

February 2021

One Step Newsletter

The official newsletter of One Step Software

Can Recovery Go Digital?

Can you recover from addiction using only online sources? Do you need the in person?

2020 changed the landscape for recovery and has pushed programs to rely on the utilization of online resources and virtual engagement. Many may wonder if online is enough to truly provide the appropriate support for their clients. It seems, as the months are going by, that technology definitely has a place and may have permanently changed the services provided moving forward.

For starters, some treatment and support is better than none at all.

COVID has introduced *even more* barriers to a patient getting the help that they truly need. Either programs are at capacity, not accepting new clients due to potential exposure risks, or the patients are unable to travel to the treatment provider. With the use of platforms like Zoom, [One Step](#), or other technology providers, programs now have a way to support and engage with clients all over the nation.

But, is the virtual care modality enough? Don't you need the group sessions in person to truly feel the sense of community?

According to Brittany Reid, PsyD, at the Betty Ford Center, it is enough. [“Our experience is that the group dynamic in virtual care closely replicates what happens during in-person sessions.”](#) With the use of virtual platforms, patients can still build comradery and share their stories and struggles with one another. The plus is that now patients that may not have been able to attend group can attend from the comfort of their own homes. If anything, the virtual care modality is bringing even more people together and providing more care!

What about treatment outside of group sessions? Is telemedicine effective?

[MedCity News](#) reported a research initiative in Ontario that found that “one year of buprenorphine or methadone therapy via telemedicine was strongly correlated with improved physical and mental health and reduced illicit drug use, relapse, hospitalization, mortality, and illegal activity.”

Although there might be skepticism about the effectiveness of telehealth, it seems that it certainly has a place. Our world is moving in a direction where technology has become so advanced that it can truly help bridge gaps, bring people together, and provide appropriate care. It's necessary that programs and industries adapt and adopt the use of technology to not only provide state-of-the-art care, but also stay competitive.

<https://www.onestepsoftware.com/can-recovery-go-digital/>

Recent News and Updates

[Addiction In The Pandemic: An Interview With A Member Of Narcotics Anonymous](#)

By: Corinne Boyer, Ohio Valley Resource

[Treating Trauma and Addiction Simultaneously](#)

By: Jessica Peirce, PHD, Psychiatric Times

[Oregon law to decriminalize all drugs goes into effect, offering addicts rehab instead of prison](#)

By: Lindsay Schnell, USA Today

[New Laws and Resources to Expand Telehealth Treatment for Substance Use Disorder](#)

By: Nathaniel M. Lacktman, National Law Review

['You are stronger than you think': Nevadans fight drug addiction, relapse during pandemic](#)

By: Kristin Oh, Reno Gazette Journal

[Five Things to Look for in an Addiction Rehab Facility](#)

By: Lou Magrone, TAP into Westfield

[Demi Lovato reveals she suffered three strokes, heart attack after 2018 overdose](#)

By: Beth Harris, Chicago Sun Times

[Local Opioid Addiction Treatment Center Hosts Raffle to Raise Money for Free Care](#)

By: Madeline McClain, KQ2

[The Opioid Crisis, Fueled by Covid, Is Worse Than Ever](#)

By: Valerie Bauman and Ian Lopez, Bloomberg

[Lawmakers present host of plans to improve addiction treatment](#)

By: Greg Sukiennik, Bennington Banner

Recognizing Service – Shout Outs



2020 was a tough year! There is no question about that. Throughout it we saw countless examples of people coming together to surmount obstacles and help one another through hard times. At One Step, we are continually impressed by the outstanding work and acts of service done by the individuals and organizations in the recovery community. In 2021, we will be doing something new with our Newsletter. We will be recognizing acts of service and impactful work done by those in the community. I hope you are excited because we certainly are!

We will be on the lookout for individuals and organizations to highlight in the 2021 issues of the One Step Newsletter. If you know someone who deserves a virtual round of applause for some great work, reach out to oliver@onestepsoftware.com and tell us about the great stuff they have done!

Keep up the good work!

Recognizing Service – Shout Outs

The most rewarding part of my role at One Step is working with those who are helping individuals in recovery. As a person in recovery, it is an overwhelming privilege to speak with people like myself on a daily basis.



I had the opportunity to speak with **Daniel Henderson**. I was beyond impressed by his story and all that he has overcome. Daniel is in long-term recovery and his obstacles did not stop there. With several years of sobriety, he survived a 200-foot fall from a cliff while hiking with a fellow alcoholic in recovery.

Daniel maintained his sobriety throughout his recovery from the fall and has dedicated his life to helping individuals on their path to sobriety through his non-profit, [Recover Wisely](#).

I was touched by his inspiring story and encourage you to read the article below. I also encourage you to follow his organization's pages on *Instagram* and *Facebook*!

Facebook: [Recover Wisely](#)

Instagram: [Recover Wisely](#)

Article Link: [Recovering from traumatic brain injury isn't the hardest thing Daniel Henderson has ever done](#)

Upcoming Events

Evolution - Evolution of Addiction Treatment:

- **March 2 - 5, 2021**

West Coast Symposium on Addictive Disorders (WCSAD) – La Quinta, CA

- **June 3 - 6, 2021**

31st Annual Nation Recovery Month

- **September 2021**

Recovery Happens California Rally – Sacramento, CA

- **September 1, 2021**

Cape Cod Symposium on Addictive Disorders (CCSAD) – Hyannis, MA

- **September 9 - 12, 2021**