

## Opioid Recovery App Challenge – Use Cases



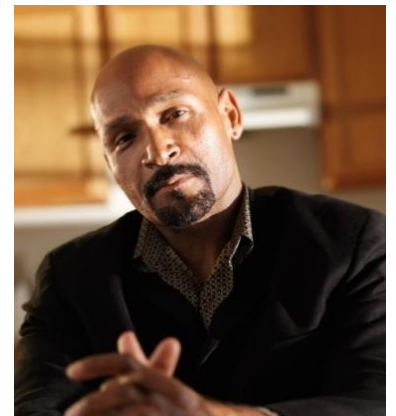
### **Marybel, 21, from Cambridge, Maryland**

Marybel started using marijuana and ecstasy recreationally in high school, first using them at parties, then increasing her use to after school. After high school, she worked in a local restaurant and continued to live at home. She began snorting heroin at after work parties and then began craving it daily. Once that happened, she moved quickly to injecting the drug. After passing out at home, her mother discovered heroin in her purse. Her mother got her into rehab, but she relapsed several times and went in and out of rehab for over a year. She moved back in with her parents, working in restaurants again, where she struggled with recovery. She spoke to her doctor about her struggle and he recommended medication-assisted treatment. Marybel began to receive

Methadone treatment, and sees a counselor once a week. The counselor recommended that Marybel learn as much as she can about Methadone, addiction, her triggers, and how to manage her recovery. He referred her to the Opioid Recovery App, so that Marybel could access information whenever, and wherever she needs it – especially during her breaks at work. Marybel downloaded the app and used it throughout the day to help her stay focused on recovery, and to find peer recovery support groups. After six months of recovery, her parents helped her to enroll in community college.

### **Brian, 54, from Tucson, Arizona**

Brian was in long-term recovery from heroin use for twenty years. He recently relapsed when he was in a car accident and received painful neck injuries. He tried to avoid pain medications because he was worried about relapse, but he was in so much pain that he was unable to work. To manage his severe discomfort, he took the pain medications and became addicted. However, his years of recovery helped him seek help as soon as possible. His doctor recommended short-term medication-assisted treatment to treat both the addiction and the pain. Brian has returned to work and is now balancing his job, the Naltrexone treatment, his medical needs, physical therapy, and recovery. He feels a bit overwhelmed and needs more support but can't add any more to his schedule. He searched online for opioid recovery information, and found the Opioid Recovery app. He downloaded it and uses it to find recovery support information and resources to help him reinforce his recovery when he is feeling overwhelmed.





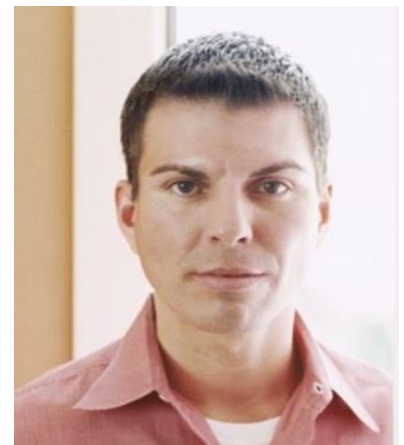
### **Sarah, 28, from Gloucester, Massachusetts**

Sarah grew up in a home where domestic violence occurred often and she suffered from depression. A friend introduced her to heroin when she was 25 and she became addicted. Two years later, after losing her job and home, she was arrested for buying heroin. She entered a court-ordered drug detox program. When her stay in detox ended, she started receiving Methadone treatment, which helps stop the physical cravings that come with opiate addiction and began to deal with her family trauma. In order to meet the requirements of the court and to get her life back on track, she needs to address many other issues that contributed to her addiction, including depression and the lack of a safe living environment. She sees a case manager twice a month but struggles to stay on track with medical appointments;

appointments with an addiction counselor; appointments related to dealing with court-related issues; and psychotherapy. Sarah's addiction counselor wants her to learn as much as she can on her own about Methadone treatment, the best practices for recovering from an opioid addiction, and finding healthy activities to replace unhealthy ones, since she only sees her once a week for less than an hour. Sarah has a smartphone that her mother pays for. Her case manager recommends a free mobile Opioid Recovery Support app. She downloads the app and uses it several times a week. She also brings it with her to meet with her counselor and discuss some of information she's found.

### **David, 34, from Plainfield, Iowa**

David has struggled with severe anxiety since he was a teenager, using marijuana daily to self-medicate. He has never seen a doctor about his anxiety resulting in his self-medication of Oxycontin and heroin within the past few years. While he was able to maintain employment by working nights, his drug use became a daily habit which began to affect his work. He found it harder to make it into work on time due to drowsiness and decreased motivation. He passed out at work one night and was found in the morning by his colleagues, unconscious. They called an ambulance and he was taken to a hospital in Des Moines, where he received a mental health and substance use screening as part of his treatment. Frightened by the incident, he agreed to see a psychiatrist and to receive short-term medication-assisted treatment



to address his opiate dependence while addressing his anxiety disorder. They also recommended he work with an addiction counselor. However, addiction counselors are scarce in the rural area where he lives. The counselor at the hospital recommended that he use an opioid recovery app to help him better understand Buprenorphine and its side effects and interactions with other drugs. The counselor also recommended that he connect with a peer recovery support group in his local area. David has a smartphone and downloaded the Opioid Recovery App to start learning more about what he can do and where he can go to receive peer support, though he wants to start with an online peer support community. While he is receiving treatment for the mental disorders as well, he doesn't feel ready to face a group of strangers in person.