

# 5-Actions Program™ for Addiction

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



## A New Type of Care

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

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

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



## Innovations and Benefits

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



## Closing the Gap in Need

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

## Cost-Effective Population-Based Care

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

**For more information:**

<https://newmexico.5actions.com>

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