



Participant Resource

Building Recovery Capital Through Digital Health Technologies

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Central East (HHS Region 3)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



NFAR*tec*
National Frontier and Rural
Telehealth Education Center

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
AtAg 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*.](#)

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

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.



Men's ASL AA Group

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



Thought for the Day

Click to view
English Version



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. Marvelous 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](#)



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.

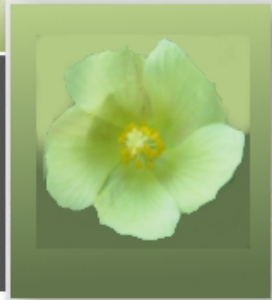
Our purpose at AAOnline.net also includes supporting the continued recovery of those wishing to supplement their regular face to face meetings of Alcoholics Anonymous in the continuation of their journey of spiritual awakening and in becoming happy and usefully whole.

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.



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](#)

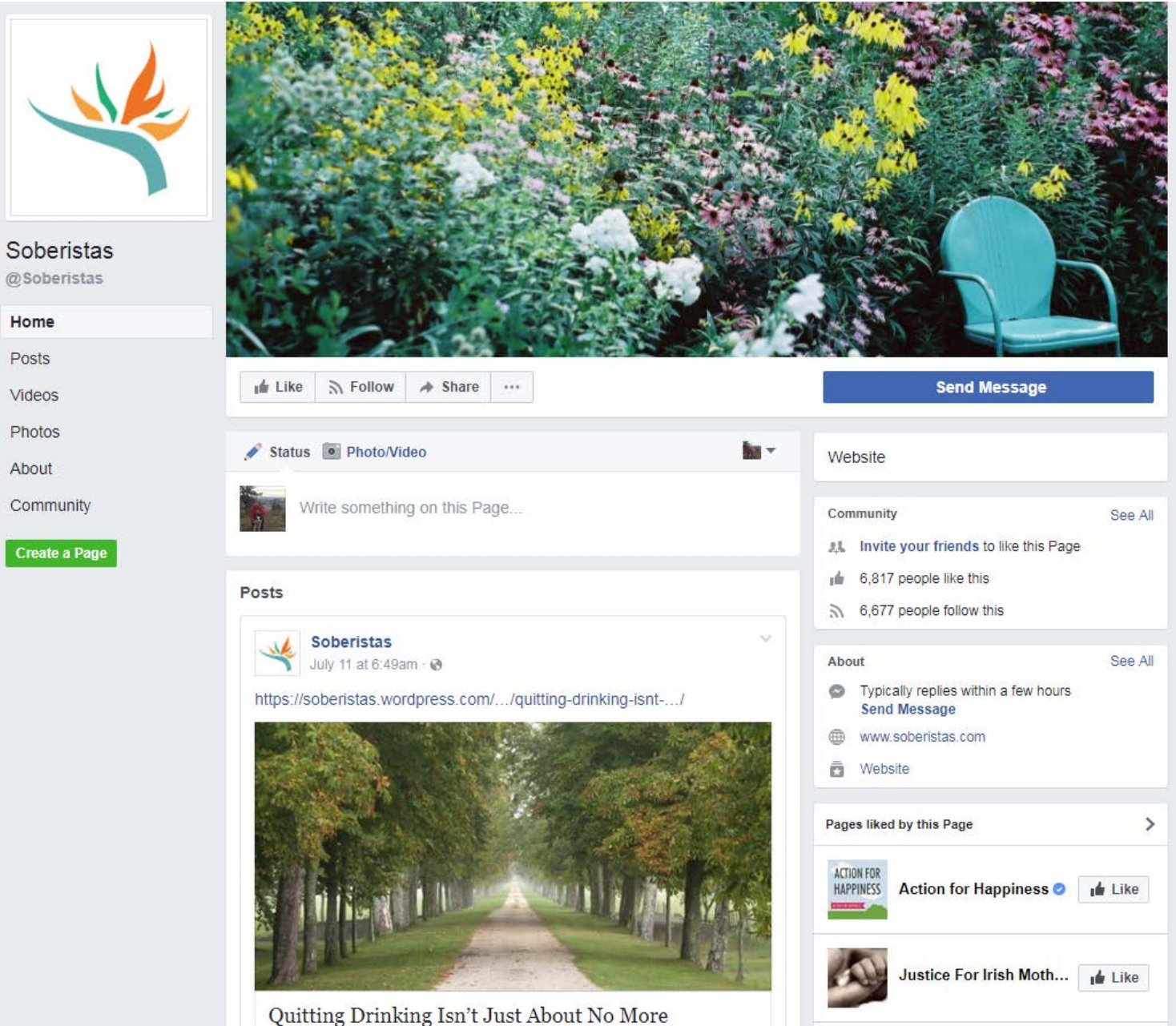
EARN A MASTER OF SOCIAL WORK ONLINE

- 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 6:49am · 🌐

<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

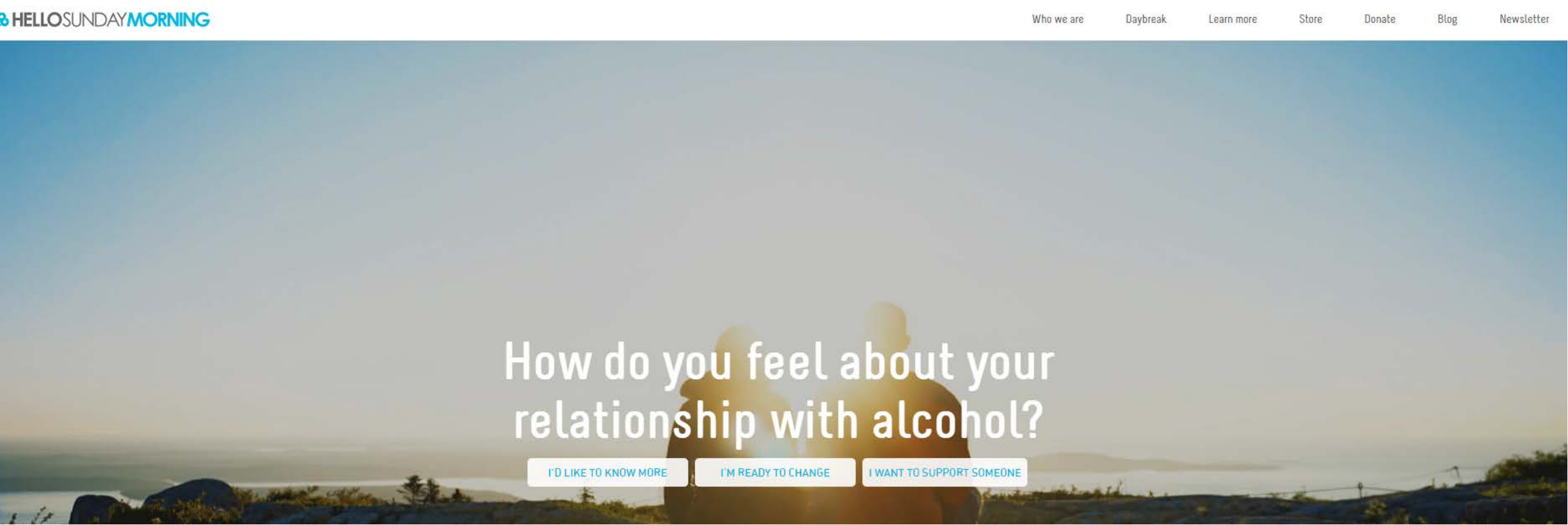
Website

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.’

5th Dimension Group

- **Young People's Group of AA**
- **Speaker & discussion meeting**
 - **every Wednesday at 8:30PM CST/9:30PM EST (ASL interpreter)**
 - **every Saturday at 1PM CST/2PM EST**
- **has a secret Facebook group for building community**
- **If you'd like an invite, send a friend request to one of us so we can add you.**

Come to a meeting and friend a member!

(Recommended) Join from PC, Mac, iOS or Android: <https://zoom.us/j/687118144>

Call in from iPhone with just one-tap (US Toll): 14157629988,687118144#

Call in from any phone:

Dial: +1 415 762 9988 (US Toll)

Meeting ID: 687 118 144

International numbers available:

<https://zoom.us/join?j=687118144&pwd=14157629988>

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:
283636#

New Year's Day
MLK Brithday
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.

Online Support Groups

- SMART Recovery
<http://web.archive.org/web/20120107134838/http://www.smartrecovery.org:80/meetings/olschedule.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>
- 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

#hashtags

#recovery; #sobriety; #AA

#onedayatatime

#soberissexy

#soberliving

#teamsober

#recoveryispossible

#celebraterecovery

#sobernation

#sobermovement

#addictionchat

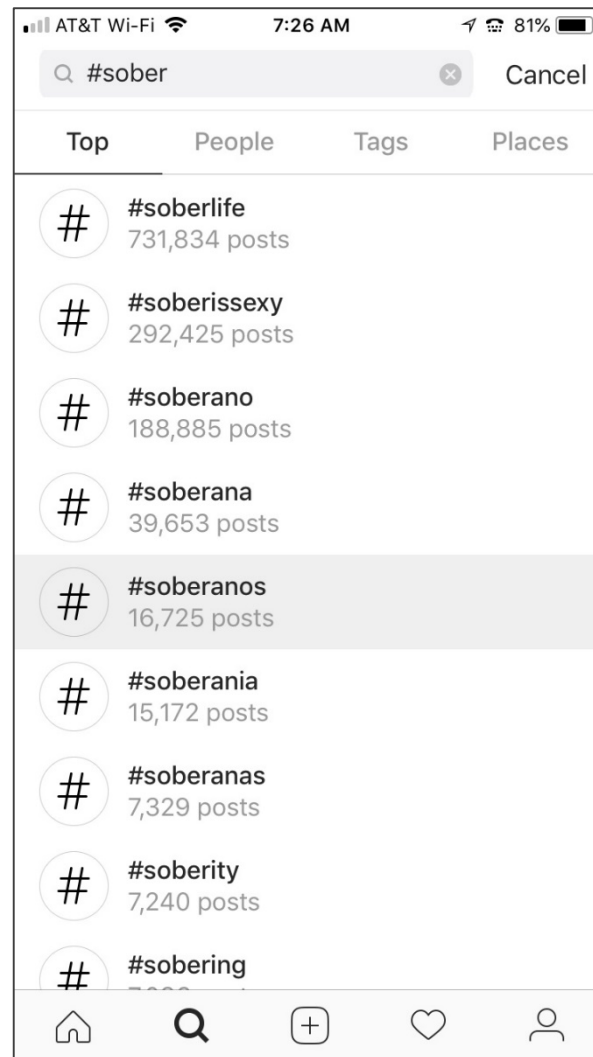
#HopeSharedHere

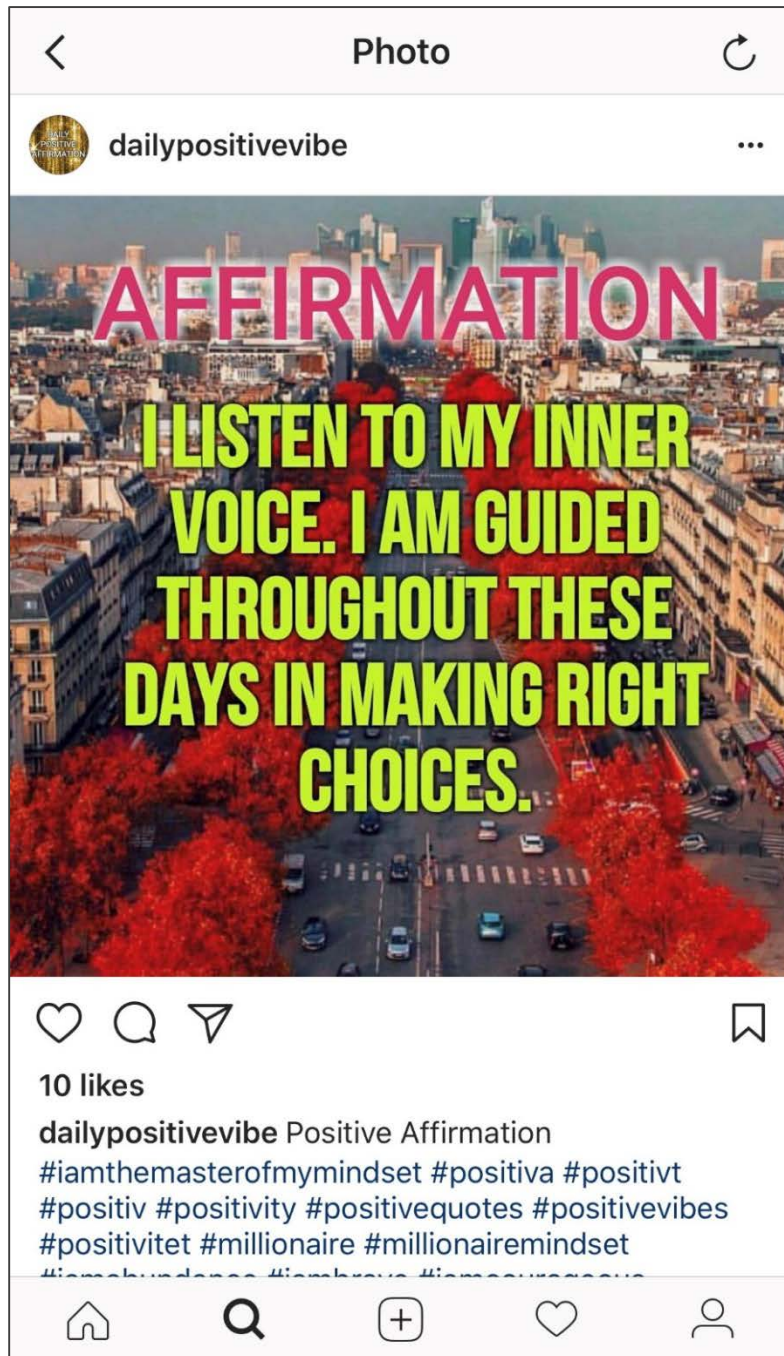
Address another user or organization with “@”

@Recovery_Org

@OurYoung Addicts







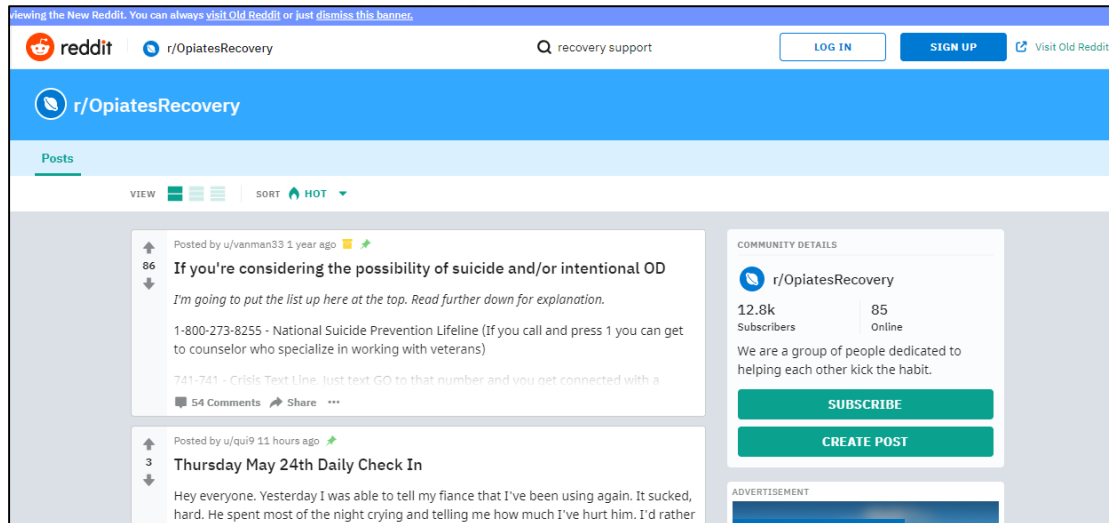
How to Use Instagram

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



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

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



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

**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>

ONLINE NARRATIVES



Blogs

- Smart Recovery <https://www.smartrecovery.org/smart-articles/>
- AA Beyond Belief <https://aabeyondbelief.org/>
- A Hangover Free Life <https://ahangoverfreelife.com/>
- Sober Senorita <https://sobersenorita.com/>
- Mrs. D. Is Living Without <http://livingwithoutalcohol.blogspot.com/>
- The Sobriety Collective <https://www.thesobrietycollective.com/>
- My Life as 3D <http://mylifeas3d.blogspot.com/>
- Last Call Blog <http://lastcallblog.me/>
- Our Young Addicts <https://ouryoungaddicts.com/blog/>
- I Love Recovery Café <https://iloverecovery.com/>
- Since Right Now <http://sincerightnow.com/home/>
- Sober Evolution <https://www.sober-evolution.com/blog>
- The HIP Sobriety <https://www.hipsobriety.com/>
- 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

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

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[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




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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



Get the Best of That Sober Guy

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!*

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SOBER
keep your blood clean
GUY



Podcasts

Sober Speak <https://www.soberspeak.com/>

Dopey <https://dopeypodcast.podbean.com/>

Recovery Happy Hour <https://www.recoveryhappyhour.com/>

Recovery Elevator <https://www.recoveryelevator.com/podcasts/>

That Sober Guy <http://www.thatsoberguy.com/>

The Recovery Revolution <https://omarpinto.com/category/podcast/>

Recovery Rocks <https://www.sobrieteaparty.com/podcast/>

Soberpodcasts<https://soberpodcasts.com/>



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
SobrSoldier

The Bubble Hour



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.



LIFESTYLE

Who Am I Now? (Guest: Margaret)

by The Bubble Hour



Daily-ish Inspiration

DON'T
LOOK
BACK
YOU'RE
NOT
GOING
THAT
WAY.

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 an Alcoholic](#)

[We Loved It, We Hated It | The Confusing Dynamics During Early Alcohol Recovery](#)

[024: The Other Side Part 2 |Emma is the daughter of an alcoholic](#)

[Sobriety First | Making Alcohol Recovery a Priority](#)

[023: The Other Side](#)



12 Steps AA Companion 2 - App

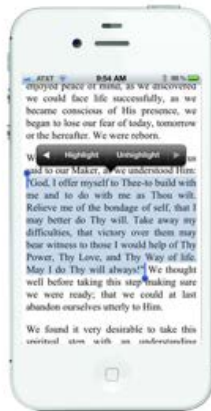
iPhone + iPod Touch + iPad + Android + Kindle + Nook



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 iPod touch iPad **ANDROID** **nook app**



APPS



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[Tutorials](#)

[History](#)

[Contact](#)



Step Away from an alcohol problem.

Make a positive change.

[Get The App](#)



Sober Grid

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Get Support. Give Support.
Anytime. Anywhere.



Download on the
App Store



Available on the Android

App Store

Recovery APPs

- 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/>

APPs with Evidence-Support

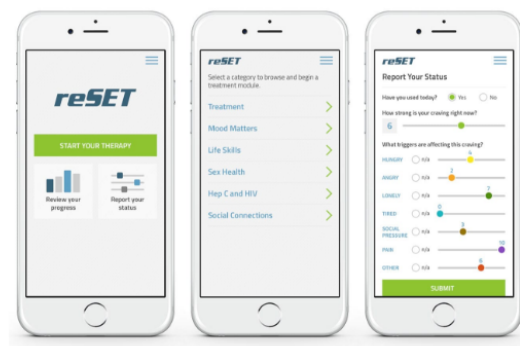
- **A-CHESS** Addiction-Comprehensive Health Enhancement Support System
- **LBMI-A** Location-Based Monitoring and Intervention for Alcohol Use Disorders
- **Square2** Based on TES/Motiv8 <https://www.square2.co/>
- **Mobile MORE Field Guide for Life App**
http://www.hazelden.org/web/public/mobile_more_field_guide.page

The only SUD App Approved as a Medical Device based upon Therapeutic Education Systems - TES

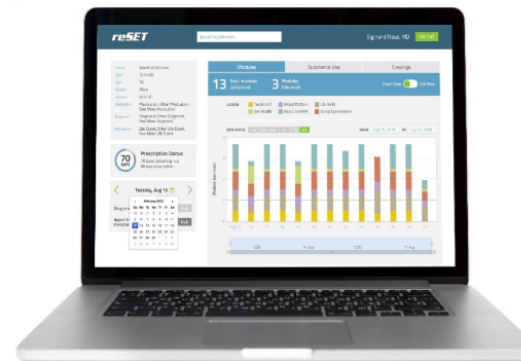
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reSET™ for Substance Use Disorder

Pear Therapeutics has developed reSET®, a prescription digital therapeutic to be used in conjunction with standard outpatient treatment for substance use disorder (SUD)



Patient-Facing Smartphone Application



Clinician-Facing Web Interface

<https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm576087.htm>

reSET™ as a Prescription Digital Therapeutic for Treating Substance Use Disorder

<https://peartherapeutics.com/reset/>

Posted by Matthew McLean | Sep 15, 2017 | Planning & Methods for Podcasting | 12 ●



So you want to know how to start a podcast? Great stuff! Our 'Why', here at The Podcast Host is, "To Spread Life-Changing Audio Programmes." So, we're here to help you along the way.

In this article we're going to walk you through every stage of launching your show, from planning to publishing. By the end, you'll know exactly how to make a podcast, and hopefully be motivated to do it as soon as possible!

HOW TO START A PODCAST IN 8 CHAPTERS

1. Plan your podcast, from listener, to problem, to unique solution.
2. Name your podcast – and don't take long to do it!
3. Plan initial episodes to get a feel for your topic and its longevity.
4. Choose a format which balances quality and sustainability.
5. Choose your equipment and use it to record a show.
6. Produce your show in a sustainable way.
7. Publish your podcast to iTunes and elsewhere.
8. Think about next steps, promotion to monetisation.

<https://www.thepodcasthost.com/planning/how-to-start-a-podcast/>

Writing a blog using patient/peer case examples

Table 2. Recommendations for Physicians Who Have Blogs or Practice Websites

Context	Recommendations for Ethical and Professional Conduct
Writing about patients	<div>Avoid writing about specific patients when possible or obtain patient permission and state explicitly</div> <div>Protect identity of patients through deidentification or fictionalize encounters and state explicitly</div> <div>Use respectful tone</div>
Health-related content	<div>Share credible health information and resources</div> <div>Counter inaccuracies in the media</div> <div>Place results of recent studies in context</div> <div>Use patient education videos</div>
Endorsements and advertisements	<div>Disclose any in-kind or financial compensation received</div> <div>Beware of making false or misleading medical claims</div>
Identification	<div>Avoid anonymity</div> <div>Accurately state credentials</div> <div>State whether you are or are not representing your employer or institution</div>

QUOTE

As we embrace new forms of technology, including some outside the medical care framework, we must ask questions about how to preserve the therapeutic ingredients and yet meet the patient (or person?) where he/she is.

Concerns about reaching remote areas, bridging gaps in access to care, and decreasing isolation are clearly important, but the human factors that promote change and the changing social-cultural and healthcare landscapes are equally powerful.



Building Recovery Capital through Digital Health Technologies - Online Video Series

Publication Date: November 15, 2018

Developed By: Mountain Plains ATTC

Keywords:

Recovery Oriented Systems of Care | Recovery Support Services | Telehealth/Tele-behavioral Health | Workforce Development Strategies



This 4-part recorded video series showcases digital health technologies related to recovery support services for individuals with substance use disorders, thereby helping behavioral health peer recovery, clinical and administrative staff become familiar with and develop/increase their digital health technology skills.

You may choose to view the series in sequence or select an individual training to view. Simply click a link below to register.

What are Digital Health Technologies and How do they Work?

Presented By: Laura Griffith, BS, M.Ed., Founder/Director, Recover Wyoming, UW

Continuing Educations Hours (CEHs): 1.5

To Register: <https://training.casat.org/products/989>

Overview of Privacy and Security as it Relates to Digital Health Technologies

Presented By: Scott Breedlove, CPN, Missouri Credentialing Board (MCB)

Continuing Educations Hours (CEHs): 1.5

To Register: <https://training.casat.org/products/990>

Engagement when using Digital Health Technologies

Presented By: Diana Padilla, Program Manager, Ne-CATTC

Continuing Educations Hours (CEHs): 1.5

To Register: <https://training.casat.org/products/991>

Implementing Digital Health Technologies into your World

Presented By: Daniel Fred, MA, PRSS, Project Coordinator/Instructor, CASAT, UNR

Continuing Educations Hours (CEHs): 1.5

To Register: <https://training.casat.org/products/992>

<https://attcnetwork.org/centers/mountain-plains-attc/building-recovery-capital-through-digital-health-technologies-online>

The BRC Series was a collaboration between the Pacific Southwest ATTC, Mountain Plains ATTC, and CASAT Training celebrating the 2018 Recovery Month.