


**Internet Technologies that Support Recovery**

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**Internet Technologies that Support Recovery**

- We are going to spend a good amount of time reviewing and discussing online technology
- We will also discuss the viability of using technology in early recovery (first year)
- We will to some degree attempt to use some of the technologies visited so be prepared to do some experiential activities



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**Internet Technologies that Support Recovery**

How many of the participants utilize internet technology as part either an adjunct or direct facet of treatment?

What are some of the resources you utilize with clients or for yourself?

What are your thoughts about social networks?



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### Internet Technologies that Support Recovery



- 20 million households have no Internet access, making up approximately 18 percent of all U.S. households.
- Internet Usage Statistics  
239,893,600 Internet users as of June/10, 77.3% of the population, according to [ITU](#).
- According to the [CTIA](#) wireless association, 250-million Americans are now subscribers to some sort of cell phone plan. That's a massive 82.4 percent of the U.S. population.

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- 87% of American adults on a cell phone, and 45% of those are smart phones.
- Only 12% of adults age 65 and over have a smartphone.
- 82% take pictures on their cell phones, up from 76% in 2010.
- 29% check their bank account online, up from 18% in 2011.
- 9% of adults have texted a charitable organization to make a donation.

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- Part of the activity will include a poll to see what participants in the class think about the various resources presented.
- How many have a cell phone?
- How Many have a Tablet or Ipad?
- How many have a laptop?
- How many spend more than 10 minutes a day on the internet?

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### Internet Technologies that Support Recovery



#### EDUCATIONAL RSOURCES

- Project Cork - Wealth of materials, screening tools. PowperPoints, articles  
<http://www.projectcork.org/index.html>
- SAMHSA Publications Center – A sea of manuals and other treatment related documents  
<http://store.samhsa.gov/home>
- Addiction Technology Transfer Center  
<http://www.attcnetwork.org/index.asp>

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#### SELF HELP



- Alcoholics Anonymous Meeting Locator  
<http://www.aa.org/lang/en/subpage.cfm?page=28>
- Louisville Area AA  
<http://www.louisvilleaa.org/>
- In The Rooms – meditations, online meetings  
<http://meetings.intherooms.com>

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### Internet Technologies that Support Recovery



- SMART Recovery (Self Management and Recovery Training)  
[http://www.smartrecovery.org/Misc/online\\_intro.htm](http://www.smartrecovery.org/Misc/online_intro.htm)
- Cognitive Behavioral Therapy CBT Online  
<http://www.online-therapy.com/addiction?osCsid=d44ced8190a77dae5c683096f5695f72>

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### Internet Technologies that Support Recovery



- Mouse Party  
<http://learn.genetics.utah.edu/content/addiction/drugs/mouse.html>

The website provides a illustration of the action of substances on the brain

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- The Addiction Recovery Guide  
[http://www.addictionrecoveryguide.org/resources/online\\_communications/online\\_meetings](http://www.addictionrecoveryguide.org/resources/online_communications/online_meetings)
- Online Alcohol Therapy  
<http://www.brighteyecounselling.co.uk/alcohol-drugs/tag/cbt/>
- Recovery Today Online - articles on recovery topics  
<http://www.recoverytoday.net/>

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- Cyber Recovery – online meetings  
<http://www.cyberrecovery.net/>
- Addictioninfo: alternatives to the 12 steps  
<http://www.addictioninfo.org/>
- Christians in Recovery – focus is Christ centered  
<http://christians-in-recovery.org/>
- Life Ring – Alternative to 12 Step Programs  
<http://liferingsf.org/faq/>

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- Altus Recovery and Support
- DaytoDay  
<https://www.altusday2day.org>  
Relapse Risk Evaluation and Feedback
- PEERSOS  
<http://www.peersos.org>
- ON Plan  
<http://www.altusonplan.org>

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