



Suggested Protocol for Using SOBERLINK in Treatment

Monitoring Promotes Accountability and Improves Outcomes

Studies show that consistent monitoring in early recovery can dramatically improve outcomes¹. The SOBERLINK device is an accountability tool used to promote structure and help change behavior for an individual during the recovery process. SOBERLINK is designed to make alcohol monitoring discreet and convenient, yet comprehensive enough to detect daily abstinence. Additionally, SOBERLINK empowers caregivers with the ability to detect a relapse much quicker in order to take swift and appropriate action without interrogation or other delay.

The PHP Model

The best example of how monitoring can play a vital role in a successful recovery can be seen within Physician Health Programs (PHP). PHPs, along with similar programs for professionals, require participants to enter extended monitoring contracts. PHPs treat addiction as a long-term and chronic disease and they obtain outcomes that are considered to be the gold standard in Addiction Treatment. SOBERLINK's "anytime, anywhere" mobile testing technology further enhances the efficiency of these types of programs by eliminating the need for random urine testing to detect alcohol use. To read a Case Study published by Verizon Wireless about how SOBERLINK is used for Professionals in Treatment, visit the Media Center at soberlink.net.

Suggested Protocol for Treatment

Based on the effective PHP model, SOBERLINK has created a protocol that may be helpful when starting to incorporate monitoring with the SOBERLINK device. Because it is not possible for us to explore all possible scenarios, this document should only be used as a guide. There is no substitute for your clinical understanding of each of your clients and this expertise should always be considered in determining an appropriate treatment plan for each and every client. Also, treatment plans should be viewed as a living document that gets amended as changes occur with your clients. It is recommended that a thorough case consultation be conducted before using SOBERLINK for monitoring. During this meeting, all standard history gathering should be conducted and additional components should be reviewed in order to explain the

¹ McLellan, A.T., Skipper, G.E., Campbell, M.G. & Dupont, R.L. (2008). *Five year outcomes in a cohort study of physicians treated for substance use disorders in the United States*. British Medical Journal, 337:a2038

expectations of using the SOBERLINK device, the goal of the monitoring program, and any potential outcomes for non-compliance.

Client Agreement / Monitoring Plan:

When using the SOBERLINK device with clients, it is important to have clients sign an informed consent. The client should be well informed of treatment goals and by signing the contract, they are stating they understand and agree to all the terms of their monitoring plan. The contract may include such things as:

- Length of monitoring contract
- Testing frequency/schedule
- Instructions for proper device use
- What is required if the device is lost or damaged
- Who will be given the results (i.e. employer, family member)
- What happens in the case of a positive test or other non-compliance
- Clear monitoring expectations (i.e. abstinence or reduced use)
- Expected treatment outcomes and goals

SOBERLINK can provide sample participant agreements for getting started.

Common Use Cases:

- a. Inpatient Programs: In this case, the device would be used for individual on-site screening. Clients become familiar with the technology and the testing protocol and develop a consistent routine that should carry into their aftercare program. By introducing the concept of daily monitoring early in the client's recovery, it is more likely to be viewed as part of the recovery process and not as a "punishment" in leaving treatment.
- b. Aftercare Programs: This would be for patients who are in any of the various forms of aftercare or continued care programs. A case manager or therapist would act as the "monitor" for the client. We recommend the monitor not be a loved one or family member due to the difficulty of upholding emotional detachment.

Frequency of Testing:

- a. Inpatient Testing: Testing can be administered as regularly as what is currently being done. Some centers may choose to test more frequently because of SOBERLINK's ease of use. A good starting point would be to test once in the morning and once in the evening.
- b. Aftercare Programs: It is recommended that the client be scheduled for 2-3 tests per day. It is also recommended that the client enters into a signed monitoring

contract that clearly states the length of time the monitoring will occur and includes a contingency plan in the case of non-compliant tests.

Tests per Day:

Although random testing is the norm for urine testing due to the ease of circumvention, this doesn't need to be the case for SOBERLINK monitoring. The recommendation would be to test the client 2-3 times a day. Clients should be able to complete the tests without too much disruption to their day. Testing should be viewed as a support and a tool to prove accountability, rather than a burden or consequence. Ease of use increases a client's willingness to participate. The longer they participate, the greater their chance for success and continued sobriety.

The client's routine should be taken into consideration when establishing the test times. Ideally there will be one test in the morning and one in the later part of the evening. Many successful treatment programs are using the twice a day testing approach, but if a third test is suggested for the client, it should be scheduled at a potential trigger time.

This can be determined during the initial case management meeting and then can be changed as needed. Once the test times are established, the client should be enrolled in the automated text reminders and informed of when they are going to be receiving the reminder texts. This reduces anxiety and lowers the likelihood that the client will miss tests. If random testing is preferred, we suggest limiting the number of random tests to a minimum so the program is not too difficult to adhere to for the participant.

Duration of Use:

Duration of use will vary with each client. Using the medical model of monitoring licensed professionals, there is a substantial increase in maintaining sobriety if a client commits to 5 years of aftercare monitoring. Though this may not be reasonable for all clients, it should be the recommendation whenever feasible. Minimally, a client should commit to one year post residential treatment monitoring. Although each client will be on a month-to-month contract with SOBERLINK, there should be a larger commitment between treatment provider and the specified client and it is advisable to have this included in the monitoring contract.

The contract should also clearly outline the client's responsibility for contacting their administrator immediately if the device is lost or broken. Failure to do so can be viewed as a positive test and treated similarly. The administrator should provide a new device as soon as possible so that the client's testing can go on uninterrupted. If the client does not have the ability to get to the center in person to obtain a new device, an alternative needs to be offered. Alternatives may include overnight mail or a courier which would be

completed at the client's expense. Another option would be to have the client perform an EtG urine test to show compliance during the period without the SOBERLINK device.

Administrators need to emphasize the importance of this protocol to the client during the initial case management meeting and again if such an issue arises. The administrator should maintain a strong stance that testing regularly and as scheduled is vital to success. If the administrator fails to hold this stance it can lead to devaluation of the protocol, leaving the client at an increased risk for eventual relapse.

In the Case of Non-Compliance:

If clients are expected to maintain abstinence, they should never submit a positive BrAC reading. If a client either has a positive test or a missed test, both should be viewed as a positive test and treated equally. This is the standard expectation of most monitoring programs and is usually the goal for 12 step programs. Some programs may have a different standard by which they evaluate the progress of their patients. In these cases, the expectation would be to set goals on a case by case basis. Once the goals are determined, the clients need to be fully informed so that they know each goal and the steps to achieve them. This is best established through the monitoring contract in which the goals and contingencies for non-compliance are clearly outlined. The contingency plan should be based on your clinical assessment of the client, including their family support. Severity of contingencies may vary and depend on the program but an example could include an increase in treatment efforts, such as:

- More 12 step meetings required
- More therapy sessions scheduled
- Increase in daily monitoring tests for a set number of days
- Information disclosed to family members

Additional Disclosures

Often clients will be highly motivated by the desire to please their interpersonal relationships. This can be used as a resource in monitoring compliance. As part of the treatment planning, it should be decided if there is anyone other than the case manager who will receive the test results. If it is determined that someone else will be getting the results, such as a parent or spouse, there are a few ways that they can be brought into the treatment. They can be added into the SOBERLINK system and have results sent directly to them or the administrator can inform them verbally or in writing. If this is included in a client's treatment plan, all legal HIPAA requirements need to be followed. It would be advisable to include in the written consent signed by the client what information will be disclosed, how it will be disclosed (i.e. by phone or email), what numbers or addresses will be used, etc.

FAQs

Does SOBERLINK have a suggested client agreement to help me get started?

Yes, SOBERLINK can provide you with a sample client agreement as part of the implementation process.

Does SOBERLINK offer case management or monitoring services directly?

SOBERLINK supports Authorized Service Providers who perform the monitoring services. Our providers include Treatment Centers, Aftercare programs, Interventionists (Recovery Coaches), Employee Assistance Programs, etc. We have account representatives who will help integrate SOBERLINK with your program through product training, advisory services, and new client referrals.

What's the difference between the SL2 and the SLBLUE?

The SL2 contains a cellular module that transmits results directly from the Breathalyzer to the monitoring site using Verizon's hosted Private Network. The all-in-one SL2 does not require a compatible smartphone to send the test results like the SLBLUE. The SLBLUE Breathalyzer sends test results with the help of an iPhone or iPad via cellular connection or Wi-Fi. For treatment, we typically recommend the SLBLUE due to the added convenience of being able to test anywhere, regardless of cell reception, through your iPhone or iPad's Wi-Fi connection. The SLBLUE is also ideal for the frequent traveler or if there is generally poor Verizon cell coverage in your area.

How do you know it's the right person testing?

Both the SL2 and SLBLUE devices have a high-resolution camera that takes a picture of the client during the breath test submission. The high-resolution photo is displayed on the SOBERLINK monitoring website for verification. SOBERLINK is introducing Adaptive Facial Recognition™ in Spring 2014, which will automatically evaluate the identity match of the client so that manually reviewing every photo is not necessary.

What is queuing and who should have it enabled?

Queuing is an optional feature designed for court-ordered alcohol offenders within the Criminal Justice system who face the consequence of incarceration if a test is missed. Queuing allows a device to store tests that are unable to send to the web portal due to poor cell coverage. Once the device regains connection, the tests automatically upload to the monitoring site with time/date stamps to reconcile the testing history records.

We do not recommend enabling queuing for clients in treatment as this can reduce the real-time aspect of testing, which in turn can cause the potential for missing signs of relapse. If a treatment participant may be frequently testing from an area with low Verizon coverage, the SLBLUE device is recommended as it allows the end-user to utilize their existing Wi-Fi connection or cell service from their own iPhone or iPad.

Can the device be defeated?

The SOBERLINK system has several tamper detection features that make defeating the device extremely difficult. Intervention of or compromise to the breath test can be picked up from SOBERLINK's proprietary tamper technology and will be flagged as a tampered test. The device has been validated by use within the criminal justice system and is fully court-admissible.

Is 2-3 times per day enough testing to assure sobriety?

The 2 times per day protocol is the most common protocol we see in Addiction Treatment. As previously mentioned, SOBERLINK should be viewed as a tool in the client's recovery, not as a punishment. If the testing schedule becomes too difficult to adhere to, the client will view the device as a punishment and may not stay involved with the program as long as suggested. The two most important tests are the early morning and late evening tests.

Are there false positives to consider when using the SOBERLINK Device?

SOBERLINK has yet to find a household product such as mouthwash, toothpaste, hand sanitizer, or bug spray that will give a positive test result following a 15-20 minute waiting period after exposure to these items. Although false positives do happen, the secondary (confirmation) test 15 minutes later will not be positive if it is truly environmental exposure to alcohol. The SOBERLINK system requires retesting upon a positive test in order to provide data to confirm a drinking event versus environmental exposure to alcohol.

Do SOBERLINK's results hold up in court?

Yes, SOBERLINK, Inc. and SOBERLINK Authorized Service Providers have testified and successfully defended and validated the reliability and accuracy of the device in court hearings. SOBERLINK, Inc. offers court testimony services for SOBERLINK Authorized Service Providers.