

## Abstracts of the 2021 Technology, Mind, & Society Conference

### **Integration of Virtual Reality Wellness Tool with Mobile-Based Recovery Support as Aftercare Intervention for Post-Rehab Engagement: Assessment of Feasibility, Acceptability, Usability, and Implementation**

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Between 40-60% of the 2.5 million people discharged from substance use disorder (SUD) treatment programs every year relapse within one year. Risk is particularly high when transitioning from residential treatment to lower levels of care. Technology-based recovery support tools have the potential to reduce relapse rates. Sober Grid, a company that provides 24/7 SUD recovery support through a social networking app and peer coaching, partnered with TRIPP, an XR wellness company, to develop RecoVRi, an intervention that combines engaging mindfulness-based virtual reality experiences with recovery community support and certified peer recovery coaching. RecoVRi can be implemented while individuals are in residential treatment to facilitate the transition home. A pilot study funded by NIDA assessing RecoVRi's feasibility, acceptability, and usability was conducted by an independent academic team. After problem-solving implementation and deployment difficulties associated with the COVID pandemic, 11 participants in residential SUD treatment consented to participate and used RecoVRi for five weeks post-discharge. All study milestones were met: greater than 70% of the seven active participants spent at least one hour/week using RecoVRi, average weekly acceptability scores were greater than 3.0/5, and the mean usability score surpassed the goal of 68 on the System Usability Scale. Exit interviews shed further light on factors related to participants' experience and will be used to inform future research. A Phase 2 trial examining RecoVRi's efficacy is funded and in planning stages. The poster expands upon findings from the pilot and highlights factors critical for successful implementation, both in research and real-world settings.

Keywords: Recovery; SUD; Peer Support; Mobile App; Virtual Reality ; VR; residential treatment; aftercare