Seva

Seamless Technology Integration

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Partial Replacement Model in Addiction Specialty Treatment – Effectiveness Trial

- (n=160; 12 month participation). TES enhances opioid abstinence rates in outpatient addiction treatment when TES substitutes for some standard counseling (Marsch, 2013);
ACHESS had 57% fewer heavy drinking days

Differences significant at $p = .003$

N = 349
ACHESS Average Risky Drinking Days (in the last 30 days)

- **Control Non-Opioid**
- **Control Opioid**
- **A-CHESS Non-Opioid**
- **A-CHESS Opioid**
anyone used the GPS function on seva yet?

hey everyone I got this phone almost a week ago and am so excited and grateful. Part of it I think is that the mere posession of an expensive and addiction-tailored product serves as a poignant reminder that society is really rooting for us! anyways, I just added a...

need advice

so my best friend has had some of the same addictions as me. I have recently tried to show her sober life and how life doesn't revolve around drugs. I thought she was doing well. we have hung out and I see no signs. out of nowhere she texts me...

It's the weekend!

Hello, I wanted to let everyone know we just added a bunch of new activities in the Events section on Seva. Some fun ideas for free stuff to do this weekend or this week!
Easing Distress

- Asserting Yourself
- Breathing Exercise
- Dealing with Urges
- Refusing
- Relaxation
- Reporting
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Answers to common questions

Read Recovery Articles
Indepth recovery information and articles

Visit Recovery Websites
Website resources to help you in your recovery
Rate your difficulty sleeping in the past week

No difficulty

Next
Attentive Listening

- Involves verbal and non-verbal behavior
- Helps build healthy relationships

Verbal To Do's:

- Confirm what was said
- Reword or saying back what was said
- Ask related questions

Non-verbal To Do's:

- Face the speaker
- Look speaker in the eye
- Give full attention (don't
Implementation Sites

• Madison WI – suburban FQHC
  – ACCESS

• Missoula MT – rural FQHC
  – Partnership

• Bronx NY – urban FQHC
  – Institute for Family Health
Key Question

• What does it take to implement Seva?
Neglect List of eHealth Articles Published by the Center for Health Enhancement Systems Studie at the University of Wisconsin 9 21 2012.


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