in the SF Bay Area for support in recovery from Anorexia, Bulimia, and ednos. Being among people who truly understand can help quite a bit to make it all a bit more bearable, and that's what we're here for. Please feel free to comment and post things related to your experience of having an ED, and show support toward folks in similar boats.

SUBSCRIBE

Hello! This group is to support all who struggle with ANY type of eating disorder. I'm very passionate about ensuring that this is a welcoming and supportive community for everyone. Post & discuss anything you like. Let Your Voice Be Heard! Invite friends to join! Get the World's Attention, then change it!

SUBSCRIBE

A place to support each other in recovery from Anorexia, Bulimia, and ednos

SUBSCRIBE

We are a group of people dedicated to helping each other kick the habit.

SUBSCRIBE

A place for Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome.

SUBSCRIBE

r/RecoveryReddit

r/SFBayEDs
33 Subscribers

r/AustinEDs
6 Subscribers

r/EastBayEDs
4! Subscribers

r/OriMPPRPr.nv<ry
1.5k Subscribers

r/REDDITORSINRECOVERY
1.2k Subscribers



**Social Support =
Sharing of Personal Experiences**

The most common form of social support observed in the sample (Reddit Opioid Support Group) was **sharing of personal experiences.**

Study of Reddit Posts - 524 posts

Distinct Therapeutic Factor	Number of Comments	Examples
Altruism (e.g., personal experiences)	341	<ul style="list-style-type: none"> • <i>Day 3 after a 4 day relapse. Started this recovery thing 27 days ago, this relapse makes it feel just like the beginning though.</i> • <i>This is so hard I just want to get high so fucking bad.</i> • <i>Heroin is not awesome. I just relapsed and it sucks.</i>
Imparting Information (e.g., advice)	232	<ul style="list-style-type: none"> • <i>I suggest in-patient rehab since you seem to struggle with staying stopped. It took more than a day for things to get this bad, it's gonna take a little bit for things to get good.</i> • <i>It really takes time and dedication. Don't give up, you just need to want it bad enough.</i>
<ul style="list-style-type: none"> • Comment specifically suggests seeking help from medical professional and/or a 12-step program/meetings 	68	<ul style="list-style-type: none"> • <i>Meditation, support groups, etc. also maybe talk to doctors but be honest about past drug use to avoid being prescribed something dangerous perhaps? Hugs</i> • <i>GO TO REHAB? It is wonderfully comforting for us to be in a controlled environment after a long run living hard drugs.</i>
<ul style="list-style-type: none"> • Comment gives advice that is bad/potentially harmful 	3	<ul style="list-style-type: none"> • <i>Smoking bud ALWAYS helped me detoxing off opiates</i>
Instillation of Hope (e.g., support)	196	<ul style="list-style-type: none"> • <i>Congrats!!! You are a miracle:-) Keep going! < 3 < 3 < 3</i> • <i>Doing the right thing does not always feel right!! Stay strong y'all. It's your life you are fighting for</i> • <i>Best wishes to all and thank you. Every bit of encouragement makes a difference between success and failure.</i>
Universality (e.g., validation)	85	<ul style="list-style-type: none"> • <i>I'm in the same boat as you.</i> • <i>Take it from those of us who have made it to the other side, it is so worth it.</i>

*N = 524, but 13 comments excluded from analysis because they were written by the original post author.

Reddit

- **Only 1% contained bad/potentially harmful advice; this finding should work to alleviate concerns that online social (OFFOpiates)** (Agostino et al., 2017)
- **Only 3 out of 126 comments provided concerning advice-(Quit Cannabis)** (Sowles et al., 2017)
- **Reddit is a constantly evolving platform and thus posts may vary day today**
- **Both Reddit groups offered little advice about seeking treatment** (Agostino et al., 2017; Sowles et al., 2017)

As with most social media platforms, Reddit subscriber usernames are created by an individual who has the option to select a user name that facilitates anonymity.

Reddit is also unique from other social media sites (i.e., Facebook, Twitter) in that users can generate ‘throwaway’ accounts as additional proxies of anonymity.

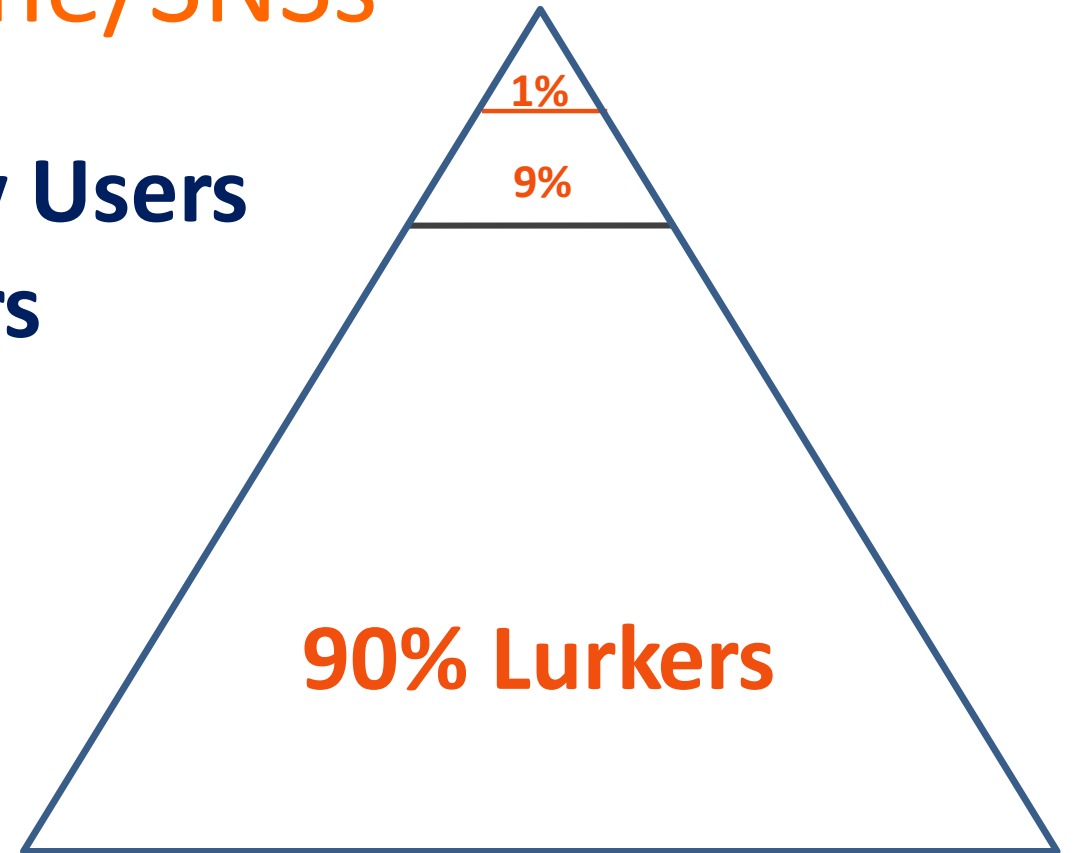


90-9-1 Rule

pattern of participation online/SNSs

Lurkers; Infrequent Users; & Heavy Users

Lurkers; Contributors; & Superusers





‘Lurking’ often provided reassurance.
“Reading other people’s stories was so important
because it made me realize I wasn’t alone”.

Lurking could increase RECEPTIVITY to care and support by serving as a proverbial “foot in the door” for patients/peers who are in early stages of change



(Rummel & Joyce, 2010)

Positive Aspects of Lurking

- **Searching for successful peer models**
- **Seeking means to gain control over distress**
- **Vicarious experiencing to increase self-efficacy**
- **Comparing self to peers with similar problems**
- **Finding coping models that overcome failure**

ONLINE NARRATIVES





THE

SOBRIETY

JOIN THE MOVEMENT

COLLECTIVE

WE ARE SOBER




**Part of a
recovery blog from
Sobriety Collective
Aug 2016**

I write all of this knowing that it may not be popular. It may not “fit” with your recovery or sobriety narrative. However, it is my story. My truth. And when I first got sober, I needed to hear a lot of stories and truths. Stories of experience, strength and hope. I needed to hear it from CEO’s and actors, teachers and lawyers, and construction workers. I needed to hear it from those who lived high on the hill and at the homeless shelter. One of the many nuggets that I took away from my 12 step meetings was to “take what I needed and leave the rest”. My wish is that one person is able to see that there are many paths to recovery, that you can recover on your own terms. This, however, does not mean that you do it by yourself. I know, for sure, that is not possible. You will need help. You will need guidance. You will need people and connection in order to get your feet underneath you. But you will learn to walk again. You will learn to run again. You will be able to trust yourself and others again. You are not broken. You have been on a path that may not be serving you anymore. There are other paths. Look around. You have a choice to change the path you are on. There are others waiting there for you.

The Audacity of Recovery. The moxie to even **think** that you can recover. The boldness for you to be you and find your own path & for me to be me and find mine; for all of us to find peace and hope and joy and to bear witness. I can’t wait to hear **your** story of boldness and audaciousness and moxie. Tell it, write it, speak it. We all need to hear it.

The Discovering Alcoholic Blog

HOME MEET TDA LETTERS FROM HELL MUSIC SOBER TOOLBOX

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[Zero to Hero](#)

[AS I AM: THE LIFE AND TIMES OF DJ AM Documentary](#)

[Stinking Thinking – Mo Money Mo Problems](#)

[Drunk Drivers/Killer Whales](#)

Boston's Higher Power

by SCREEDLER on AUGUST 11, 2016

The [liner notes](#) of Boston's Greatest Hits album released in 1997 :

Special thanks to the Narcotics Anonymous and Alcoholics Anonymous programs around the world for inspiring the song HIGHER POWER. Less than 10% of all cocaine & heroin users are able to free themselves from addiction, even after prolonged treatment. HIGHER POWER is dedicated to those few individuals who have the heart to recognize the destructiveness of their addiction to themselves and those around them, and the fortitude to succeed against such a powerful force.

Drunky Drunk Girl Blog

DRUNKY DRUNK GIRL

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25
JUL

Time to get sober—from caffeine

2:07 pm


Is it just me, or is caffeine (coffee, in particular) sort of like alcohol? I mean, in the way I fixate on it, drink WAY too much of it, and regret both after the fact?

I know someone who is in recovery who drinks a TON of it, and I can't help but wonder, is it because his mood is low (drinking too much alcohol over a long period of time leads to dopamine surges leads to, ultimately, the brain being unable to produce this feel-good hormone in regularly sufficient amounts—leaving you feeling depressed, tired, and unmotivated, to name a few), or if he just does EVERYTHING the way an addict does: too much, constantly, in fear of the comedown/reality

2016
WINNER
BEST ALCOHOLISM BLOGS

healthline

HI, IT'S DDG!

 I'm a woman who loves (or loved)

Shatter Proof Blog

The screenshot shows the top portion of the Shatter Proof website. At the top left is the logo for "SHATTER PROOF" with the tagline "STRONGER THAN ADDICTION". To the right of the logo is a navigation menu with links for "PRESS ROOM", "RESOURCE CENTER", "ABOUT US", "CONTACT US", and "DONATE". Below this is a secondary navigation bar with links for "ADDICTION", "OUR RESPONSE", "TAKE ACTION", and "DONATE", each with a small orange arrow icon. To the right of these links are two input fields labeled "email" and "zip", and a "JOIN US" button. The main content area features a large background image of silhouettes of people holding hands against a sunset sky. Overlaid on the left side of this image is the text: "ADDICTION IS A DISEASE THAT SHATTERS LIVES. IT'S TIME TO SAY ENOUGH." The word "ADDICTION" is crossed out with a thick orange horizontal line. Below the main image is a dark horizontal bar containing three promotional tiles. The first tile is for the "SHATTERPROOF CHALLENGE" with a photo of a person and the text "Registration is open for 2016 Shatterproof". The second tile is for "MY LAST PHOTO" with a photo of a candle and the text "Share a picture as part of this moving remembrance". The third tile is for the "SHATTERPROOF CLASSIC" with a logo and the text "The 3rd Annual Shatterproof Golf & Tennis".



PRESS ROOM RESOURCE CENTER ABOUT US CONTACT US DONATE

ADDICTION OUR RESPONSE TAKE ACTION DONATE

email zip JOIN US

~~ADDICTION~~
IS A DISEASE THAT
SHATTERS LIVES.
IT'S TIME TO
SAY ENOUGH.



SHATTERPROOF CHALLENGE
Registration is open for
2016 Shatterproof



MY LAST PHOTO
Share a picture as part of
this moving remembrance



SHATTERPROOF CLASSIC
The 3rd Annual
Shatterproof Golf & Tennis

Sober Guy

XXX

Get the Best of That Sober Guy

404 Shares

f 387

G+ 4

in 1

p 1

t

e

c

No Bullshit. Just the best recovery content That Sober Guy has to offer. Become a member today and gain access to Sober Guy Radio, recovery tips, FREE Download of "6 Quick Tips to Quit Drinking in 24 Hours", meetings, and more.

Join The Family FREE *No Thanks, take me to the show!*

SOBER
keep your blood clean
GUY

t **G+** **in** **e** **y** **f**

Here is the list of the top addiction and recovery blogs for 2014:

1. The Fix, <http://www.thefix.com> (74,836)
2. Momastery, <http://momastery.com> (95,935)
3. Intervene, <http://intervene.drugfree.org> (110,853)
4. Sober Julie, <http://www.soberjulie.com> (127,318)
5. Addiction Blog, <http://alcohol.addictionblog.org> (237,073)
6. Sober College, <http://sobercollege.com> (249,029)
7. Spiritual River, <http://www.spiritualriver.com> (311,142)
8. SoberNation, <http://www.sobernation.com> (359,897)
9. Chipur, <http://chipur.com> (399,373)
10. Sort My Life Solutions, <http://www.smyls.co.uk> (465,037)
11. Breaking the Cycles, <http://www.breakingthecycles.com> (512,917)
12. The Hurt Healer, <http://carolynhughesthehurthealer.com> (850,601)
13. Addiction Today, <http://www.addictiontoday.org> (881,558)
14. Paul Garrigan.com, <http://paulgarrigan.com> (883,526)
15. Recovery Health Care, <http://recoveryhealthcare.me> (921,193)

New Blogs



- Sober Seniorita <https://sobersenorita.com/blog/>
- Sober Courage <https://sobercourage.com/>
- The Sober School <http://thesoberschool.com/kates-blog/>
- I am Just FINE <http://fine-anon.blogspot.com/>
- 12stepphilosophy <https://12stepphilosophy.wordpress.com/>



The Bubble Hour



- [Home](#)
- [Our Mission](#)
- [Who We Are](#)
- [Sober Resources](#)
- [Subscribe to our Free Podcast!](#)
- [Intro Music](#)

Wednesday, September 7, 2016

Who Am I Now? (Guest: Margaret)

If we define ourselves by what we do, it can be hard to remain stable when a big change comes along. For Margaret, retirement could have left her searching for meaning and purpose. Instead, she is looking forward to the freedom to fully be herself. Join us for a discussion about knowing ourselves from within, instead of that which others say we are.

Daily-ish Inspiration



 **LIFESTYLE**
Who Am I Now? (Guest: Margaret)
by The Bubble Hour



12 on 12

12 on 12 -
Musicians/Bands/Songs
for Our Sobriety &
Recovery

July 12, 2016

six writers, artists, creatives in recovery
have come together to give you



a monthly collection of 12 things
that have helped their sobriety
available on the 12th of each month

Lara Frazier
A Story of Healing

Olivia Pennelle
Liv's Recovery Kitchen

Cristina Ferri
Sober Unicorn

Mark Goodson
Miracle of the Mundane

Laura Silverman
The Sobriety Collective

Aaron Lee Perry
SoberSoldier

After Party Pod

HOME ▾

REHAB REVIEWS ▾

TOP 10 REHABS

REHAB DIRECTORY ▾

AFTERPARTY MAGAZINE ▾

GET HELP NOW ▾



APRIL 15, 2016

0

AfterPartyPod: Making Addiction Funny with Writer Bucky Sinister

Author and comedian Bucky Sinister is not nearly as sinister as his name suggests/outright says...



APRIL 1, 2016

0

Being Agnostic in AA with Joe C

Author and musician Joe C. is more than a bit of a legend in recovery...



MARCH 18, 2016

1

AfterPartyPod: Being Bipolar with Rob Roberge



FEBRUARY 5, 2016

0

AfterPartyPod: Jack Grisham

Last Name *

Your Email *

Best time to call

Your Phone Number *

555-555-5555

Text me

Submit Information

BACK2BASICS
Outdoor Adventure Therapy
Long Term Drug and Alcohol Treatment for Young Adult Men
Flagstaff, Arizona

021: 10 Ways to meet new friends in sobriety

July 13, 2015

By paully12b

Podcast

0 Comments



Here are the 10 ways to meet new friends in sobriety that Paul discusses in this podcast episode

Recent Posts

025: The Other Side Part 3 | Cassy Married a | Alcohol c

We Loved, We Hated | The Confusing Dynamics During Early Alcohol Recovery

024: The Other Side Part 2 | Emma's the daughter of an alcoholic

Sobriety First | Making Alcohol Recovery a Priority

023: The Other Side

enter search terms



11 podcasts with interviews and information to help support all aspects of recovery

1. Smart Recovery and Special Event Podcasts, <http://smartrecovery.libsyn.com/webinar-act-smart> (6,673)
2. Recovery 101, <http://recovery101.podomatic.com/> (18,151)
3. Addicted to Addicts, <http://webtalkradio.net/internet-talk-radio/addicted-to-addicts-survival-101/> (844,757)
4. Growing Up Chaotic, <http://growingupchaotic.com/> (1,688,294)
5. The Bubble Hour, <http://www.thebubblehour.com/> (5,459,624)
6. 100 Pedals, <http://www.100pedals.com/category/addiction-conversation-podcast/> (2,575,911)
7. Sober Conversations, <http://recoveryhealthcare.me/category/sober-conversations/> (5,750,285)
8. Recovered Podcast, <http://recoveredcast.blogspot.com/> (12,615,234)
9. Addiction Recovery Radio, <http://www.addictionrecoveryradio.com/podcast/> (17,635,126)
10. The Recovery Show, <http://therecoveryshow.com/> (20,434,827)
11. Addiction and Recovery Podcast, <http://paulgarrigan.podbean.com/> (24,174,581)



- Rebellion Dogs Radio <https://www.podomatic.com/podcasts/rebelliondogs12stepradio>
- Drop the Needle <https://www.podomatic.com/podcasts/rebelliondogs12stepradio>
- Buzzkill Pod <https://soundcloud.com/buzzkill-pod>
- Home Podcast <http://www.homepodcast.org/>
- Bad Story Pod <http://www.thesobrietycollective.com/badstory-listen/>
- Sharing Helps Addicts in Recovery (SHAIR) <http://theshairpodcast.com/>
- Real Deal Recovery <http://realdealrecoverypod.com/category/podcast/>
- Opiate Recovery Podcasts <http://www.opiatesupportgroup.com/>
- Rise and Grind <http://soberpodcasts.com/rise-grind/>

Videos

Peer support across 4 themes:

- **minimizing a sense of isolation** and providing hope
- **finding support** through peer exchange and reciprocity
- **sharing strategies** for coping with day-to-day challenges of severe mental illness
- **learning from shared experiences** of medication use and seeking mental health care

Many videos meet accepted notions of peer support in severe mental illness as a voluntary process aimed at inclusion and mutual advancement through shared experience and developing a sense of community.

YouTube

- **YouTube 2nd most visited website in the world**
- **5 billion videos are watched on You Tube every day**
- **Female users are 38% and male users are 62%.**
- **User Percentage by Age**
 - **18-24 – 11%**
 - **25-34 – 23%**
 - **35-44 – 26%**
 - **45-54 – 16%**
 - **50-64 – 8%**
 - **65+ – 3%; unknown age – 14%**
- **More than half of YouTube views come from mobile devices**



Finding sobriety on a mountaintop | Scott Strobe | TEDxMileHigh

53,021 views

16' 740 , 14

..+ SHARE - 'l- ...

Comments posted to 2 YouTube Videos

Thank you soo much for this video it has made me feel a little less alone ... i myself have bipolar 2 and have been off meds for about 6 months now and am also feeling the day to day fight i have in my head just to live in the real world ...

Comment on Video #5: video uploaded by female with bipolar disorder

I can relate to almost everything you say ... I'm too afraid to talk to people to have someone to relate to and discuss it with. So this video helps me in that I get to listen to your story and what you're going through and feel like I'm not alone ...

Comment on Video #18: video uploaded by male with schizophrenia

Apps provide

- Information
- Motivation
- Support
- Feedback



Types/Functions of Apps

- **Self-Management Apps**
- **Apps for Improving Thinking Skills**
- **Skill-Training Apps**
- **Illness Management/Supported Care**
- **Passive Symptom Tracking**
- **Data Collection**



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[History](#)

[Contact](#)



Step Away from an alcohol problem.

Make a positive change.

[Get The App](#)





12 Steps AA Companion 2 - App

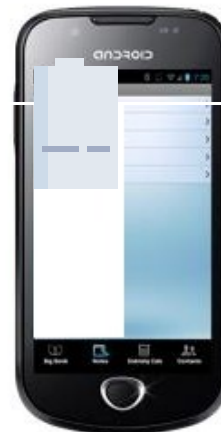
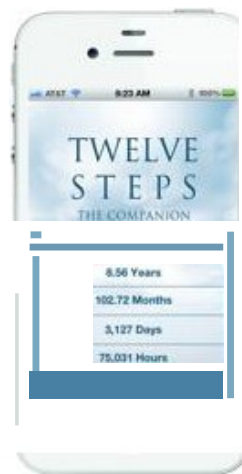
iPhone + iPod Touch + iPad + Android + Kindle + Nook



The ORIGINAL & MOST COMPREHENSIVE sobriety tool available for members of Alcoholics Anonymous.

With a feature packed Big Book reader, search tool, sobriety calculator, notes, AA contacts database and more, your experience is unmatched! Every member of AA will find this app very useful yet quite simple to use.

iPhone iPodtouch iPad **an** **Q** **nook app**



Sober Grid



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Get Support. Give Support.
Anytime. Anywhere.



Download on the
App Store



Available on the Android

App Store



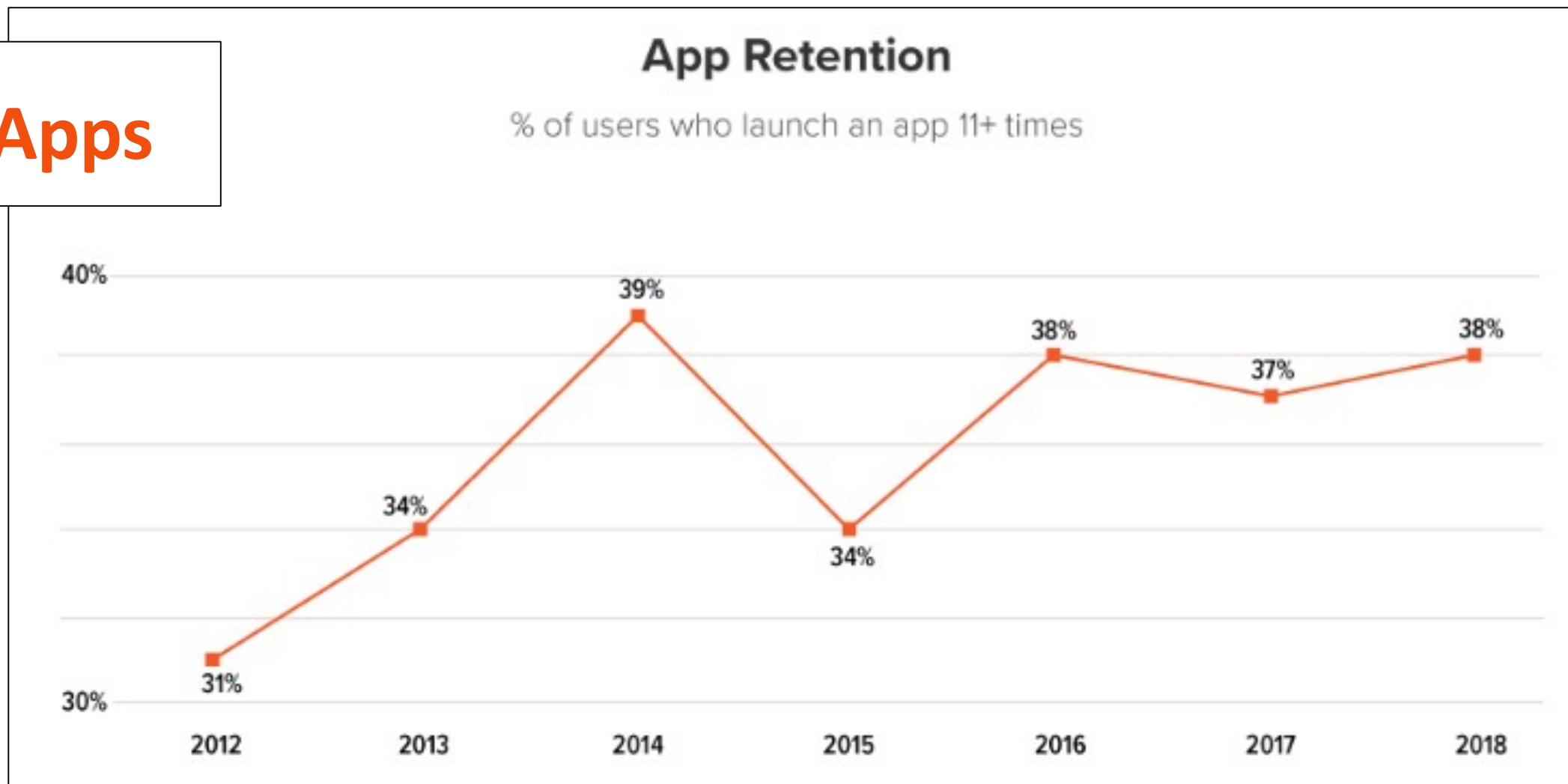
- **Users can log in to find sober people wherever**
- **Chat/messaging functions- creating individual profiles**
- **Allows users to send their location to another user if they would like to meet**
- **Geosocial networking features help users find and connect with sober people locally/in the world**



The phrase “**There’s an App for That**” epitomizes the superficial view that technology can be a quick fix to motivate people who have struggled with behavioral challenges all their lives and who have been unable to change in spite of significant consequences of these behaviors.

- recoveryBox <http://recoveryboxapp.com/about.php>
<https://www.youtube.com/channel/UCrvlnzJHlrWKg2S9VwJDsPQ>
- Daybreak <https://itunes.apple.com/us/app/daybreak-drink-less/id1107514492?mt=8>
- I am Sober <https://itunes.apple.com/us/app/i-am-sober/id672904239?mt=8>
- MOBER Fellowship App (mobile & Sober) <http://moberapp.com/#aboutus>
- Happify <https://my.happify.com/>
- Today's Step <http://www.todaysstep.com/>
- Cassava App <https://www.elementsbehavioralhealth.com/about/cassava-sobriety-app/>
- Squirrel Recovery <https://play.google.com/store/apps/details?id=com.capstone2015.sobriety-support&hl=en>
- Afternoon Affirmations <https://itunes.apple.com/gb/app/afternoon-affirmations/id441780213?mt=8&ign-mpt=uo%3D4>
- Field Guide Hazelden <https://itunes.apple.com/us/app/field-guide-to-life-addiction-recovery-support/id492256348?mt=8>
- SMART Recovery Cost Benefit Analysis <https://itunes.apple.com/us/app/field-guide-to-life-addiction-recovery-support/id492256348?mt=8>
- Weconnect <https://www.weconnectrecovery.com/>

Use of Apps



Additionally, a recent study regarding health app use among vulnerable populations found that participants lacked confidence with the technology and expressed frustration with design and navigation.

New Opportunities Through Online Peer to Peer Support

- **Challenge Stigma Through Personal Empowerment and Hope**
 - Feel less alone
 - Feel connected
- **Promote Consumer Activation**
 - A recent study found that many people with mental illness were motivated to seek formal mental health care after first searching or discussing concerns with peers online (Lawlor & Kirakowski, 2014). It is possible that connecting with similar others through online networks may act as a catalyst for prompting individuals to seek formal care (Powell et al. 2003).
 - Finding better ways to communicate with medical providers
 - Navigate unfamiliar health care environments
- **Access Intervention for Mental/Physical Wellbeing**
 - Initiating involvement with health-related activities (weight loss, quitting smoking, etc.)

Peer Technology Navigator

- Peer navigators have played a role in helping people with mental illness gain access to formal health and mental health care services.
- A peer technology navigator model may be useful for linking persons to evidence-based online and mobile interventions in these non-clinical mental health settings.
- Seek input from peer support stakeholders, including leadership, staff, and members, on feasible and desirable roles for peers in the delivery of technology based support.



Creating and Preparing Your DHT Tool Belt

Tens of millions of Americans have successfully resolved an AOD problem using a variety of traditional and non-traditional means. Findings suggest a need for a broadening of the menu of self-change and community-based options that can facilitate and support long-term AOD problem resolution



Homework assignments for each week are posted on the portal.

Each week's assignment will include class discussion activities.

