



## About Matthew's Hope

As part of their overall mission to restore the fullness of life to each client they serve, reduce relapse and overdose death, and guide clients into full long-term recovery, Matthew's Hope in Houston, Texas, supports a robust recovery program. Clients are eligible for up to two years recovery support after completing their detox program, and contact is initiated within 48 hours of discharge. The program is showing tremendous success: Of the patients who remain enrolled in the recovery support program, over 89% have maintained sobriety!

### CHALLENGES

With the importance and success of the recovery support program at Matthew's Hope, staff has found it essential to keep clients involved and active throughout their recovery. At times, this is challenging:

- ✓ Since Matthew's Hope is an abstinence-based program, certain clients may not qualify for the recovery support program.
- ✓ Supporting recovery is a 24/7 job: clients often need help at odd hours or in the middle of the night.
- ✓ Clients in the MHDRP alumni program may not be local, adding to connection complexity.

*"Our clients love the 'instant support' they get from the team at CHESS Health through the Connections App. My team can sleep at night - knowing if something after-hours happens, CHESS Health is there to support the client. The Connections App by CHESS Health plays a vital role in our success."*

#### **Heather Mosher,**

RSPS, PRS - Recovery Support Team Lead,  
Spiritual Wellness Director

#### **Jennifer Wedekind,**

LMSW - Executive Director of Recovery Support

### THE SOLUTION

Matthew's Hope implemented the Connections App as part of the eRecovery solution from CHESS Health. Upon discharge, each client is introduced to the community of peer support through the app. Heather Mosher, RSPS, Recovery Support Team Lead at Matthew's Hope, indicates that the uptake rate of the app is approximately 80% and climbing.

### EARLY RESULTS

Mosher and the team like what they're seeing. "Matthew's Hope Recovery Support is tailored to abstinence-based recovery. We see the most success with that pathway. That said, not all clients choose that pathway. With the Connections app, they can stay involved and get ongoing encouragement from others. I'm glad everyone can get continued support through the Connections app - I can see their lives improving."

#### **Matthew's Hope staff have noticed other benefits, as well:**

The peer support team at CHESS Health has supported 7 escalations from Matthew's Hope alums, with several of those coming after-hours. The Recovery Support Specialists at Matthew's Hope always get a debrief so they can continue helping the client after the initial crisis has subsided.

Clients are also offered Alongsides virtual support groups. One of Matthew's Hope alumni has participated in CHESS Alongsides 15 times.

**Matthew's Hope Detox & Recovery Program, Houston, TX.**

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