

# NM 5-Actions Program™ Overview

1/31/21

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5-Actions Program™  
Digital Therapeutics Group, LLC

# Welcome!



## Agenda:

- Introduction
- Overview of the 5-Actions Program™
- Brief live tour
- Using the program
- Questions

# Expectations

- Purpose of this training is to review indications for use, help you get started using the program, and answer general questions about addiction, treatment, and use of the 5-Actions Program™.
- These trainings are NOT for discussion of individual clinical issues. Please do not share personal information during the Q&A.
- If you have clinical issues requiring attention, please contact your primary care physician, use the phone support that comes with the program (that we will review), or seek help from a licensed clinician.



# Introduction

## John Fitzgerald, PhD, LPC, CAS

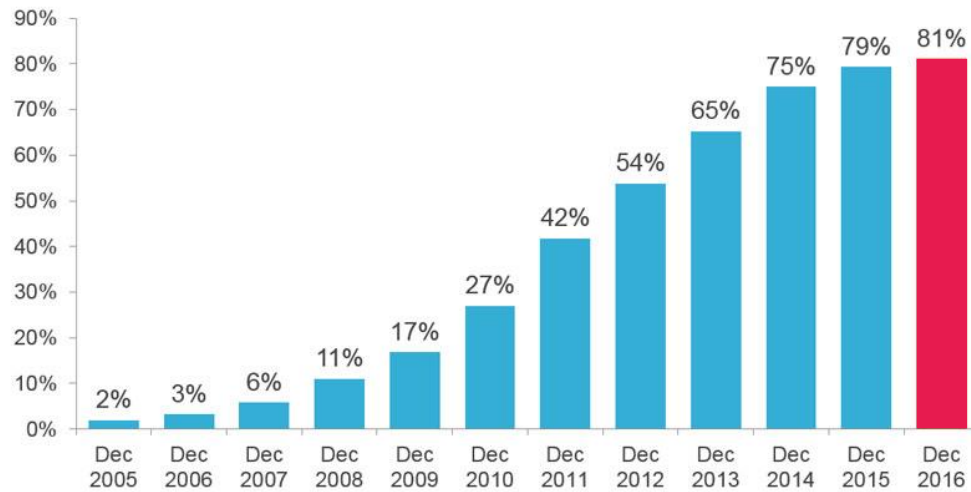
- **Clinical Faculty in the Department of Psychiatry** at Oregon Health & Sciences University since 1998, Adjunct Faculty in the **Systems Science Graduate Program** at Portland State University since 2007
- Licensed Professional Counselor since 2001, and a **Certified Addiction Specialist** since 2006
- Past Oregon **Statewide Addiction Treatment Analyst** (2017-2020), and the primary author of the recently released report: Analysis of Oregon's Publicly Funded Substance Abuse Treatment System: Report and Findings for Senate Bill 1041
- **Practicing clinician** in Lake Oswego, Oregon



# Overview of the 5-Actions Program™

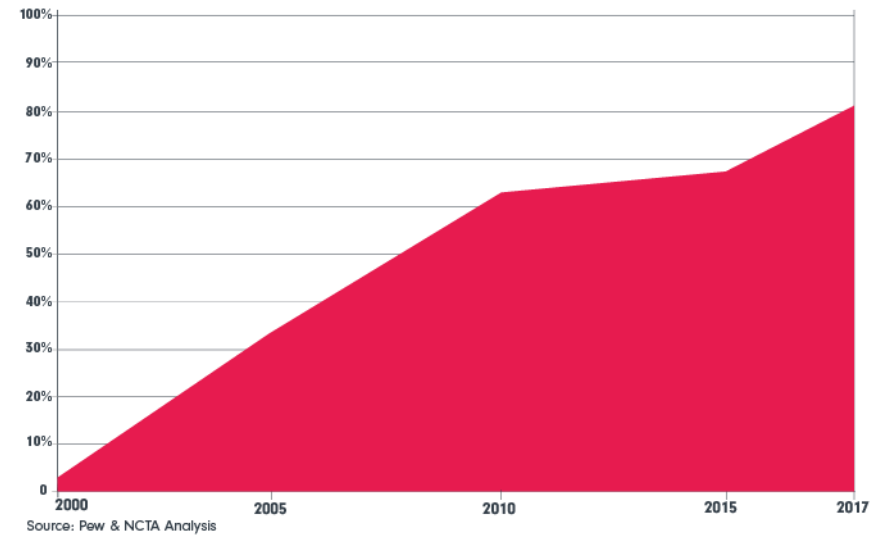
## Smartphone Penetration of Mobile Phone Market

Source: comScore MobiLens, U.S., Age 13+, 3 Mo. Avg. Ending Dec 2005 - 3 Mo. Avg. Ending Dec 2016



## BROADBAND ADOPTION OVER TIME

SIGNIFICANT MAJORITY OF AMERICAN HOUSEHOLDS HAVE BROADBAND INTERNET ACCESS AT HOME





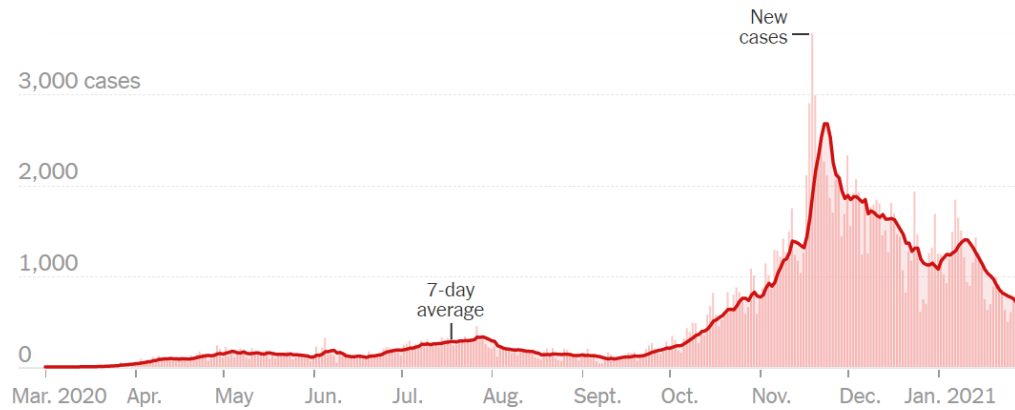
# Estimate of the SUD Treatment Gap by Substance (2018)

## New Mexico Substance Use Disorder Treatment Gap Analysis



Substance Type	People Living with SUD	People Who Received Treatment	People Needing Treatment	People Who May Enter Treatment
Alcohol	101,012	27,834	73,178	7,318
Opioids	38,989	33,415	5,574	557
Stimulants (Methamphetamine)	21,694	12,834	8,860	886
Benzodiazepines	15,987	1,769	14,218	1,422
Cannabis	17,776	10,580	7,196	720
<b>Total</b>	<b>204,681</b>	<b>70,303</b>	<b>134,378</b>	<b>13,438</b>

# COVID-19 in New Mexico



	TOTAL REPORTED	ON JAN. 28	14-DAY CHANGE
<b>Cases</b>	<b>172,798</b>	<b>672</b>	<b>-44%</b> ↘
<b>Deaths</b>	<b>3,250</b>	<b>28</b>	<b>+17%</b> ↗
<b>Hospitalized</b>		<b>556</b>	<b>-22%</b> ↘

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## New Mexico Crisis And Access Line

Call toll free anytime 24/7/365 **1-855-NMCRISIS (662-7474)**  
**If you are having a life threatening emergency, call 911 immediately.**

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer to Peer Warmline.

**Crisis And Access Line**  
 Call for support and resources  
**1-855-NMCRISIS (662-7474)**  
 Toll Free 24/7/365

**Peer to Peer Warmline**  
 Call or text to connect with a peer  
**1-855-4NM-7100 (466-7100)**  
 call 3:30pm - 11:30pm / text 6pm - 11pm

**NMConnect App**  
 Call, text and access mental health resources

**Healthcare Worker and First Responder Support Line**  
**1-855-507-5509**

**NM 5 Actions**  
 Self-guided road map to understanding and addressing substance use and addictive behaviors

**Path to Wellness**  
 Mental Health Awareness Messages

# What is the 5-Actions Program™?

## A New Type of Care

- **NOT** a replacement for traditional treatment
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- Aimed at **low to moderate** addiction severity (and pre-addictive behavior as well)
- Targeted to those who are **not presently receiving any type of addiction care**, but can also be used adjunctively by treatment and addiction medication prescribers
- In its present state, it is a **digital health learning platform**, but goal is to become a digital therapeutic with evidence of behavior change



The screenshot shows the top portion of the website. On the left, the logo reads "5-Actions Program™" with the tagline "Self-Guided Roadmap Out of Addiction" and "With 24/7 crisis and peer-recovery phone support". In the center is a stylized sun logo with a play button icon. On the right, it says "New Mexico Crisis and Access Line" and "24/7 Phone Support: 1-855-NMCRISIS (662-7474)" with a note "If you are having a life-threatening emergency, call 911 immediately". Below this is a dark blue navigation bar with links for "ABOUT", "HOW IT WORKS", "FAQ", "NEWS", "CONTACT", and a "SIGN IN | SIGN UP" button. The main hero section features a sunset landscape with the text "Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life".



If you struggle with substance use or addictive behaviors, **you're not alone – not anymore.** The online 5-Actions Program offers you a new way to access help, when you want it, where you want it.

There is no cost to you. The **program is free**, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

[LEARN MORE](#)

“ I am so grateful for finding the 5-Actions Program™. It helped me understand the roots of my behaviors and that I am not a broken or bad person, and it gave me the tools I needed to address addiction in my life.”

– Michelle S.

# What is Unique About the Program?

- Comprehensive video-based digital health intervention **combined with 24/7** crisis and peer-recovery phone/text support
- **Addresses all addictions**, both substance and behavioral, within one integrated program
- Identifies and intervenes upon **key leverage points** perpetuating addictive behavior, including insecure attachment, ACEs, trauma, and other co-occurring mental health disorders
- Interventions of successful behavior change **organized into five action categories**: motivate, evaluate, resolve, manage and create (5-Actions)
- Built upon two **evidence-based theories of change**: Contextual Model and Self-Determination Theory
- Provides support and tools to **help a loved one** with addiction





# What Are the 5-Actions?



## Overview of the 5-Actions™

The 5-Actions are not a specific intervention or treatment, nor are they five specific actions that you do. They represent five broad categories of actions that each contain many interventions and evidence-based practices.

Think of the 5-Actions as an organizational system and a way to group all the various things you may do at different times on your journey out of addiction.



**Action 1: Motivate.** The program starts with motivation, which is the fuel necessary to keep you focused, energized, and committed to achieving your goals. To a large extent, addiction is a motivational problem, where the positive experiences from use of substances or addictive behaviors lead to brain changes that eventually hijack your motivational fuel tank. It's why starting with motivation, and learning how to realign it in the direction of positive change, is so critical.



**Action 2: Evaluate.** It's really hard to overcome addiction if what's driving it remains unknown, or you fail to address all addictions as a package of behavior. This program helps you evaluate all addictions in your life, and the underlying drivers that keep you stuck. Even more, you'll evaluate your strengths and virtues, because you are so much more than your addictions. The output of Action 2 leads to interventions that are organized into three action categories: resolve, manage and create.



**Action 3: Resolve.** This group of interventions focuses on both immediate and more complex problems in your life that have a solution, that you can resolve. Immediate problems include being homeless, suicidal, or in need of detoxification. Problems that require more time to resolve include trauma, developmental gaps, and toxic shame and grief. At this point you might be wondering whether addiction is a problem to resolve? It depends. For some who are quite early in their addiction history and have relatively few complicating issues, it's likely that addiction can be resolved. However, for most addiction is a problem that requires patience and discipline, best managed over a longer period of time.



**Action 4: Manage.** Interventions in this category are focused on problems for which there is no identifiable resolution, which means they require management during the course of your life. Examples include chronic medical conditions, some mental health disorders, and yes for most, addiction. Tools and resources here also target issues that are not really problems, but part of everyday life, like stress, sleep, and diet. In this program, you'll learn to manage these things with various approaches, and find that certain tools like meditation and exercise are beneficial across all life-long challenges.




**Action 5: Create.** While the last two actions were about resolving and managing problematic symptoms in your life, this action is all about helping you create the best version of yourself possible. The energy and process of creating anything – music, art, a business, a solution to climate change – is very different than the energies we use to resolve or manage problems. The tools and practices you will learn in this program draw heavily on the field of positive psychology and are critical to helping you move beyond addiction and embrace the life you were meant to lead.

- Ingredients of successful behavior change that optimize outcomes
- Organizational system, a way to group interventions used at different times during the journey out of addiction
- Include interventions to *decrease symptoms* (Resolve/Manage) and *enhance quality of life* (Create)
- Differentiates acute (solvable) and chronic (require management) interventions
- Dynamic vs. linear

# Let's Take a Brief Tour

**5-Actions Program™**  
Self-Guided Roadmap Out of Addiction  
*With 24/7 crisis and peer-recovery phone support*



**New Mexico Crisis and Access Line**  
24/7 Phone Support: 1-855-NMCRISIS (662-7474)  
*If you are having a life-threatening emergency, call 911 immediately*

ABOUT HOW IT WORKS FAQ NEWS CONTACT **SIGN IN | SIGN UP**

## Sign In / Sign Up

### Sign In

Email Address

Password

Remember Me

**LOG IN**

[Lost Password?](#)

### Sign Up (Create New Account)

The 5-Actions Program provides self-help coaching for problems associated with alcohol, other drugs, and/or behavioral addictions. It's not a substitute for professional treatment, but offers you a place to learn more about your behaviors, options for change, and how to access treatment if you so choose.

*The program is FREE to use and funded by the New Mexico Human Services Department, Behavioral Health Services Division.*

To access, you must first enroll in the program and agree to the terms of use. Enrollment allows you to manage your account settings, track your progress, and get the most out of the program.

E-mail Address

Password

County

I have read and agree to the [Terms of Use and Privacy Policy](#)

**SIGN UP NOW**



# Important Safety Information

- Before using the 5-Actions Program™, you should contact your **primary care physician** and discuss your plans to reduce or stop your drinking, drug use and/or addictive behaviors, because doing so abruptly can be dangerous.
- If at any time during the use of the 5-Actions Program™ you feel overwhelmed, in crisis, suicidal, at risk for relapse, or in danger to yourself or someone else, **call the New Mexico Crisis and Access Line at: 1-855-NMCRISIS (662-7474).**
- If you are presently in treatment for addiction, please **discuss with your primary counselor** your intent to use the 5-Actions Program™.
- Short and long-term outcomes from using the 5-Actions Program™ **have not been evaluated**, so its ability to help you reduce or stop use of substances or addictive behaviors has not been studied.

## USER INFORMATION GUIDE for the 5-Actions Program™

### Indications for Use

- The 5-Actions Program™ ("the Program") is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The Program is not a specific treatment or intervention.
- The Program is a self-guided, online learning program designed to help adults (18 years of age and older) address challenges with substance use and/or addictive behaviors (gambling, sex, food, technology).
- The Program can be a resource for those who have never received professional treatment, but also provide additional support for those presently in treatment, or who have experienced treatment in the past.
- The Program brings attention to the underlying drivers of addiction, including insecure attachment, adverse childhood experiences, and trauma.
- The 5-Actions Program™ is a learning platform that can be used to help address the chronic nature of addiction over time. Therefore, you are free to use the Program for as long as it is made available, and to whatever degree is most helpful to you.
- The Program is intended for users whose primary language is English, and who have access to a computer, tablet, or smartphone with a high-speed internet connection.
- The Program emphasizes healing relationships as the primary vehicle of behavior change, and offers suggestions on how to develop such relationships in your life.
- The Program is offered in partnership with the New Mexico Crisis and Access line, whose counselors are available 24/7. The Peer to Peer Warm Line is available daily from 3:30pm – 11:30pm (phone) and 6pm – 11pm MT (text).

### Important Safety Information

- Before using the 5-Actions Program™, you should contact your primary care physician and discuss

your plans to reduce or stop your drinking, drug use and/or addictive behaviors, because doing so abruptly can be dangerous.

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### Getting started with the 5-Actions Program™

- The 5-Actions Program™ is accessed online ([www.nm5actions.com](http://www.nm5actions.com)) from most computers, tablets, and smartphone devices that have access to high speed internet.
- Signing up is EASY, FREE and CONFIDENTIAL.
- All you need is an email address to set up your username and password after agreeing to the Terms of Use.
- Begin exploring the site with the **Get Started** page with three starting videos that provide an overview of the program and discuss the 24/7 phone support.
- There is no right or wrong way to use the Program. Feel free to skip around and watch videos, check out links, and download resources in whatever order makes sense to you.

### Getting Additional Help – 24/7/365

#### Phone Support

- The New Mexico Crisis and Access Line is here to help. Call us anytime at 1-855-NMCRISIS (662-7474).

# Suggestions for Use

- Review **Getting Started** page and download the video's worksheet "Where Should I Start?"
- Review **Crisis and Access Phone Support** and **Warmline Peer Phone Support** and make a call.
- Watch videos, utilize worksheets, check out external links and resources
- Utilize screening tools and forms to learn more about your behavior
- Use the **Access Treatment & Self-Help Groups** page to identify programs in your area
- Review the **COVID-19 Resources** page, and engage as needed





# Evidence-Based Educational Content

## Understanding Addiction

- **Origins of Addiction:** Genetics, Attachment, ACEs, Trauma, Co-Occurring Disorders, Environment
- **Multiple Addictions:** Substance and Behavioral, Personality, Interaction
- **Consequences of Addiction:** Hijacked Brain, Chronic Condition, Relapse, Life of Parts, Shame, Grief
- **Overview of the Solution:** Treatment 101, Contextual Model, Healing Relationships

## 5-Actions Interventions



**Motivation:** Personal Why, Self-Determination Theory, Grit, CRAFT



**Evaluation:** Screening Tools, Leverage Points, Past Records, Expert Help



**Resolve:** 4-Steps, Medications, Self-Help Groups, Unified Protocol, Focusing, TRE, IFST, Three Pillars Attachment Repair



**Manage:** Coordinated Care, Relapse Management, Grief Work, Giving Back



**Create:** Creative Process, Finding Meaning, Deep Work, Love, Spirituality

# Addiction Medications and the 5-Actions Program™

## Addiction Medications

module 8: video 4



Rate this video:

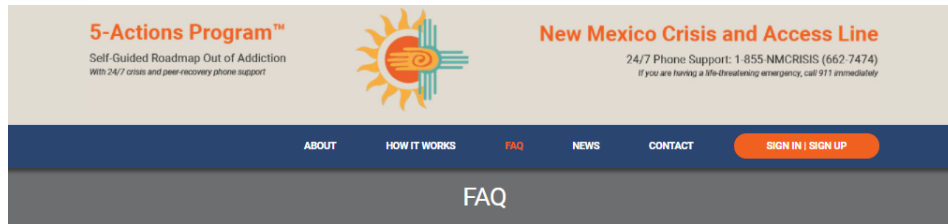


**SUBMIT**

- [Read Transcript](#)
- **Alcohol**
  - [Medications for the treatment of alcohol use disorder](#) – short guide
  - [Medication for the treatment of alcohol use disorder: A brief guide](#), is produced by SAMHSA and is designed for healthcare professionals, but is also a good overview for anyone wanting to learn more about these medicines
- **Opioids**
  - Learn more about [buprenorphine](#), [methadone](#), or [naltrexone](#)
  - Learn more about [naloxone](#) to counter opioid overdose, and checkout [A Dose of Reality](#)
  - [FDA information about approved medications for opioid use disorders](#)
  - [Buprenorphine Practitioner Locator](#)
  - Learn more about which medication may be right for you with this interactive tool from SAMHSA: [Decisions in Recovery: Treatment for Opioid Use Disorders](#)
- **Tobacco**
  - [Want to Quit Smoking? FDA-Approved Products Can Help](#) – published by the FDA
  - [Prescription drugs to help you quit tobacco](#)

- Learn about addiction **medication options** in the context of a broader intervention plan
- Seek **medication consultation** from your primary care physician (or other clinical provider) if you believe a medication could benefit you
- Use of **24/7 phone support** (crisis and access/peer to peer warmline) as needed

# Questions



#### Why is the program FREE to use?

Because it is funded by New Mexico Human Services Department, Behavioral Health Services Division.

#### Is the 5-Actions Program™ a replacement for addiction treatment?

No. This program does not replace professional or expert treatment. It's a self-guided roadmap designed to help you better understand and address problems related to alcohol, other drugs, and/or behavioral addictions.

It encourages use of traditional treatment, self-help groups, and other interventions shown to be effective in reducing or stopping problematic behaviors. Because over 90% of people who could benefit from treatment don't receive it, this program fills a much

needed gap by offering you an online, self-guided change program with 24/7 crisis and peer-recovery phone support.

#### Can physicians, prescribers of addiction medications, and other healthcare workers refer patients to the 5-Actions Program™?

Yes! Because all citizens of New Mexico have free access to the program, it offers another option for learning about addiction and how to address it as a challenge. If you work in the healthcare field and would like more information on using the program in your practice, please contact us.

#### What is the evidence that the 5-Actions Program™ works?

The program's primary goals are to help you better understand problems with substance use and/or behavioral addictions, and implement a plan to effectively address these issues in your life. If you watch the videos, complete the self-assessments, and follow-up on the suggested resources, you will undoubtedly accomplish the goals of the program.

If your question is more directed at how well the program works to help you overcome addiction – or *change your behavior* – at this time it has not been tested in a randomized clinical trial. But plans to assess such outcomes are in the works, and we'll update you when we know more.

You should know that while many programs on the market claim many things, few **well designed studies** have assessed digital health and digital therapeutic outcomes for addiction.

**5-Actions Program™**  
**Info@nm5actions.com**

**New Mexico Crisis And Access Line**  
**info@nmcrisisline.com**