

# Resource Ready:

Highly Rated Apps for Addiction and Mental Health Recovery

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# Mobile Technology

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- As of January 2014
  - 90% of American adults have a cell phone
  - 58% of American adults have a smartphone
  - 32% of American adults own an e-reader
  - 42% of American adults own a tablet computer



Pew Research Center, 2014 Fact Sheet

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# How Americans Use their Cell Phones

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- As of May 2013, 63% of adults use their cell phone to go online
- 34% of cell internet users go online mostly from their phones
- Percentage of cell phone user's activities:

81	Send or receive text messages
60	Access the internet
52	Send or receive email
50	Download apps
49	Get directions, recommendations, or other location-based information
48	Listen to music
21	Participate in a video call or video chat
8	"Check in" or share your location

# Mobile Users

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- Mobile devices show promise as tools for delivering health information and helping users manage their health
  - Health information was fastest-growing content categories in mobile device use in 2011 (comScore, 2012)
  - More than half smartphone users gather health information on their phones (Fox, 2012)
  - Important that health literacy is considered in developing mobile apps

# Health Literacy

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- Health literacy, as defined in the Affordable Care Act (ACA) is “the degree to which an individual has the capacity to obtain, communicate, process, and understand health information and services in order to make appropriate health decisions.”
- Only 12 percent of Americans are proficient in understanding and acting on health information (Koh et al., 2013; Kutner et al., 2006)
- Low health literacy is linked to:
  - Earlier death in elderly population
  - Poor understanding of disease
  - Lower reported health status
  - Lower use of preventative care

\*7pt type. Aligned to bottom.

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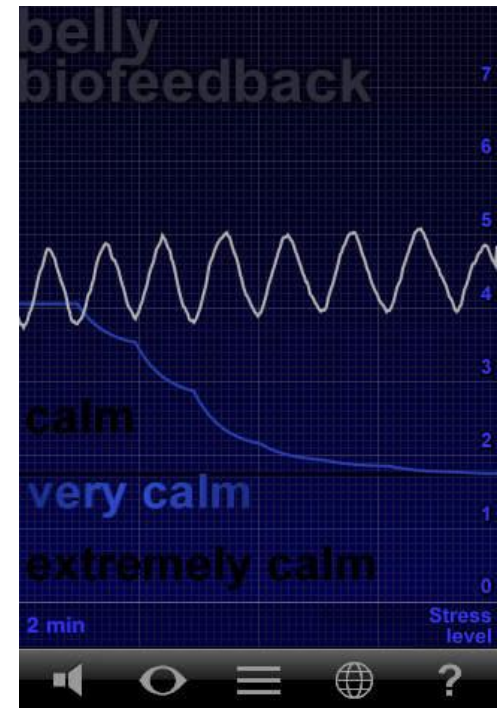
# Top 10 Mental Health Apps

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- **BellyBio**

<https://itunes.apple.com/us/app/bellybio-interactive-breathing/id353763955?mt=8>

Free app that teaches a deep breathing technique useful in fighting anxiety and stress. A simple interface uses biofeedback to monitor your breathing.

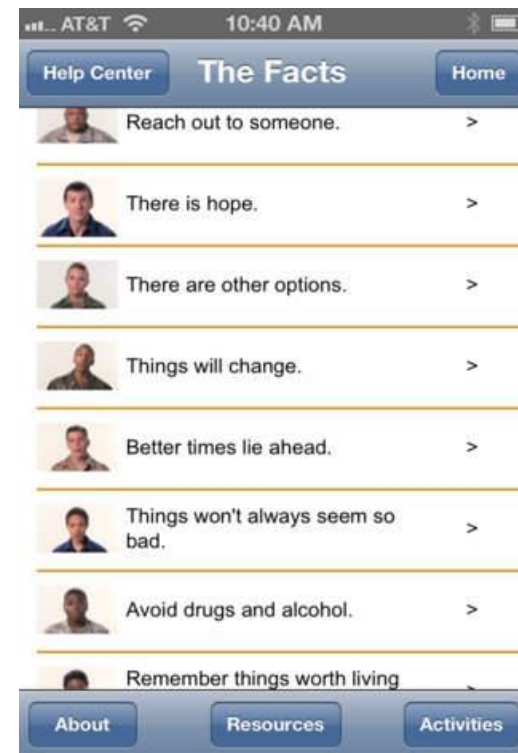


# Top 10 Mental Health Apps

- **Operation Reach**

<https://itunes.apple.com/ca/app/operation-reach-out/id478899653?mt=8>

Literally a lifesaving app, this free intervention tool helps people who are having suicidal thoughts to reassess their thinking and get help.



PsychCentral, 01/16/2013



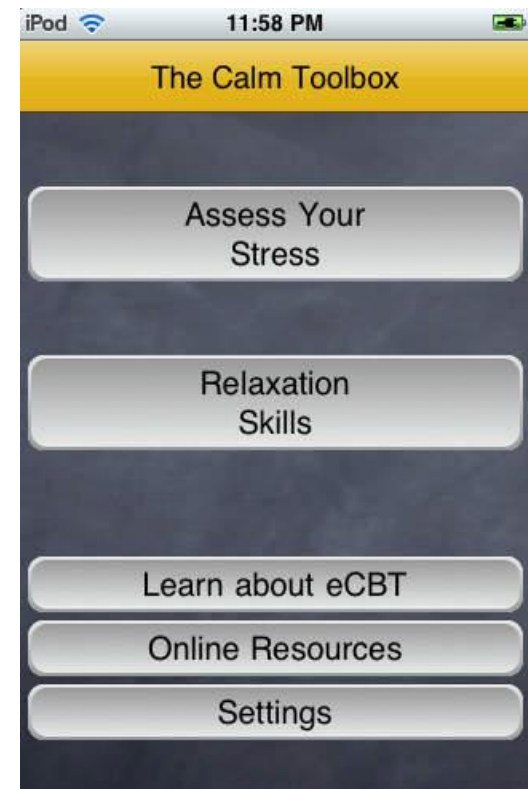
# Top 10 Mental Health Apps

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- **eCBT Calm**

<https://itunes.apple.com/us/app/ecbt-calm/id356997070?mt=8>

Provides a set of tools to help you evaluate personal stress and anxiety, challenge distorted thoughts, and learn relaxation skills that have been scientifically validated in research on Cognitive Behavioral Therapy (CBT).

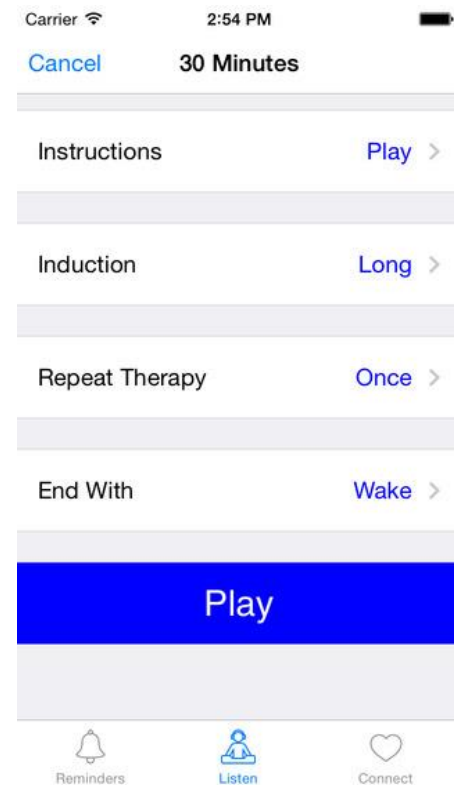


# Top 10 Mental Health Apps

- ***Deep Sleep with Andrew Johnson***

<https://itunes.apple.com/us/app/deep-sleep-andrew-johnson/id337349999?mt=8>

This straightforward app features a warm, gentle voice guiding listeners through a Progressive Muscle Relaxation (PMR) session and into sleep. Features long or short induction options, and an alarm.




# Top 10 Mental Health Apps

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- **WhatsMyM3**

<https://itunes.apple.com/app/whatsmym3/id515945611?mt=8>

A three minute depression and anxiety screen. The app keeps a history of test results, to help you track your progress.



The screenshot shows the app's interface on an iPhone. At the top, the status bar displays 'Carrier', signal strength, Wi-Fi, and the time '6:34 PM'. Below the status bar is a blue header with a back arrow and the text '< Back' on the left, and '1 of 29' on the right. The main content area has a blue background with white text that reads: 'Over the last two weeks have you noticed the following:'. Below this is a question: 'I feel sad, down in the dumps or unhappy'. There are five radio button options listed vertically: 'Not at all', 'Rarely', 'Sometimes', 'Often', and 'Most of the times'. The 'Sometimes' option is selected, indicated by a blue background behind the radio button.

PsychCentral, 01/16/2013

# Top 10 Mental Health Apps

- ***DBT Diary Card and Skills Coach***

<https://itunes.apple.com/us/app/dbt-diary-card/id479013889?mt=8>

Based on Dialectical Behavior Therapy (DBT) developed by psychologist [Marsha Linehan](#), this app is a rich resource of self-help skills, reminders of the therapy principles, and coaching tools for coping.



# Top 10 Mental Health Apps

- **Optimism**

<https://itunes.apple.com/us/app/optimism/id352262677?mt=8>

Track your moods, keep a journal, and chart your recovery progress with this comprehensive tool for depression, bipolar disorder, and anxiety disorders.



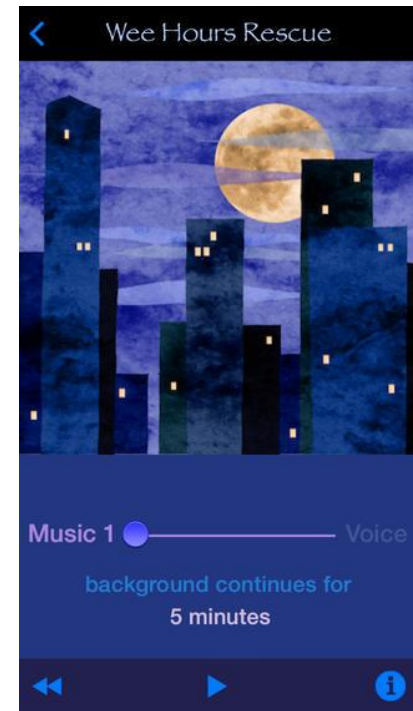
# Top 10 Mental Health Apps

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- ***iSleepEasy***

<https://itunes.apple.com/us/app/isleep-easy-meditations-for/id509260769?mt=8>

A calm female voice helps you quell anxieties and take the time to relax and sleep, in an array of guided meditations. Separately controlled voice and music tracks, flexible lengths, and an alarm.



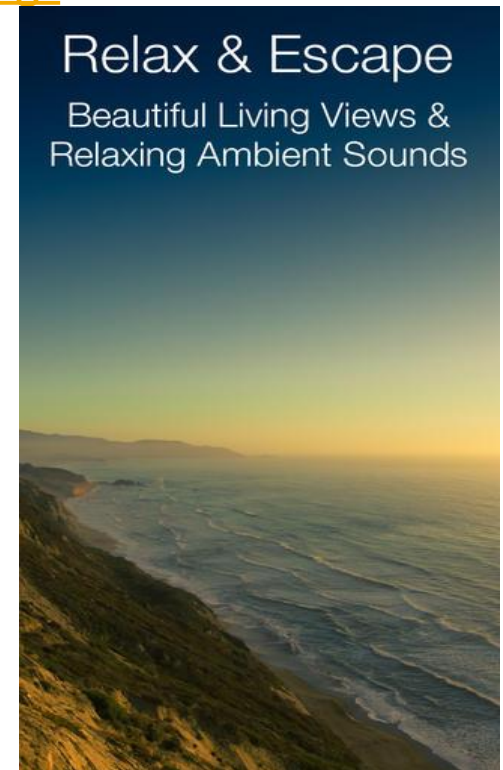
# Top 10 Mental Health Apps

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- ***Magic Window – Living Pictures***

<https://itunes.apple.com/us/app/magic-window-living-pictures/id366754824?mt=8>

This app offers an assortment of peaceful, ambient nature scenes from beautiful spots around the world.



# Top 10 Mental Health Apps

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- **Relax Melodies**

<https://itunes.apple.com/us/app/relax-melodies-sleepmeditation/id314498713?mt=8>

A popular free relaxation sound and music app. Mix and match nature sounds with new age music; it's lovely to listen to birds in the rain while a piano softly plays.





# Five Apps to Help Cope With Anxiety

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- **Headspace** – [www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)
- **Relax Melodies** – [www.ipnossoft.com/app/relax-melodies](http://www.ipnossoft.com/app/relax-melodies)
- **Anti-Stress Quotes** – <https://itunes.apple.com/us/app/anti-stress-quotes!-stress/id417909476?mt=8>
- **Calm** – <https://itunes.apple.com/us/app/calm-meditate-sleep-relax/id571800810?mt=8>
- **Worry Watch** – [www.worrywatch.com](http://www.worrywatch.com)

# Best Apps for Addiction Recovery

- ***Twelve Steps – The Companion***

<https://itunes.apple.com/us/app/id295775656?mt=8>

Includes the first 164 pages of the Big Book and over 60 stories from the first and second editions

**NOTE:** A-Chess app is not available through iTunes or Google play stores. Information can be found at:

<https://chess.wisc.edu/achess/app>



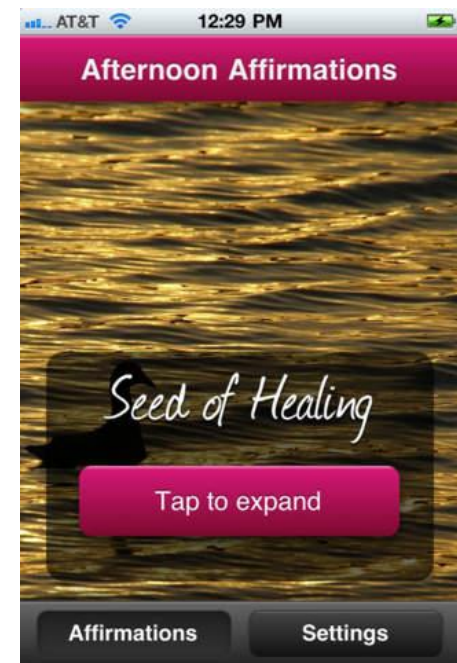
# Best Apps for Addiction Recovery

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- ***Afternoon Affirmations***

<https://itunes.apple.com/us/app/id441780213?mt=8>

Every day at 1 P.M., this app sends you an affirmation with the intention to, its creators say, “calm the soul.” The content is a mixture of uplifting quotations and practical, grounding reminders designed to keep the perturbing aspects of life in perspective.




# Best Apps for Addiction Recovery

- **Steps Away**

<https://itunes.apple.com/us/app/id319571940?mt=8>

With a database of literally hundreds of thousands of 12-step meetings—including those in the U.S., Canada, the U.K., and Australia—Steps Away is the closest thing sober people have to a worldwide directory.



The screenshot shows the Steps Away app interface on a mobile device. At the top, there are navigation buttons for 'Back', 'Map View', 'List View', and 'Filters'. Below these is a search bar with the placeholder text 'Enter Keywords'. The main content is a list of meetings, grouped by location. Each meeting entry includes a green 'AA' icon, the meeting name, the location, the time, and the day of the week. The distance from the user's current location is also shown.

Sunnyvale			
AA	Big Book at Noon	Sunnyvale	12:00 Monday 1.4 miles
AA	Big Book Highlighter	Sunnyvale	18:00 Monday 1.6 miles
AA	Step 10 at 12 Group	Sunnyvale	12:00 Monday 2.4 miles
AA	Men's Group	Sunnyvale	20:00 Monday 3.2 miles
Los Altos			
AA	A.B.C. Women's Group	Los Altos	19:30 Monday 2.9 miles
AA	Los Altos Men's Group	Los Altos	20:15 Monday 4.6 miles
Santa Clara			
AA	Living in the 12 & 12	Santa Clara	18:00 Monday 4.3 miles
AA	Midday Women's Group	Santa Clara	12:00 Monday

Castle Craig Hospital, [www.castlecraig.co.uk](http://www.castlecraig.co.uk), 10/23/2013

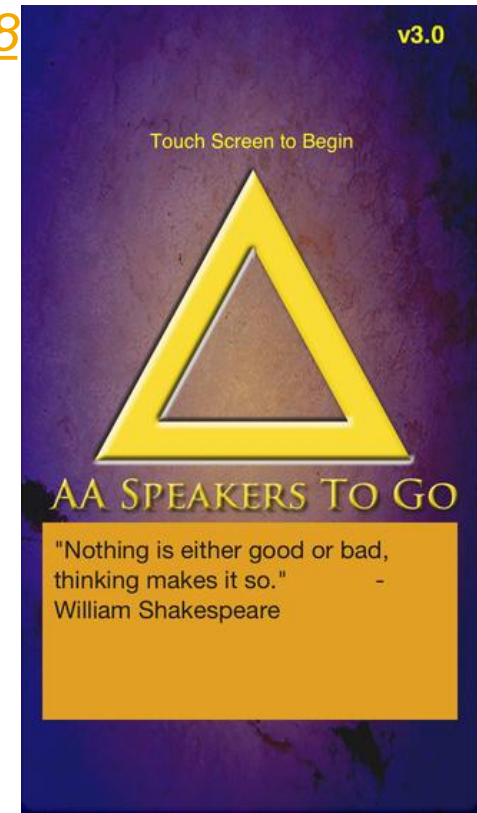
# Best Apps for Addiction Recovery

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- **AA Speakers**

<https://itunes.apple.com/us/app/id394909964?mt=8>

Love sitting in a folding chair and listening to a tale of down-in-the-gutter tragedy followed by shocking triumph but can't make it to a meeting? AA Speakers to Go is the answer. Comes pre-loaded with over 400 speaker tapes dating from the 1930s through today.



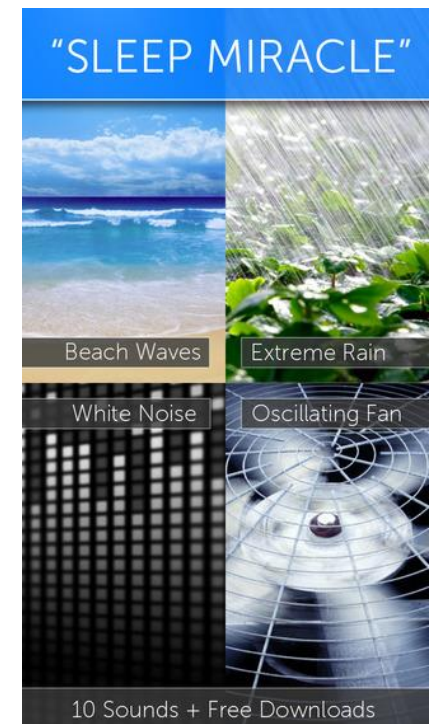
# Best Apps for Addiction Recovery

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- **White Noise Lite**

<https://itunes.apple.com/us/app/id292987597?mt=8>

Though not explicitly a recovery app, White Noise Lite is perfect for meditation—or just tuning out the world when it all gets to be a bit much. Slip on your earbuds and chill out to rainstorms, beach waves, chirping crickets and other sounds.



# Best Apps for Addiction Recovery

- ***My Daily Journal***

<https://itunes.apple.com/us/app/id431783197?mt=8>

Another app that isn't exclusively 12-step-related but can nevertheless be a sober person's best friend, My Daily Journal allows you to export files as PDFs through email and backup and restore files through DropBox, which makes it perfect for fourth-step work or general recovery writing.



# Best Apps for Addiction Recovery

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- ***Mindfulness Meditation***

<https://itunes.apple.com/us/app/mindfulness-meditation/id312327144?mt=8>

This app encourages users to take a break, set a meditation time and start relaxing. Mindfulness is known to be very efficient in the treatment of addiction, by helping to de-stress and focus on recovery.





# Smart Phone App Document

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- Listing of apps from prevention to recovery

- Highly rated by users
- Available in both iTunes and Google store
- Free or low cost



Smartphone Apps for  
Substance Use Disorder  
Treatment/Recovery



Tools available for  
you to work your  
well-being.

# WRAP App

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- Available on both iTunes and Google store
- \$4.99 or free to Optum members

# Key Concepts of WRAP App

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Hope

Personal Responsibility

Education

Self Advocacy

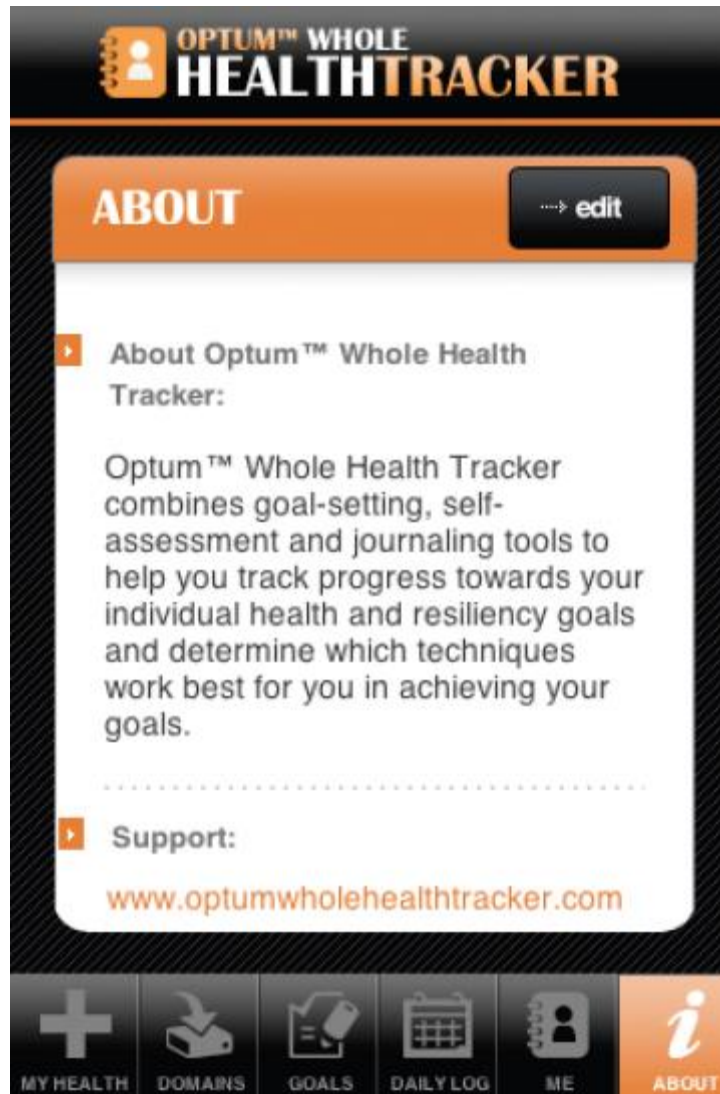
Support

# WRAP Overview

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- Wellness Toolbox
- Daily Maintenance Plan
  - What I'm like when I'm well
  - What I need to do every day to stay well
  - What I might need to do on any day to stay well
- Triggers  
Triggers Action Plan
- Early Warning Signs  
Early Warning Action Plan
- When Things are Breaking Down  
When Things are Breaking Down Action Plan
- Advance Directive or Crisis Plan  
Post Crisis Plan

# Whole Health Tracker



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glasbergen.com



**"I can't decide which smartphone to buy.  
Which one will solve all my problems  
and make my life perfect?"**

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# Thank you

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