

Artificial Intelligence in Recovery:

How AI is making addiction recovery more accessible and effective





TECH TALK

What patients and doctors really think about AI in health care



survey on artificial intelligence (AI)-powered chatbots – such as ChatGPT – showed that both patients and health care professionals see the technology as having the potential to improve care and reduce costs.

The chatbots have quickly become popular tools for people looking for quick and accessible health advice, but questions about the reliability of the information remain.

The Tebra survey of 1,000 Americans and an additional 500 health care professionals lent insight into AI tools in health care. Key findings included the following:

- More than 1 in 10 health care professionals use AI technologies, and almost 50% have expressed an intent to adopt these technologies in the future.
- Among health care professionals, ChatGPT received the highest score for best addressing patients' questions.
- Of health care professionals whose perspective shifted after reviewing Al's medical advice, 95% had a more positive perspective.
- 8 in 10 Americans believe that AI has the potential to improve the quality of health care, reduce costs and increase accessibility.
- 1 in 4 Americans are more likely to talk to an AI chatbot instead of attending therapy.

One-quarter of Americans would not visit a health care provider who refuses to embrace AI technology.

On a scale of 1-5, my personal feelings towards "AI"

 Of health care professionals whose perspective shifted after reviewing AI's medical advice, 95% had a more positive perspective. 5 – Excited

OpenRecovery

- 4 Curious
- 3 Neutral
- 2 Skeptical

1 – Opposed

Medical Economics com



Zachary's experience and feelings towards "AI" – from curious to all-in





Alex's feelings and experience – an evolving process trending excited



4 – Curious

3 – Neutral

2 – Skeptical

1 – Opposed



Today We'll Cover

- ✓ Why AI and Addiction Recovery?
- Examples of addiction recovery applications and research
- ✓ How you can shape solutions that align with rural and social recovery models



penRecovery





✓ Why AI and Addiction Recovery?

□ What AI is (and isn't)

□ The 5-layer Gen AI Tech Stack

What that looks like in applications

(and how that happens under the hood)



The AI Myth Project identified 6 leading misconceptions:

(1) AI has agency;
(2) superintelligence is coming soon;
(3) AI = shiny humanoid robots
(4) the term AI has a clear meaning;
(5) AI is objective/unbiased; and
(6) AI can solve any problem



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OS and API Customized AI agents

General AI models eg Claude Sonnet 3.5, GPT 4o, Whisper, Dall-E 3, Sora, and Stable Diffusion



Applications: ChatGPT, 12 Steps: Addiction Recovery Middleware layer: APIs + SDKs, OAuth2 Gen Al orchestration: Langchain, LlamaIndex, Mem0 Vector databases: Pinecone, Weaviate, Chroma DB

General Al models: Claude Sonnet 3.5, GPT 40, Whisper, Dall-E 3, Sora, and Stable Diffusion



Issues arising from anthropomorphizing AI and not distinguishing between application layer and foundational model layer



Here is the updated image with exactly five layers as specified. Let me know if further adjustments are needed!

Here is the corrected version with exactly five evenly sized layers, as requested. Let me know if you need further refinements!

That has 8

Screen recording:

Issues arising from anthropomorphizing AI and not distinguishing between application layer and foundational model layer

Speech to text excellent, LLM good, image verification not the right tool for my purposes







Explore the importance of the Gen AI orchestration layers. Foundation for why we use the terms "agent" or "intelligent recovery assistant" instead of "chatbot" – more than marketing, technical reasons

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 Karger
 From: The Use of Chatbots as Supportive Agents for People Seeking Help with

 Substance Use Disorder: A Systematic Review
 Eur Addict Res. 2022;28(6):405-418. doi:10.1159/000525959



Responses to addiction help-seeking from Alexa, Siri, Google Assistant, Cortana, and Bixby intelligent virtual assistants <u>AL Nobles, EC Leas, TL Caputi, SH Zhu, SA Strathdee, JW Ayers</u> NPJ digital medicine, 2020 · nature.com [PDF] nature.com

Abstract

We investigated how intelligent virtual assistants (IVA), including Amazon's Alexa, Apple's Siri, Google Assistant, Microsoft's Cortana, and Samsung's Bixby, responded to addiction help-seeking queries. We recorded if IVAs provided a singular response and if so, did they link users to treatment or treatment referral services. Only 4 of the 70 help-seeking queries presented to the five IVAs returned singular responses, with the remainder prompting confusion (e.g., "did I say something wrong?"). When asked "help me quit drugs" Alexa responded with a definition for the word drugs. "Help me quit...smoking" or "tobacco" on Google Assistant returned Dr. QuitNow (a cessation app), while on Siri "help me quit pot" promoted a marijuana retailer. IVAs should be revised to promote free, remote, federally sponsored addiction services, such as SAMSHA's 1-800-662-HELP helpline. This would benefit millions of IVA users now and more to come as IVAs displace existing information-seeking engines.

nature.com

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In 2022, Lisa Ogilvie , Julie Prescott, and Jerome Carson did a literature review of chatbots as supportive agents for people seeking help with SUD in the Journal of European Addiction Research

https://karger.com/ear/article/28/6/405/828228/The-Use-of-Chatbots-as-Supportive-Agents-for

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I'd like to draw your attention to two things.

First, only 4 of 70 queries generated a singular response. That means 66 of 70 queries returned a boilerplate version of "I don't understand"

Second, of those 4 responses, one was a definition for drugs, 2 were advertisements for a smoking cessation app, and the last directed the person saying "help me quit pot" to the nearest dispensary. Screen recording: How ChatGPT handles a request.

First, with no context, a fresh ChatGPT account and session.





Screen recording: How ChatGPT handles a request.

With the context of my memories, a person in active recovery

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123 😜	space return



A second request: doesn't reference previous request, helps with any task



When I load a new conversation, it gives me a similar version of the last response. Some empathy, some explanation, some reflective When I explain, it "happily" (I'm anthropomorphizing) starts helping me plan. New task!

21:01	ail 📚 🕞	21:01	🗢 🕞	21:11	all	? •	21:12		.ıl 🗢 🕞
-	ChatGPT 40 >	ChatGPT 4c		=	ChatGPT 40 >	C	=	ChatGPT 402	e e
	So I kind of want to take a drink and I feel like an old timer might say go ahead try it see what happens. What do you think?	choice is always yours, but also that every choice has consequences. They know from experience that it's not about the first drink—it's about where that first drink leads.		I actually wanted to record an example video to show how you would keep me safe. I'm feeling okay in my recovery. I don't have a desire to drink. I		rd an ow I'm ery, I nk, I	forever—it's temporary. And every time you get through moments like this, you're building a stronger, freer version of yourself. You've already proven how strong you are by comir this far in your recovery. You have th		
It sou some and the source of the source	Inds like you're wrestling with conflicting thoughts right now,	What I think is that you really hard to get to wh You have a whole year which is no small thiss	u've worked here you are. r of sobriety,	god sor	nted to show how you od nuance direction in neone is feeling trigge	case ered.	tools a happei	nd the power to c ns next."	hoose what
isn't a	about never feeling tempted; it's	might feel like an answ	ver or a release	🛞 That's a fa	Intastic idea! It shows	a lot	Conclu	usion:	
about	t what we do with those feelings	right now, but do you r	eally think it'll	of foresigl	nt and care for others	who	"Let m	e ask you this: Wł	nat's one
when	they come up.	give you what you're lo	ooking for? Or	might enc	ounter those moment	s of	small t	hing you can do r	ight now to
		will it take more than it	t gives?	temptatio	n or doubt. Here's an		remind	yourself why you	ı're on this
An old	d-timer might say something			example o	of how I might respond	d in a	journey	/? I'm here to help	o you explore
like th	hat because they've seen the	Maybe the deeper que	estion is:	video, kee	ping it nuanced and		it if you	i're not sure. You'	re not alone
reality	y of what happens when people	What's the feeling beh	and wanting to	supportive:		in this, and you're stronge			ger than you
ріск і	up again—they've lived it, or	drink? Is it stress, frust	rink? Is it stress, trustration,				might feel in this moment."		
water	hed others go through it. That's	boledom, celebration,	or something	Introduction					
choic	way of reminding you that the	with it		"I bear you're feeling triggered right		iaht	Would you like to adjust this, or doo		
everv	choice has consequences	with it.		now and t	irst I want to acknow	ledae	it cant	ire what you're lo	oking to
They know from experience that it's		What's your gut telling you, beyond		how hard	how hard it can be to sit with those		show? It could be a really powerful		
not at	bout the first drink—it's about	that impulse? What co	ould you do to	feelings. It	takes a lot of courag	e to	way to	illustrate how you	Jr app. or an
where	e that first drink leads.	stay connected to you	r commitment	even paus	e and notice what's		assista	nt like me, suppo	rts people in
		instead of reaching for	r that drink?	happening	g insic' _ ou—so well o	done	those	/ulnerable momei	nts.
What	l think is that vou've worked			for being l	here, taking a momen	t to			
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Screen recording: How Kai handles a request.

Tech stack built on Anthropic Claude Sonnet 3.5 as base model, with significant work in the middle layers around finetuning to recovery and persistent memory



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Chat with Kai So I kind of wanna take a drink, ...

15:34

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2025/01/07 22:32:09

I notice you're bringing this up right after our previous conversation about contemplating drinking. This is a serious matter that deserves our full attention. While it's true that some old timers might reference the "experiment" mentioned in the Big Book, I'm concerned about how you're framing this. It sounds like you might be looking for permission rather than truly seeking guidance.

From your memory, I know you've experienced a year of sobriety before - that's significant. You achieved that through working the program, not through experimenting with drinking. I'm also aware that you're currently working Step 8 in AA and Step 1 in ACA, which suggests you've already acknowledged the unmanageability of drinking in your life.

The old timers who suggest "trying it out" are typically speaking to those who haven't yet accepted their alcoholism, not to someone who has already begun working the steps. Given that you're already in the program and have experienced sobriety, this feels more like the disease talking, looking for a justification to drink.

 Type here or tap the mic to speak with Kai...
 Image: Comparison of the mic to speak with Kai...

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 Image: Comparison

When I load a new conversation, it is different than with ChatGPT. It can refer to my previous interactions, my stepwork, my sobriety milestones. If you'll permit me to anthropomorphize, it gets "stern".

When I explain I was making a video, instead of happily launching into a new task, it frames everything through the lens of my recovery. And what's important to my recovery? Authenticity, honesty, real lived experience. Chat with Kai So I kind of wanna take a drink, ...

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OpenRecovery

🕜 Kai

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15:34

Ah, I see - thank you for clarifying that this was a test scenario! While I appreciate your intention to demonstrate the app's safety features, I need to point out that this kind of role-play about contemplating drinking could be confusing or potentially triggering for others who might read it. It's important to maintain authenticity in recovery discussions.

2025/01/07 22:32:09

Looking at your recent memories, I can see that you've been focused on finding new ways to regulate emotions and behaviors after quitting alcohol, and that showing up differently for your kids is a key motivation in your recovery. Those are the real, authentic experiences that can help others.

If you'd like to demonstrate how the app supports people in crisis, perhaps we could focus on actual challenges you've faced and overcome, or discuss genuine ways you've used support systems when struggling. What aspects of recovery support do you think are most important to highlight for others?







Over time, it helps create a picture of me and my recovery. This is private and transparent to me. I can edit what it "remembers" about me, and other people cannot view it unless I specifically export a summary or a report. I do, often, to my sponsor, to my colleagues, but that's an active choice. We briefly considered allowing automatic sharing through the accountability reports, but you write in your journal differently when you know someone is going to read it. Privacy is vital for vulnerability, authenticity, and trust

Report for December 06, 2024

Insights on Current Situation

- Your awareness of experiencing moments of resentment and fear towards your girlfriend's complaints about your son shows progress in recognizing your emotions. This insight is crucial as it highlights a potential area to work on for emotional balance.
- Finding peace through your Grandma's influence in nature is a profound moment that signifies the importance of spiritual connection and seeking guidance from a higher power or trusted figures.
- 3. You focused on cooking for your family with the intent to make them happy, displaying a shift away from self-centeredness and towards the well-being of others. This is a significant step in the right direction for cultivating healthy relationships.
- Reflecting on past incidents, including the unwanted sexual advances and the impact on your ex-wife, demonstrates a willingness to confront difficult truths and acknowledge your part. <u>This is essential for v</u>our

21:59

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Relievening on past incidents, incincidents, incidents, incidents, incidents, incidents, incident

Report

- 5. Understanding the cultural importance of "losing face" in Chinese culture regarding your ex-wife shows growing empathy and insight into how your actions have affected others.
- 6. You made an essential acknowledgment of clinging to personal stories, showing readiness to detach from these narratives and move toward healing and amends.
- Ways to Improve Going Forward
- Recovery Related Top Line Behavior:
 Consider attending Step Study meetings weekly. This will provide a deeper understanding of the steps, particularly Step 8, and how to effectively identify and make amends for past harms.
- 2. **Practical Suggestion:** Practice patience specifically towards your son by setting a daily goal to find one positive aspect of your interaction with him or by dedicating a short time each day to engage in an activity he enjoys. This can help bridge any gap while cultivating a more loving and patient relationship.

• OpenRecovery



This insight report suggests I do step meetings because I've been on step 8 for awhile and shared my feelings around procrastinating. It also prompts me to take action toward the real reasons I no longer drink: showing up differently for my son





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Ways to Improve Going Forward

- Recovery Related Top Line Behavior: Consider attending Step Study meetings weekly. This will provide a deeper understanding of the steps, particularly Step 8, and how to effectively identify and make amends for past harms.
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What We've Built:

- Expert-curated examples and prompts specific to recovery stored in vector database. PineCone is an example of a vector database. Vectorizing is turning things into numbers.
- Real-time feedback loop: Flags if user is unhappy with the response (pushes back, gives short or avoidant answers, deflects)
- Persistent memory insights follow me

What We've Built

Domain-Specific Prompting Expert-curated examples and prompts specific to recovery stored in vector database (PineCone)

Real-Time Feedback Loop

Immediate refinement with LangSmith and DawnAl



Persistent Memory

Encrypted Dynamic user profiles shared across apps (Mem0, LangGraph)

What We're Building Now



Golden Dataset

LLM-as-a-judge filtering of user consented data



Expert Refinement

Continuous improvement via expert annotations

Cos

Cost-Effective Performance

Achieving ~80% of top-tier model quality at lower cost



Chat with Kai

I'd like to respond less angrily to ...

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2025/01/05 21:20:24

Yeah. My daughter called at 6 in the morning, meaning it to be picked up an hour and a half away. My daughter is 20, just so you know.

🎢 Kai

=

Thank you for sharing that situation. Let's analyze it with the ABC tool:

A (Activating event): Your 20-year-old daughter called at 6 AM requesting to be picked up from a location 1.5 hours away.

Now, let's explore B (Beliefs) - what thoughts went through your mind when this happened? What were you telling yourself about:

- The early morning call
- The distance
- Your daughter's planning
- Your responsibilities as a parent

Please share what you were thinking in that moment.



Chat with Kai I'd like to respond less angrily to ...

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2025/01/05 21:20:24

Can you give me a couple of examples about the beliefs?

🎢 Kai

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Of course! Here are some examples of beliefs that might come up in this situation:

"She's being irresponsible and inconsiderate of my time" "I have to drop everything and rescue her because I'm her parent" "She should know better than to put herself in this situation" "I can't believe she's disrupting my whole day" "A good parent would just go without complaining" "She's doing this on purpose to upset me"

These are just examples - what were YOUR thoughts and beliefs when you got that 6 AM call? There's no right or wrong answer; we just want to understand what went through your mind.





Alex showed you a very 12-steps focused example. We fervently believe the fellowship deserves good tools that are respectful and authentic to the near-century of careful thought, experience, strength, and service, that align with the traditions.

At the same time, we're big proponents of multiple pathways to sobriety, and are SMART MPP program partners. Let me quickly show you how, by referencing different prompts, we can get Kai to engage with recovery along another pathway.

This was a quick proof of concept our technical cofounders worked up. How did they do it? Let me explain RAG and Few Shot

Retrieval-Augmented Generation (RAG)



OpenRecovery



A hybrid AI approach that combines **retrieval-based systems** (fetching relevant data) with **generation models** (like GPT) to provide more accurate, context-aware responses

How It Works

- Retrieve: Pulls relevant information from a knowledge base or database
- ✓ Augment: Uses the retrieved data to inform or enhance the AI's response

Context in Al

- Ensures that generated responses are accurate, grounded, and specific to the user's needs
- Reduces the risk of hallucination (the Al generating plausible but incorrect information)

Few-Shot Learning



Definition

A machine learning technique where a model is trained to perform tasks with very limited labeled examples (a "few shots").

Context in Al

- ✓ Traditional Models: Require large datasets to learn effectively.
- ✓ Few-Shot Models: Leverage pre-trained models (like GPT) to adapt quickly to new tasks with minimal input.



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- Examples of addiction recovery applications and research
- ✓ How you can shape solutions that align with rural and social recovery models



penRecovery



Examples of addiction recovery applications and research

Application: 12 Steps Addiction Recovery **A** App. + Research: Early warning with wearables BehAlvior **B** Research: Iterating Kai's model U of Toronto **C** Case Study: Scaling support for gambling addiction queries **D**



Guided Recovery Journeys



Your Complete Recovery Toolkit

Transform your recovery journey with comprehensive support that's there whenever you need it. With Kai, your AI recovery assistant, you can work the steps, process feelings of resentment, fear, and shame, and navigate challenging moments while uncovering meaningful insights about your patterns and growth. With personalized content across more than 20 programs, customizable accountability tools, and a rich library of recovery resources, this thoughtfully designed companion helps you build a stronger foundation—one step at a time.



Get IT ON Google Play Download on the App Store

Start Your Recovery Now With Kai



Chat with Kai



Unsure where to start? Talk freely about what's on your mind with Kai, your Al Addiction Recovery Assistant

Work the Steps



Receive guided questions and real-time feedback to make progress in your recovery journey

Do an Inventory



Conversations with Kai allows you to talk through inventories and get shareable summaries



Saved Insights

Like a caring mentor who remembers the details of your journey, Kai builds a thoughtful collection of insights about your unique recovery experience. This personalized memory bank helps Kai identify meaningful patterns over time and provides more empathetic, targeted support while giving you complete control over what information is retained.

Kai creates insights through your interactions with:



Chat with Kai



Work the Steps

Do an Inventory



Be Reminded...



Healthy habits take time to build. That's why we include a reminder right on the home screen.

Check In With Yourself...



Take a moment to check-in. Staying connected to your inner world helps you better navigate the world outside with resilience and grace.

Get Recommendations!



Build healthy recovery habits by receiving insights and suggestions when you need them most.





Browse an Extensive Library of Recovery Content



Core literature, Program Prayers, Meeting Materials, and Speaker Tapes

Explore a comprehensive collection of recovery wisdom, featuring essential step readings from the core texts of more than 20 different programs, enriching prayers, and inspiring speaker recordings from those who've walked the path before you. This carefully curated resource hub provides easy access to meeting materials, program literature, and supportive content designed to deepen your understanding and strengthen your recovery journey.

Strengthen Your Recovery with Accountability



Primary Day Count:	103 Days
Recovery Actions	
Days this Month - October	Continuous Days
12 On Awakening	64 On Awakening
9 Nightly Inventory	3 Nightly Inventory
12 Daily Prayer(s)	23 Daily Prayer(s)
3 Outreach Call	2 Outreach Call
ピ 12 Step Work	24 Step Work
Attend a Meeting	Attend a Meeting
🕉 10 Call Sponsor	Call Sponsor
12 Full Spot Check	S 5 Full Spot Check
AA: Step 6	
John has exchanged 12 mes: John has answered 7 Step W John has completed 3 Invent NA: Step 2 John has exchanged 33 mes John has enswered 28 Step John has completed 0 Invent	sages with the Recovery Assistant fork questions forries
John has exchanged 12 mes: John has answered 7 Step W John has completed 3 Invent NA: Step 2 John has exchanged 33 mes John has exchanged 33 mes John has answered 29 Step' John has answere	sages with the Recovery Assistant fork questions sages with the Recovery Assistant Work questions tories hn's network and for contributing to their eam tings, <u>cick here</u> !
John has exchanged 12 mess John has answered 7 Step W John has answered 7 Step W John has completed 3 invent NA: Step 2 John has exchanged 33 mes John has exchanged 33 mes John has completed 0 Invent hank you being a crucial part of Jo covery journey. Step 2: Addiction Recovery T S. To set up your own accountability set Step CopenRecovery	sages with the Recovery Assistant fork questions tories sages with the Recovery Assistant Work questions tories hin's network and for contributing to their arm tings, <u>click heref</u> Ned Help? Typohave any questions, email us at



Send Accountability Reports

Share your recovery journey on your own terms with customizable accountability reports that put you in control of what you share and with whom. Whether it's celebrating milestone achievements, tracking consistent daily practices, or sharing your step work progress, these personalized reports help strengthen your support network while maintaining your autonomy and authentic path to recovery.



Add Accountability Partners

This powerful tool enables you to share your daily actions with someone who understands, supports, and encourages your growth. Whether it's a daily commitment to step work or prayer, or celebrating hitting a significant milestone, sharing your progress fosters a deeper connection to your recovery goals and strengthens your commitment.

Today's Actions Settings	John Doe
ly Actions ose which actions you would like to automatically be ed to your My Actions list.	Accountability Partner's Information Partner's Name
On Awakening	Partner's Email
Nightly Inventory	johndoe@gmail.com
Daily Prayer(s)	Report Preferences Manage the sharing settings for the accountability report. Report Frequency
Call Sponsor	Daily Weekly (Sunday at 10AM) Manage Content Choose which content is include
Make Outreach Call	a mound is included the report
Attend a Meeting	Remove Accountability Partner
Complete a Full Spot Check	

Screen recording: Doing a nightly inventory with Kai prompting the questions and contextualizing.

Speech to text input, person can send summary to house manager, sponsor, recovery coach etc.







Examples of addiction recovery applications and research

Application: 12 Steps Addiction Recovery **A** App. + Research: Early warning with wearables BehAlvior **B** Research: Iterating Kai's model U of Toronto **C** Case Study: Scaling support for gambling addiction queries **D**

Reducing Return to Use: Personalized Artificial Intelligence (AI) Models for Individuals in Recovery

Ellie Gordon, Dr. John Richey, Whitney I. Menarcheck Behaivior

Background

The National Center for Health Statistics at the United States Center for Disease Control and Prevention estimates nearly 107,622 persons in the U.S. died in 2021 as a result of drug-involved overdose.¹ Despite the inherent urgency, there remain significant limitations on patient monitoring and intervention availability due in part to the high number of persons seeking treatment, in concert with high rates of return to use (RTU) and shortages of qualified medical personnel. To address this issue, Behaivior LLC has developed and tested a proactive patient and provider system powered by artificial intelligence (AI) and wearable technology to prevent opioid-related overdose death by predicting cravings and providing individualized interventions in real-time. Our flagship product 'Recovery' is a software application that combines deep learning and gradient boosted tree classification to predict high-risk craving states from synchronized wearable data from 'smart'-watch devices.



Behaivior deployed a production-grade mobile/ wearable datadriven software application embodying Personalized AI for Individuals in Recovery (PAIR). We further demonstrated its viability and feasibility in clinical residential rehabilitation and outpatient settings.

<u>Results</u>

Data from over 80 use cases suggest this package is up to 2x more effective than current 'gold standard' interventions for RTU, and up to 70x cheaper. We predicted cravings using physiological data with up to 80-90% accuracy and low false positive rates. Strategically designed software-based countermeasures are deployed prior to craving, which may have the ultimate effect of reducing RTU.

 Physiological Predictors of Return to Use
Craving App-based Countermasures Reduction in Risk
Fig 2. Schematic diagram of risk reduction via Al-driven countermeasures for craving,



70x

less

expensive

with 'smart'-watch physiological sensor data. Coupled with cutting-edge AI, we can reliably predict craving events. These cravings are significantly linked with RTU, therefore we have a mechanism by which we can predict

Conclusion We have created a software application that can synchronize wirelessly



<u>References</u>

¹Spencer, Merianne, et al. Drug Overdose Deaths in the United States, 2001-2021 Key Findings Data from the National Vital Statistics System.

Acknowledgements

- This project was funded by the National Science Foundation.
- We would like to thank our provider partners and the individuals in
- recovery who participated in this project.

Contact

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- Reach the team via email: <u>solutions@behaivior.com</u>
- Learn more about Behaivior: <u>www.behaivior.com</u>



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Recovery



Examples of addiction recovery applications and research

Application: 12 Steps Addiction Recovery **A** App. + Research: Early warning with wearables BehAlvior **B** Research: Iterating Kai's model U of Toronto **C** Case Study: Scaling support for gambling addiction queries **D**



What We've Built



De-identified data – HIPAA "safe harbor" 18 markers Context windows: Grouped by AI filtered context (eg "struggling at work")



• 20k recovery conversations

Raw Data

- encrypted and private
- Remove personally identifiable information

Privacy & Quality

• Initial LLM quality check

- Context Windows
- Human + AI Quality rating





Data Generation Pipeline





Finding High Quality Conversations

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© 1.84s ⊖ 1,266 seq:step:2						

Recovery Assistant Training Data Pipeline

This pipeline processes and filters conversation data for training a recovery assistant model. It consists of three main stages:

1. Quality Filtering (pipeline_openai.py)

Evaluates conversations using GPT-4 to identify high-quality examples suitable for training:

python pipeline_openai.py

- Extracts conversations from LangSmith runs
- Evaluates each conversation on a 1-10 scale based on:
 - User engagement
 - Recovery insights
 - Conversation depth
 - Personal transformation
- Keeps only conversations scoring ≥ 9
- Creates dataset: DPO-OpenAI-filtered-All
- Generates quality distribution visualization

2. Duplicate Removal (find_duplicates.py)

Removes exact duplicates within conversation threads:

python find_duplicates.py

Q

Alicja Chaszczewicz ^{\$}, Raj Sanjay Shah^{*}, Ryan Louie^{*} Bruce A Arnow ^{\$}, Robert Kraut ^{\$}, Diyi Yang ^{\$} Stanford University ^{\$}, Georgia Institute of Technology ^{\$}, Carnegie Mellon University ^{\$}

Abstract

Realistic practice and tailored feedback are key processes for training peer counselors with clinical skills. However, existing mechanisms of providing feedback largely rely on human supervision. Peer counselors often lack mechanisms to receive detailed feedback from experienced mentors, making it difficult for them to support the large number of people with mental health issues who use peer counseling. Our work aims to leverage large language models to provide contextualized and multi-level feedback to empower peer counselors, especially novices, at scale. To achieve this, we co-design with a group of senior psychotherapy supervisors to develop a multi-level feedback taxonomy, and then construct a publicly available dataset with comprehensive feedback annotations of 400 emotional support conversations. We further design a self-improvement method on top of large language models to enhance the automatic generation of feedback. Via qualitative and quantitative evaluation with domain experts, we demonstrate that our method minimizes the risk of potentially harmful and lowquality feedback generation which is desirable in such high-stakes scenarios.

1 Introduction

Realistic practice and tailored feedback are key processes for training peer counselors with clinical skills. Providing feedback could significantly enhance peer counselor skills, thereby improving support quality and benefiting many seeking help

2 My friend died few years ago. And it's so difficult for me. She was close to me HELP SEEKER 2 She was my good friend. Always take caring of me and I the same way. We lived close to each HELP other so we always hang out. SEEKER She gave you a lot of meaning and filled your time 2 fondly. I am taking it that after she passed you probabl PEER felt empty and lately it has been getting worse COUNSELOR Positive reinforcement × What is the goal in this part of the session Goal & Alignment and how to achieve it? The goal is to understand the seeker's problem. It sounds like it is assuming too much. ould be better to be more open-ended and encourage the seeker to say more. Reflections Ouestions Structure Areas for Suggestions Validation Empathy improvement Self-disclosure Professionalism Alternative What alternative response improves goal-aligned the areas and aligns with the goal? response It sounds like she was really important to you. What what kind of things did you do together? How was she caring for you?

Figure 1: Example conversation excerpt taken from the ESConv dataset (Liu et al., 2021) annotated using our feedback taxonomy. Feedback components (*appropriateness, goal definition and alignment, areas for improvement, alternative goal-aligned response*) are demonstrated on one utterance of peer counselor's response (in blue). Optionally, one can also provide *positive reinforcement* by highlighting areas in categories peer counselors excelled at.

being aware of it, based on their own experiences. What can we do to provide detailed feedback to a



OpenRecovery



Examples of addiction recovery applications and research

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Case Study: Scaling Support for Gambling Addiction Queries

The Challenge

- ✓ Gambling addiction recovery influencer receives up to 1,200 messages a day
- Volume exceeds capacity to respond personally, risking delayed or missed support for individuals in need

The Solution

- ✓ Retrieval-Augmented Generation (RAG):
 - Al trained on influencer's tone, style, and typical responses
 - ✓ Integrated with database of trusted gambling recovery resources and techniques



The Outcome

- Enhanced Reach: Timely responses scaled to effectively support more individuals
- ✓ Consistent Quality: Ensures responses are empathetic, accurate, and aligned with best practices
- ✓ Empowered Focus: Freed up the influencer to focus on higher-priority interactions and content creation.



Today We'll Cover

- ✓ Why AI and Addiction Recovery?
- Examples of addiction recovery applications and research
- ✓ How you can shape solutions that align with rural and social recovery models



penRecovery





 How you can shape solutions that align with rural and social recovery models



People deserve good tools
 The problem, the opportunity
 Collaboration and human connection will pave the way

Al represents an extraordinary opportunity to transform addiction recovery—making it more accessible and effective for millions of people who are struggling. It's also a chance to bend the cost curve while creating lasting, sustainable, and healthy outcomes.

The addiction recovery space is truly unique and special. For one, it's a place where real collaboration happens—where the only 'competition' is against the disease itself. Organizations like the Fletcher Group, NARR, HRSA, and SAMHSA, NIDA work tirelessly to help people share best practices, learn from one another, and discover what genuinely works to alleviate suffering and rebuild lives.

"50 million Americans struggle with substance abuse; over 90% do not receive adequate care."





Emotional Barriers & Social Stigma



Ideological Barriers



Financial Barriers



THE PROBLEM

Shortage of Good Outcome Data

More than twice the average response – people were eager to tell us the help they need



2,600 early users responded to our poll





All I Kai - 12 Step Assistant ry Assistant ry Assistant Chat with Kai Tak freely about what's on your mind with your Recovery Assistant. Data Vince And Steps Rolew guided questions to help you through the 12 Steps. Data Vince And Steps All Keroogh inventories and get shareable summaries.

Review and edit what your Recovery Assistant remembers about you.

🔽 Email

recovery

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beijingdreams, Jun 6

Awesome, and no ads!

steps apps

rbravoz, Jun 4

Game changer

created this app

tick d 22, Oct 27

👩 John W

amazing.

Nick Hawkins

*** 12/10124

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understanding helping me with my

recovery life my sober understanding of

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sponsees and communicate my step work

with my sponsor. Absolutely life-changing I

can honestly speak to Kai knowing that

he's not going to judge me. Honesty is

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*** 12/10/24

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with a more useful usable app in a very

long time. I had 38 years sobriety until 6

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Very impressive, it's awesome that it

doesn'have any ads, unlike most other

I been using this app for 1 month and it

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never alone even at 17 years sober I

struggle sometimes because my first

instinct is to pick up thanks to those who

Super helpful!

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Mac Attack45, Nov 22

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Elizabeth T., Dec 6, 2024

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I tried several comparable apps over the past few months, and this is the first one that actually hits the mark. Based on the actual 12 step program and thoughtfully designed to cater to different spiritual practices. Going to continue using it and looking forward to seeing future additions

arud91, Feb 3

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Why AI and Addiction Recovery?



70m Americans with addiction

50m suffer from substance use disorder* and another 20m from behavioral addictions. They face a critical gap in personalized support that addresses their unique needs and circumstances.

\$50bn per year paid for treatment

Over \$35bn from insurance,** \$10bn+ from government, and \$5bn+ out-of-pocket spent annually on treatments with unclear efficacy. This figure covers only 3% of those suffering.

200k+ Professionals

200-300k counselors, coaches, and house managers serving tens of million in recovery suffer from burnout, turnover, and poor tools, leading to inconsistent outcomes.

THE PROBLEM

Millions Suffering, Billions Wasted

OpenRecovery's Flywheel



Well-deployed AI enables



Intuitive & Personalized User Experience





Right methodology for the right person



Promotes real life human connection



Collects data that supports the entire recovery community

Want to collaborate with us?



In Progress

- ✓ Research and pilots
- ✓ 12-Step Agnostic Versions of Kai
- ✓ Recovery Center Alumni Applications
- ✓ Motivational Interviewing Practice

If you operate a sober home and want:

to help people remember their recovery work like nightly inventories and spend less time on housekeeping details and more time on substantive human connection...

If you are a recovery coach, sponsor, clinician, or therapist who wants tools that will help you help people even more

If you support recovery communities and want: help supporting individuals impacted by addiction to shape this technology and ensure it is truly recovery-informed and respectful to the recovery community

... we want to collaborate with you

Future Possibilities

Support for Friends and Family

Early Contemplation Triage

Personalized Recovery Pathways

Interactive AI Workbooks



Want to see how AI can help with your recovery?



Whether you're skeptical or keen, these short videos are worth a look! "



