

All-Together Tethered

Connecting the unconnected.

TetherAll promotes real-time digital check-ins, connecting patients to their health team in the spaces between visits.

Highlights in this Edition:

- ▶ APA Signs 4-Year Deal with TryCycle
- ▶ RGA Foundation awards funding for First Nations Grief and Loss
- ▶ Rozalyn's Story: A Life Dedicated to Helping Others Overcome Addiction

Success Breeds Success: TryCycle and APA Sign 4-Year Agreement to Support Addiction Medicine Treatment and Research

We're excited to share that TryCycle has recently signed a four-year renewal agreement with the American Psychiatric Association (APA), building on the success of a two-year pilot program.

The APA's Addiction Medicine Practice-Based Research Network (AMNet), which is dedicated to addressing the opioid epidemic through practice-based research and quality improvement, has been working with TryCycle since 2021. At that time, the APA selected TryCycle because it had a proven platform (TetherAll) that was already working in clinical settings.

Measurement-based care, as supported by the TetherAll platform, can help inform future research and improve the delivery of quality treatment to patients. Access to real-time patient-reported outcomes via TetherAll enables clinicians to have a much deeper

breadth of understanding of a patient's recovery progress, affording insights that are imperative in clinical decision-making.

We are so proud to be working with the APA and the AMNet program to make a difference in the lives of those affected by opioid addiction. Together, we can continue to innovate and drive positive change in the field of addiction medicine. For more information, read here:

<https://www.psychiatry.org/psychiatrists/research/amnet>



Supporting Healing in First Nations Communities: RGA Foundation Funds Grief and Loss Program

The RGA Foundation is a private charitable organization that provides funding to support community initiatives in Canada. The foundation's mission is to support projects that promote mental health, youth education, and community well-being.



We are thrilled to announce that **The RGA Foundation** has awarded funding to Big River First Nation, a Cree community in Saskatchewan, Canada. The nation is well recognized for its innovative approaches to healthcare delivery, with a focus on both traditional and modern practices. The funding will be used to develop a culture-informed Grief and Loss health module in collaboration with TryCycle. Addressing grief and loss in a supportive and culturally sensitive way is crucial to promoting healing and resilience in these communities.

nurses/counsellors while addressing the complex emotional challenges linked to grief and loss.

The impact of grief and loss can manifest in a variety of ways, including depression, anxiety, substance abuse, and suicide. Access to culturally relevant services and tools that recognize and address the distinctive historical and cultural experiences of Indigenous communities is crucial for First Nations people. TryCycle will work closely with community experts, and frontline health workers, ensuring that the module represents a blend of both western and indigenous knowledge.

The RGA Foundation is proud to support mental health initiatives and excited to contribute to this project.

This First Nations-focused module will be integrated into TryCycle's TetherAll platform to enhance communication between clients and

The Power of Compassion: A Counselor's Experience in Making a Difference in the Fight Against Opioid Addiction

Rozalyn Davila knew from a young age that she wanted to help people, and today she is making a significant impact in the fight against addiction, saving lives in the process.

Raised by parents in the ministry, she found herself drawn to psychology and human behavior. She wanted to make an impact on family systems and found her true calling during graduate school.

Starting her journey with an internship at the ROOT Center for Advanced Recovery was a turning point for her, which she describes as "life-changing." The experience allowed her personal encounters to guide her toward a field that she is passionate about.

Eleven years later, Roz remains an integral part of the ROOT clinical team. She began as an intern, was hired full-time as a counsellor, and then advanced to the position of Senior Counsellor. She now manages client intakes and a team of Admissions Counsellors, helping to establish a solid foundation for treatment and recovery. Not only has Roz grown professionally, but the agency has grown with her! Roz and ROOT together have focused on growth and how they can support individuals with Substance Use Disorder and Mental Health across a broad spectrum of services.

The most significant personal change for Roz has been in learning to be proactive and to use her voice. A supervisor's feedback during group therapy sessions was transformative for Roz, as it highlighted how her introverted nature might impact her ability to collaborate effectively. "It made an impact," Roz shared. "I navigated how to advocate for myself and, in turn, learned how to help others."

Roz's deep sense of empathy and passion continues to shine through her work at the center.

Roz has seen an increase in mental health services and a transition on the street from heroin to fentanyl. She's found fentanyl challenging, noting that it can be harder to work toward sobriety because the physical withdrawal is worse.

"You see a lot of back and forth the first 30 days, clients ask am I making the right decision?"

Achieving stability and comfort is a gradual process. It takes consistency and connection, as well as reminding clients there will be an improvement, but they have to stick with it. The first 30 days in treatment are crucial and the clinician's role is to proactively engage clients to support a client's motivation in coming back.



It has become increasingly apparent how clients work their recovery, and the majority of that time is outside of the treatment center. Roz shares her perspective on technology; she believes it has revolutionized the field, benefiting both clients and clinicians. She cites TryCycle's TetherAll as an innovative tool that has transformed the game for clinical teams. TetherAll has enabled (her) clients to feel more connected to their treatment team.

"Technology allows people to be open and honest. Clients feel more emboldened to be themselves when using technology when they're not immediately witnessing people's reactions. It provides the space needed to get honest with themselves first, a crucial step in recovery."

Since Roz started 11 years ago she is well aware that addiction and mental health does not discriminate. From her work with young people in college trying to avoid the downslide and reach goals they set earlier in life, to the nurse working in a hospital that doesn't want to lose her job due to an opiate use disorder, clients come to treatment to manage physical withdrawal so can they function, have a full life, and contribute to the community.

Establishing recovery is all about balance. While there's still much work to be done, Roz believes there's still hope.



Voices from the Field:

Gabor Mate's Expert Insights in Uncovering the Link Between Attunement and Addiction

Gabor Mate, a Trauma and Addictions expert, shares on attunement and addiction. When caregivers are emotionally absent, addiction can fill the void left by the lack of self-regulation and love. Attunement is different from love, as parents can deeply love their children but still be out of tune with them.

"People who can't find love turn to addiction as a substitute," according to Mate. In the Realm of Hungry Ghosts offers valuable insights into the addiction experience by shedding light on the emptiness it fills and unveiling the human behind the addiction.