

**October 2020**

## **One Step Newsletter**

The official newsletter of One Step Software

## What metrics should sober livings measure

One Step has been working with sober livings for over 3 years now. Many of you are tracking outcomes of your program and it has allowed you to make key decisions not only about certain residents, but also about your business in general. We are honored to be able to help over 500 sober livings run better programs by using One Step! One Step provides sober livings with an outcomes dashboard so owners and managers can see a bunch of data on a high level about how their residents are doing. Below are some of the most popular key metrics that sober livings measure.

### **1 – Average length of stay**

-This is a great metric to track. Ideally, you want residents to stay the full length of your program.

### **2 – % of employment upon move out**

-Many of you help residents get back on their feet and get a job. Tracking employment rates on move out helps you see how much of an impact your program has had on your residents

### **3 – % of positive drug tests**

-If you are drug testing in your house, it is helpful to keep track of this percentage. Ideally you want this number to be as low as possible

### **4 – Success during and post program**

-This is one of the hardest metrics to measure but also one of the most valuable ones. It is important to define what success means for your house and then keep track of success while residents are in your house and then after they move out. You may choose to measure success in your house to equal stays the entire length of the program, doesn't get a positive drug test, meets their meeting requirement every week or successfully moves out. Post program, you can measure success by the number of contacts you make with the resident after they move out, the number of alumni events they attend, or if they report 0 relapse 30 days after they leave your program.

These are just a few of many data points that sober livings can track. Sober livings use One Step to easily track how their residents and house are doing. If you are interested, please reach out!

# Recent News and Updates

## [Health on wheels: Tricked-out RVs deliver addiction treatment to Colorado's rural communities](#)

By: Kaiser Health News, The Denver Post (CO)

## [Google launches map to help Wisconsin residents find local support for addiction](#)

By: Jackson Danbeck, WTMJ-TV Milwaukee (WI)

## [IU researchers receive grant to study potential new opioid addiction treatment](#)

By: Indiana University School of Medicine, EurekAlert! (IN)

## [Gov. Newsom Signs Law To Grow Mental Health Coverage](#)

By: Adam Beam, KBPS (CA)

## [Addiction, education, and the future of cannabis policy](#)

By: Peter Grinspoon, MD, Health Europa (MA)

## [Virtual Outpatient Addiction Care Produces Promising Outcomes](#)

By: Hazelden Betty Ford Foundation, SouthernMinn (MN)

## [Support, opposition builds for Oregon drug decriminalization ballot measure](#)

By: Evan Schreiber, KATU2(OR)

## [FPU Physician Assistant's program pilots new substance abuse curriculum](#)

By: Ashley Saari, Monadnock Ledger-Transcript (NH)

## [Governor Cuomo Announces Final Regulations Requiring Insurers to Provide Fair Coverage for Mental Health & Substance Use Disorders](#)

By: Governor.NY.Gov (NY)

## [Bill to expand support for community addiction treatment passes House](#)

By: John Bowden, The Hill (Washington DC)

# Upcoming Events

**Joint Commission** - Behavioral Health Care and Human Services Conference - Live Virtual

- **October 28-30, 2020**

**WCSAD**- West Coast Symposium on Addictive Disorders:

- **December 3-4, 2020**

**Evolution** - Evolution of Addiction Treatment:

- **March 2-5, 2021**