



Case Study

Rebuilding Family Trust in Addiction Recovery

**How Vivi360 and Solutions
Outpatient Services
helped repair lives in
one Texas family**



“ I want to prove to my spouse I can do this.”

The inspiring story behind one woman’s struggle with addiction and how she found solutions that helped her fight for her family and rebuild broken relationships.

Addiction can have a tremendous ripple effect on a wide circle of lives and relationships. It can destroy trust, ruin once-heartwarming love stories, and change the trajectory of families, friends, children and other loved ones. Family systems that are affected can often be challenging to rebuild without a shared set of facts and accountability with visible, definitive markers to show the achievement of clear recovery milestones.

In many ways, Jessica is an ordinary wife and mother, with struggles common to many people in her position in life. Jessica is not her real name, of course, and details have been changed to protect her privacy and her family. She struggled on and off with alcoholism for more than 20 years and actually quit drinking during pregnancy and other prolonged periods of time. But mid-life experiences and disappointments left her struggling. She found herself drinking alone and in secret when her family was not around. And it started to destroy her life. Her story represents so many stories of people

like her recovering from addiction. The disease of alcoholism can sometimes come back due to circumstances that may trigger a recurrence of substance use.

Solutions Outpatient Services believes that alcoholism is a disease that affects people in all areas of their lives—physically, mentally, emotionally, financially, and spiritually. Their programs utilize the Twelve step model and Family Systems approach and are rooted in the belief that addiction is a disease, and because it is a disease, it can be treated. Their clinicians do not view addiction as a mental disorder, nor do they see it as a matter of lack of morals, intellect, or willpower.

For over 25 years they have supported and treated people like Jessica, but only recently have they added forward-thinking technology and insight services for their clients by utilizing the comprehensive Vivi360 Recovery Solution. This has helped them with one of their biggest challenges: objective measurement of treatment and readily visible accountability milestones. Adding this capability has allowed them to give their clients new ways to objectively demonstrate daily adherence to their plan and that is building trust and confidence on many levels.

In Jessica's case, after a loving intervention from her family, she resolved to quit and repair her valuable relationships. She tried at first to quit on her own like she had been able to do earlier in her life, but she was unable to fight it alone this time around. She realized she needed an alliance with a supportive team and needed better support.

Vivi360 enabled that kind of supportive alliance for Jessica and her therapist. When she first came to Solutions, her SASSI-3 (Substance Abuse Subtle Screening Inventory) and DSM-5 (Diagnostic and Statistical Manual of Mental Disorder) assessments were both high, indicating that she was at mid-stage alcoholism and was at risk of moving into later-stage. By utilizing the wearable technology and daily randomized breathalyzer check-ins administered by clinicians at Solutions, her therapist and spouse were able to have confirmed daily insight into her recovery and sobriety without having to wonder or second-guess.

Jessica herself had underlying frustration with her addiction. Using the ViviCompanion smartphone app daily gave her renewed confidence and gave her a way to be accountable to herself and to the plan she made with her clinician. The tools empowered her with a way to prove to herself that she was sticking to her plan. When she said she was maintaining sobriety, her family knew she was telling the truth because they all had access to the shared set of daily insights into her recovery and progress. And with the coming addition of self-care resources and improved notifications in Vivi360, clients like Jessica will be able to get even more

“ I was able to show my husband that I was telling the truth. ”

support, like daily cues and encouragement and specific self-care resources tailored to the state that they are in in any given moment.

Spouses and loved ones like Jessica's will also have real-time connection soon, with the release of the ViviCircle smartphone application in the fall of 2020. Social connection is one of the most important, evidence-based ways that people sustain their recovery, and ViviCircle is a mobile app that facilitates that social connection with family, friends, and other supporters. It allows them to join the support circle for their loved ones in recovery. They get customized insights about their loved one and ways to interact that help to repair and rebuild

one of the most valuable relational commodities: trust.

Thanks to the therapeutic support provided by Solutions Outpatient Services combined with the ever-present insight and

personalized support from the Vivi360 Recovery Solution, Jessica has been able to continue to maintain sobriety since she was admitted to treatment. She has been empowered to repair her relationships with her family and even celebrated her first week-long vacation with her family since her treatment started, connecting her back to those she loves and making lasting recovery an attainable outcome.



The Vivi360 Recovery Solution is a comprehensive insight platform that combines real-time health monitoring devices, clinical insight dashboards, telemedicine support, and personalized client care applications to make recovery treatment more effective.

Vivi360 includes wearable health tracking devices, the ViviClinic treatment dashboard for clinicians, and the ViviCompanion smartphone app for people in recovery. It's powered by a machine-learning-driven insight engine that identifies client's risk of treatment failure, monitors various conditions, assesses stress levels, shows positive and negative affect, and warns about potential problem locations or sobriety violations, and more.

This all-in-one, easy-to-use client insight system is designed to support the person in recovery and bolster the vital alliances with clinicians and loved ones.

While the Vivi360 solution includes wearable technology and connected accountability devices and tools, the focus is not on the technology. Our attention is on the wearer—the person in recovery working to maintain their sobriety and the supportive system they need to be successful.

Vivi360 enables clinicians to provide world-class technology and life-transforming insights to their clients, redefining the standards of care and transforming their recovery treatment programs.



Solutions Outpatient Services is an intensive, evening, outpatient alcohol, drug, and codependency treatment program in Dallas, Texas for adults 18 years old and older. Solutions utilizes the Twelve Step model and Family Systems approach. It has been in business for over 25 years.

Their mission is to provide a safe and healing environment for clients and their families so they can recover from addictions and become equipped with the tools to sustain and maintain a lasting comfortable recovery.

Prior to Vivi360, their clinicians had less access to objective data about how clients were doing in real-time, particularly when they were unable to be with their clients, like over weekends or long holidays. Vivi360 has given them the ability to provide more support to their clients and the families of their clients. These new capabilities have enabled them to improve treatment and measure outcomes in new ways.



“ I am so glad to have Vivi360 so my wife can get well. ”

Stories like Jessica and her spouse are why Vivi360 exists. We are on a mission to save and transform the lives of people in recovery, rebuilding families and friendship and trust.

We start with the why because our why is the framework for all of the work that we do. Our solutions and services will change and improve over time, but why we are developing those solutions will remain the same. By developing a system that rebuilds trust and saves and improves lives, we are able to come alongside recovery treatment professionals and give them improved abilities to support those in recovery from addiction. As many professionals say, if we save just one life it will all be worth it. We agree, and believe we have the ability to not just save one, but thousands of lives like Jessica's.

Conclusion

With the new levels of real-time insights and self-care resources the Vivi360 system provides, clients like Jessica at treatment centers like Solutions Outpatient Services can now take a more proactive approach and are seeing improved treatment outcomes, repairing their valuable relationships.

Not all recovery stories have a happy ending, but we believe that all lives can be improved through the right treatment under the direction of skilled clinicians. We believe that Vivi360 gives clinicians new insight that can enable more people to achieve lasting and sustainable recovery.

Using the Vivi360 Recovery System, clinicians at Solutions Outpatient Services have been able to use the Vivi360 solution to improve their treatment, including seeing important insights around the early detection of potential relapse, remote patient monitoring, and verified outcomes. Gone are the days of subjective telephone case monitoring. Spouses and family members can see the presence of addiction in ways that a single monthly telephone conversation cannot. Vivi360 delivers the kind of robust real-time monitoring that matches

up with what the family can see day in and day out. This shared accountability and compliance is the bedrock of repairing the trust that the addiction damaged.

Because of Vivi360, Solutions Outpatient Services has been able to improve their intensive outpatient alcohol, drug, and codependency treatment programs and support their treatment progress and build back family trust and improve relationships. This is crucial to their mission of providing a safe and healing environment for their clients recovering from addiction.

This has allowed them to be at the forefront of creating new standards of care that make more effective recovery treatment possible.



ViviHealth exists to transform recovery treatment through insights and technology to support sustainable and lasting recovery that saves and improves lives.

The Vivi 360 Recovery System is a comprehensive insight platform that combines real-time health monitoring devices, clinical insight dashboards, and personalized client care applications to help create a deeper therapeutic alliance with patients and better support treatment centers.

Vivi360 delivers empirical clinical outcomes built on years of evidence-based scientific research from top universities and board-certified addictionologists.

Contact us at vivihealth.com

11711 Domain Drive
Suite 1374
Austin, Texas 78758
hello@vivihealth.com
833-866-8484

Copyright © 2020 ViviHealth. All rights reserved. ViviHealth, Vivi360, ViviClinic, ViviCompanion and ViviCircle names and logos are trademarks of ViviHealth.
Confidential & Proprietary.