

# TAC

## TrueAfterCare

### INNOVATIVE TECHNOLOGY THAT CONNECTS PEOPLE TO RECOVERY

- True Connection
- True Support
- True Accountability

True AfterCare (TAC) is a sophisticated recovery support program that anticipates rather than reacts to challenges. Our innovative technology platform is paired with daily personalized coaching and supports clients where they are at on their recovery journey.

We recognize that the toughest days of addiction treatment, are the days immediately after discharge. Given that, we help to protect this life-changing investment you or a loved one has committed to and bridge the critical gap between leaving inpatient or residential care as you transition to living your life in recovery.

Relapse prevention is our number one focus in the first 90-days and up to one year following treatment. We work collaboratively with treatment providers (residential/IOP), hospitals and managed care plans to turn discharge plans into individualized plans of action that are attainable, foster personal accountability and connect the dots in care coordination and risk assessment. Every day of the journey is complete with a dedicated TAC Recovery Coach available by phone, text, and email along with extensive education and wellness resources, all available at the touch of an app.



## A TRUE RECOVERY CONTINUUM THAT PUTS AN END TO THE REVOLVING DOOR OF HIGH COST CARE

True AfterCare is leading the way in an industry flooded with tech-enabled recovery apps. **So how is our solution different?** We pair real people in recovery with technology to reduce relapse and reoccurring high cost care for individuals making the transition from treatment for substance use disorders.



## DATA-DRIVEN, CLIENT FOCUSED CARE

*We do this through connection, accountability & technology.*

TAC utilizes evidence-based peer support practices that increase quality of life outcomes, increase engagement during the critical transition phase of treatment to independent living, and increase whole health outcomes through our proprietary app and daily coach connection.



## OUR SOLUTION REDUCES RELAPSE

Real time monitoring is a proven method that has reduced the severity of a potential relapse and impacts the high costs associated with acute care when addictive disorders escalate in active use.

Our real time app monitoring is a proven method to monitor engagement and even anticipate relapse or success in combination with recovery coaching.

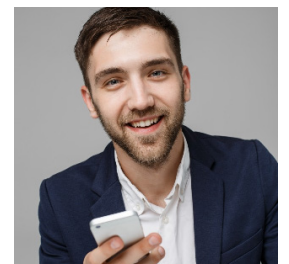
*We know this through real time risk assessment utilizing GPS monitoring and DNA drug testing.*



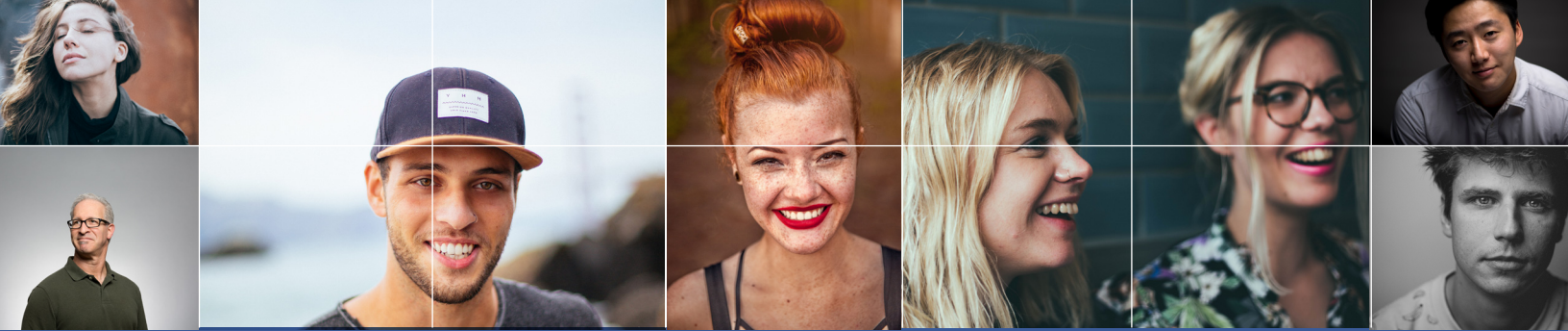
## CLIENT ENGAGEMENT & DAILY COACHING

The True AfterCare model works if our clients simply demonstrate the willingness to engage in our 4-part comprehensive program. Since launching in March 2017, we have served clients throughout the United States with our virtual platform that keeps individuals and their loved ones connected every day.

*True AfterCare is a best fit for addiction treatment providers, healthcare plans and hospitals focused on value-based care models.*



In an industry that expects failure, more than 80% of True AfterCare clients are sober at the 90-day milestone!



## FOUR KEY PIECES TO SOLVE THE PUZZLE OF ADDICTION IN THE CONTINUING CARE SECTOR.

### ■ **SKILLED RECOVERY COACHES HELPING PEOPLE IN RECOVERY:**

True AfterCare Recovery Coaches come with a minimum of 5 years of long term recovery and receive ongoing training and clinical supervision. Our coaches are nationally accredited and are available 24/7 to offer peer-to-peer encouragement, support and care management. When medical and behavioral healthcare is a part of a discharge plan, our coaches assist in ensuring clients are gaining access to the appropriate whole health care that is needed in early recovery.

### ■ **AN APP-BASED TECHNOLOGY PLATFORM:**

Our user-friendly app bridges the transition from treatment to independent living all while being connected daily to a recovery coach and the support team. We proactively connect the dots from a treatment/discharge plan and develop a daily recovery plan that's personalized and attainable. Our app also provides real time risk assessment and GPS monitoring that helps our coaches monitor adherence to the plan our clients and coaches create.

### ■ **SUBSTANCE USE MONITORING:**

Personal accountability plays a big role in what we do. By utilizing consumer direct substance use monitoring with DNA verification, abstinence is monitored and encouraged. TAC knows that drug testing is often inconvenient, time-consuming, embarrassing, and of questionable validity. Our testing process allows collection to be done at home and sent in via mail, but specimen validity is ensured via a match between the client's own DNA and the DNA in the urine sample.

### ■ **EDUCATION & WELLNESS:**

We believe that ongoing education and the pursuit of overall wellness (spiritual, physical, and emotional) is the key to our client's long-term success. Through the TAC app, education and wellness is one click away in conjunction with daily coaching. Our app connects clients to a comprehensive toolkit that caters to a personalized journey throughout their 90-day program and beyond. The TAC app offers an array of handouts, podcasts, and videos that address challenges from coping with anxiety to job hunting and from building social competence to dealing with cravings.



True AfterCare is a proud member of NAADAC, the Association for Addiction Professionals. We endorse the National Certified Peer Recovery Support Specialist (NCPRSS) accreditation process as the single most viable credentialing program for peer support specialists. Our coaches follow the NCPRSS Code of Ethics and receive at least four hours of supervision and training each month. Our recovery coaches have 24/7 access to doctoral-level consultation.



"Although the approaches to addictions treatment have evolved, it's all for naught if we fail to recognize that the most vulnerable time for patients happens immediately **after** they leave primary care.

The unique combination of evidence-informed approaches utilized by True AfterCare represents a paradigm shift in addictions treatment that improves clinical outcomes in a major way."

**Mark Rohde, Ph.D.**  
Addiction Psychologist  
& Clinical Director of True AfterCare

LEARN MORE:

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