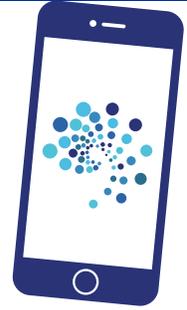




# CONNECTIONS for RECOVERY



## Contact Us

ok-support@chess.health

## Testimonial

"I know Catalyst could not be where we are with the level of support for our clients in the Connections App without Shane, Mary, and the entire Engagement team. Thank you all for giving of yourself, your story, and your time to be a resource to our staff and our clients. You all ROCK!!"

–**Christi Reagan**,  
Catalyst Outpatient  
Program Director

## Hello ODMHSAS Contracted Providers

We are excited to share this month's Newsletter. ODMHSAS and the CHES Health team are continuing to implement our statewide "Connections for Recovery" initiative and are adding new providers all the time. Highlighted this month is how one provider is utilizing both CHES Health solutions and how hospitals are utilizing eIntervention to connect pregnant and parenting moms to treatment. We also introduce you to a member of CHES Health's engagement team this month.

Sincerely,

**Teresa M Stephenson**, M Ed, Director of Medication, Stimulant Use, Women & Family Specific Treatment Services/State Op. Treatment Authority

**Kimberly A. Cain**, M Ed, Sr. Project Manager at Oklahoma Department of Mental Health and Substance Abuse Services

**Mary Kate Cole**, MSW, ODMHSAS Liaison to CHES Health

## Project Spotlight - Catalyst Behavioral Services



This month we spotlight **Catalyst Behavioral Services**, one of the largest behavioral health agencies in Oklahoma. **Catalyst** serves people throughout Oklahoma and surrounding states with fully integrated care for mental health, substance abuse, and primary care. **Catalyst Behavioral Services'**

treatment approaches are broad in scope, taking into account a combination of therapies and other services to meet a patient's needs.

## eIntervention

**Catalyst Behavioral Services** went live with **eIntervention** in November 2019. They send and receive referrals for their Recovery Center in Enid, their Community House in Oklahoma City, and their Outpatient Behavioral Services in Oklahoma City. **Catalyst's** Enid Recovery Center is a 100-bed residential treatment center for substance abuse and mental illness for men. The Community House is a 55-bed co-educational residential treatment center for substance abuse and mental illness for women and men.

**Catalyst's** outpatient services provide individual and group counseling to individuals involved with Child Welfare/TANF, Drug Court, and Family Treatment Court as well as individuals with private insurance and the indigent population. No one is turned away due to an inability to pay.

**Catalyst** provides medication-assisted treatment on both a residential and outpatient basis.

Make a referral to **Catalyst** utilizing **eIntervention** today!

## eRecovery

**Catalyst Behavioral Services** also utilizes **eRecovery** and the **Connections App** to offer their consumers support during outpatient treatment. All consumers are enrolled during the intake process when they meet with their PRSS and Case Manager, Sunnie Jamerson. The **Connections App** is an integrated part of their treatment; consumers receive appointment reminders via the App, attend Alongsides with **CHES Health's** engagement team, stay in touch with their **Catalyst** care team via messaging, and track their recovery progress with weekly surveys. Sunnie holds fun contests throughout the year for consumers where they can win prizes by completing different tasks in the **Connections App**. Last month, **Catalyst** consumers sent over 250 messages in the App and responded to over 500 surveys.

Sunnie shared, "**eRecovery** has allowed me to interact with the clients in a more relaxed non-clinical way. I have been able to get creative in finding ways to encourage the clients to engage in their recovery. **eRecovery** has allowed the clients to bring what they are learning in outpatient services home. There are tools we use in treatment that are part of the interactive platform of **eRecovery**, and many of the clients have found a great benefit of having the application." One consumer from **Catalyst** shared, "I know each and every time I log into this group, I'm going to walk away feeling so much better and with a smile on my face."

To learn more about **Catalyst Behavioral Services'** use of **eIntervention** and **eRecovery**, contact Edie Nayfa, CEO, [enayfa@catalystok.org](mailto:enayfa@catalystok.org).

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## Meet the CHES Health Engagement Team

**CHES Health** promotes all pathways to recovery, and we love that on our engagement team, we have certified peers with a wide variety of experiences. Each month, we will share about one of our peers' pathways to recovery and the work they do to support Oklahomans in recovery. This month, we highlight Mary.



Mary is a Certified Addiction Recovery Coach (CARC) and Certified Peer Recovery Advocate (CRPA) who has found where her talents and passions align with Recovery Coaching. Formerly in the field of digital media, communications, and graphic design, Mary embarked on a new path through her own recovery from Alcohol Use Disorder. Her journey to recovery truly began when she read *This Naked Mind* by Annie Grace and realized that she wasn't alone in her desire to eliminate alcohol from her life. Mary's sobriety community now includes Connections as well as The Luckiest Club, a sobriety support group founded by author of *We Are the Luckiest*, Laura McKowen.

Mary has wholeheartedly enjoyed getting to meet the individuals she has been communicating with face-to-face at her Alongside, CHES Health's weekly Peer Recovery Support Groups. In Mary's Alongside, she combines nature and creativity with guided meditations, readings, and assignments to help individuals connect with the natural world and strengthen their recovery. One Alongside attendee had this to say: "It was a pleasure to see you, Mary. That was a good session for sure. Enjoying nature is right where I've found comfort these last few days. Our home has had some huge changes in dynamics, and it's been trying! I was so very close to pressing that red emergency button, too close to relapse. Focusing on nature, the green grass, the birds and their songs and the waving trees, thinking only of gratitude to see this changing season and thankful for our home has kept me grounded and today I am content."

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## Notable Mentions

This month, we would like to recognize some additional staff doing amazing work utilizing **CHES Health Solutions**

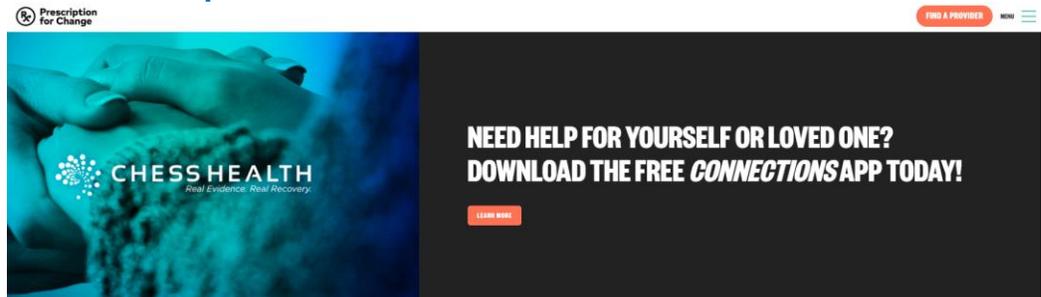
- The Oklahoma Perinatal Quality Improvement Collaborative (OPQIC) has partnered with CHES Health to address the effects of opioids on mothers and newborns. Fifteen birthing hospitals and providers are rolling out the **CHES Health eIntervention** solution to improve access for pregnant women to receive SUD treatment and Behavioral Health services. We're excited to share three hospitals are live and utilizing this referral system to ensure mothers receive the care they need. Congratulations to **Tonya Johnson**, a Maternal-Fetal Medicine Specialist with St. Francis Hospital, **Bridget Hiebert** with Duncan Regional Hospital, and **Beka Lunow** with Norman Regional Care for Women.

Consumers also have access to **Envoy**, a smartphone app with referral information, motivational videos specific to prenatal SUD support, and messaging capabilities to reach their provider before treatment.

- Kudos to **Cherelle Berry** at Counseling & Recovery Services and to **Brian Fields** at House of Hope for having a 100% onboarding rate, meaning all consumers provided access to the **Connections App** have logged in and utilized the App. Now, they have access to a supportive peer community and recovery content.

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## Need Help for Yourself or a Loved One?



The **Connections App** is available, **free of use**, to all individuals seeking support in their recovery from substance use disorder. To request access to **Connections App**:

- Complete the secure enrollment form:  
<https://www.connectionsapp.com/connections4ok/>
- OR visit <https://okimready.org/help-for-yourself-or-loved-ones/>
- OR scan with your smartphone camera:

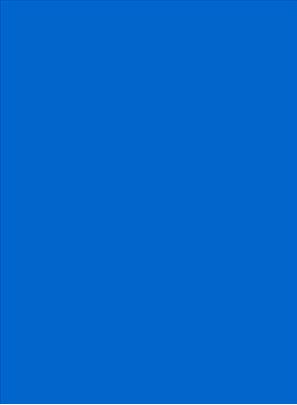


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## Connections for Recovery Network Expands

We currently have 50 providers/agencies live on **eIntervention** and 26 providers/agencies live on **eRecovery**. New providers/agencies who went live the past month and are ready to receive referrals include:

- **Emergency Infant Services**
- **Family & Children's Services-Crisis Care Center**
- **Green Country Behavioral Health Services**
- **NorthCare**



If you are interested in learning more about [eIntervention](#) and [eRecovery](#) or you would like a complete list of all providers live, please send an email to [ok-support@chess.health](mailto:ok-support@chess.health).

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## Contact Us Anytime

EMAIL US: [ok-support@chess.health](mailto:ok-support@chess.health)