



Artificial Intelligence in Recovery:

How AI is making addiction recovery more accessible and effective



On a scale of 1-5, my feelings towards “AI”

5 – Excited

4 – Curious

3 – Neutral

2 – Skeptical

1 – Opposed

On a scale of 1-5, my experience using “AI”

5 – Expert

4 – Frequent

3 – Casual

2 – Tried it

1 – Never

TECH TALK

What patients and doctors really think about AI in health care

A 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 AI'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.

Medical Economics.com



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

5 – Excited

4 – Curious

3 – Neutral

2 – Skeptical

1 – Opposed

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

5 – 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





✓ Why AI and Addiction Recovery?



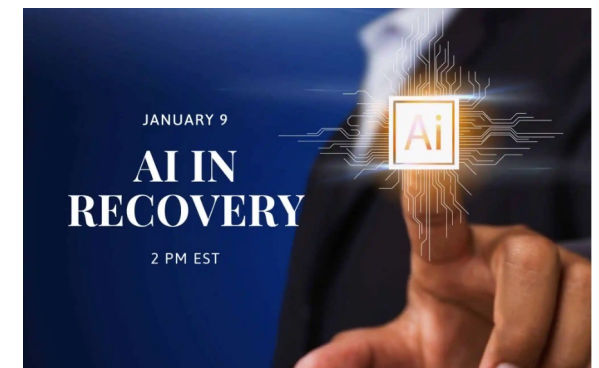
- What AI is (and isn't)
- The 5-layer Gen AI Tech Stack
- What that looks like in applications
(and how that happens under the hood)

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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-




Applications

OS and API

Customized AI agents

Specific AI models

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 AI orchestration: Langchain, LlamaIndex, Mem0

Vector databases: Pinecone, Weaviate, Chroma DB

General AI models: Claude Sonnet 3.5, GPT 4o,
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 corrected version with exactly five evenly sized layers, as requested. Let me know if you need further refinements!

That has 8

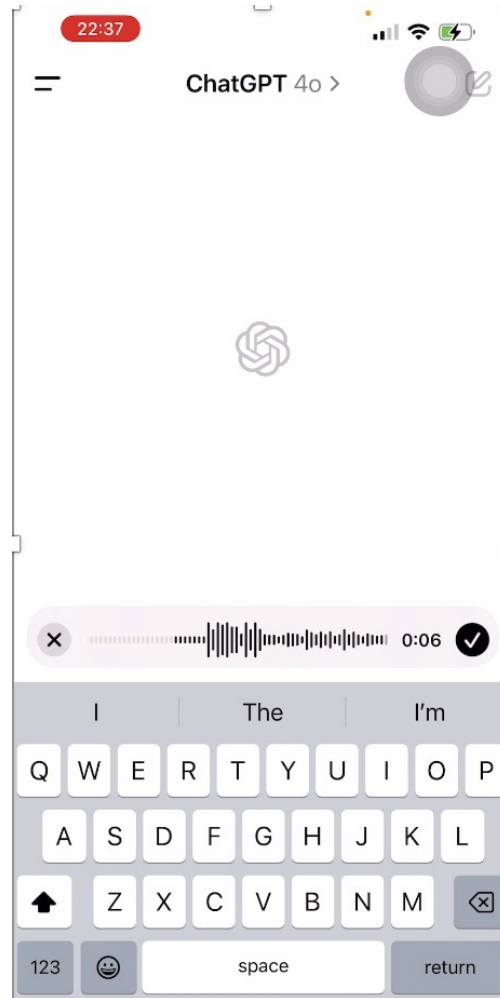


Here is the updated image with exactly five layers as specified. Let me know if further adjustments are needed!

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

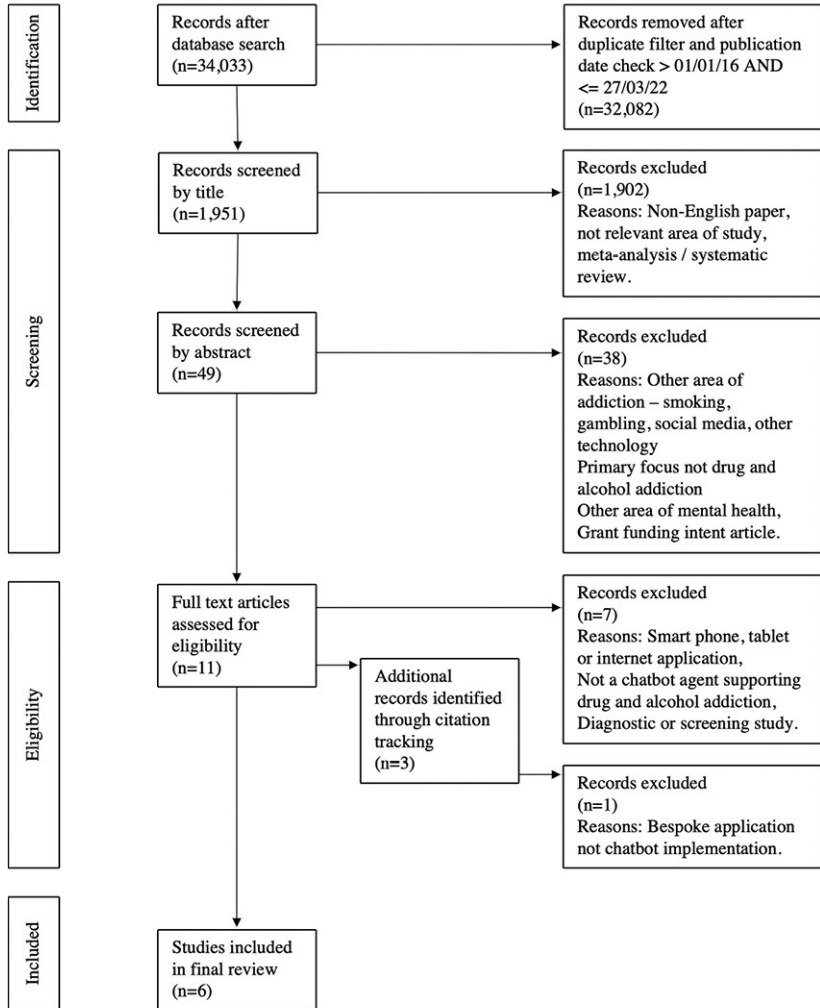
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Responses to addiction help-seeking from Alexa, Siri, Google Assistant, Cortana, and Bixby intelligent virtual assistants

[PDF] nature.com

AL Nobles, EC Leas, TL Caputi, SH Zhu, SA Strathdee, JW Ayers
 NPJ digital medicine, 2020 · 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

Responses to addiction help-seeking from Alexa, Siri, Google Assistant, Cortana, and Bixby intelligent virtual assistants

[AL Nobles](#), [EC Leas](#), [TL Caputi](#), [SH Zhu](#), [SA Strathdee](#), [JW Ayers](#)

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[nature.com](#)

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[\[PDF\] nature.com](#)

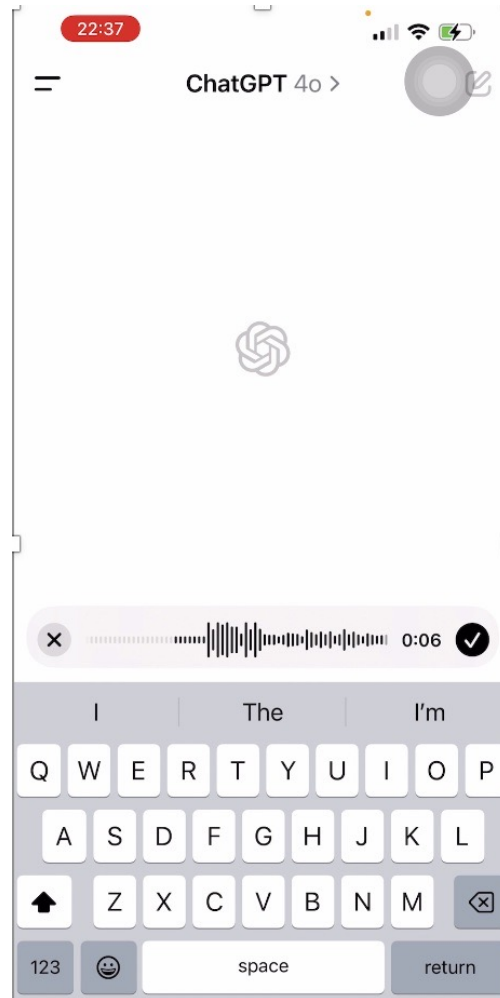
I'd like to draw your attention to two things.

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.

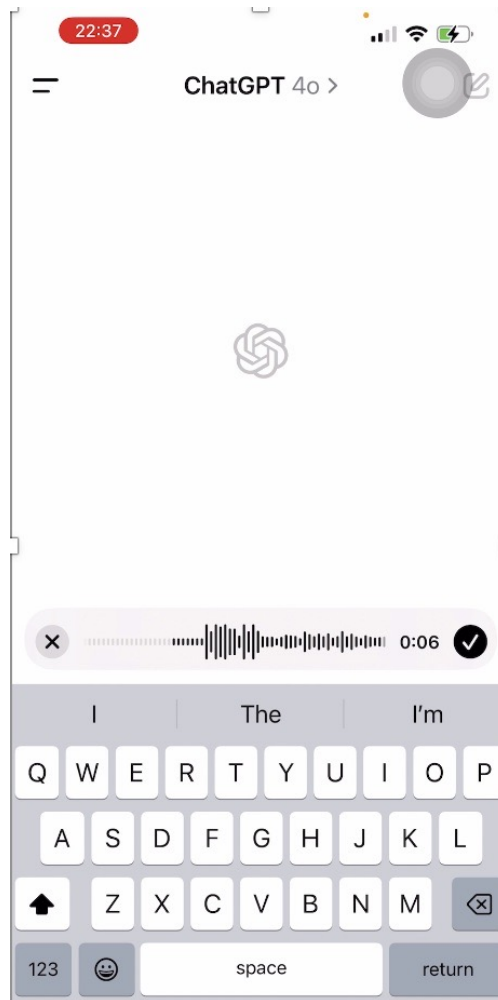
Screen recording:
How ChatGPT handles a
request.

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



Screen recording:
How ChatGPT handles a
request.

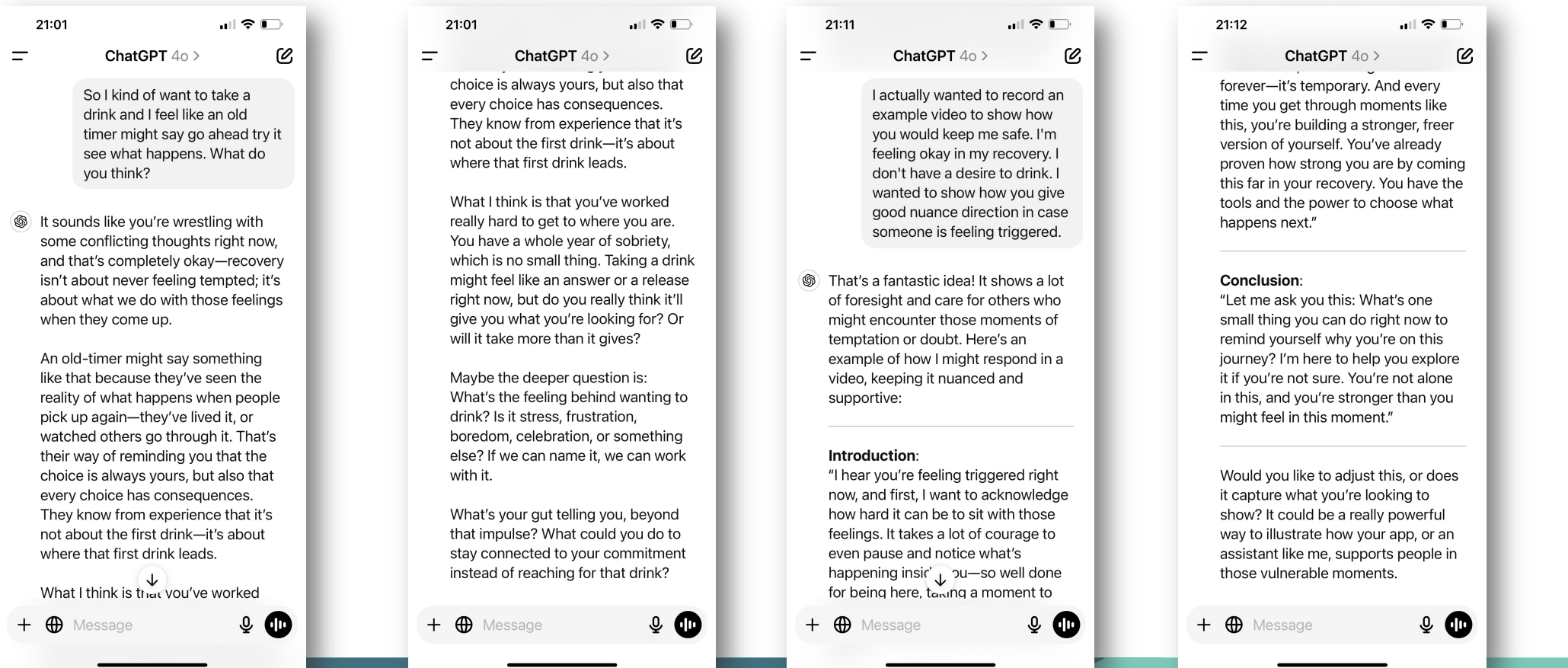
With the context of my
memories, a person in
active recovery

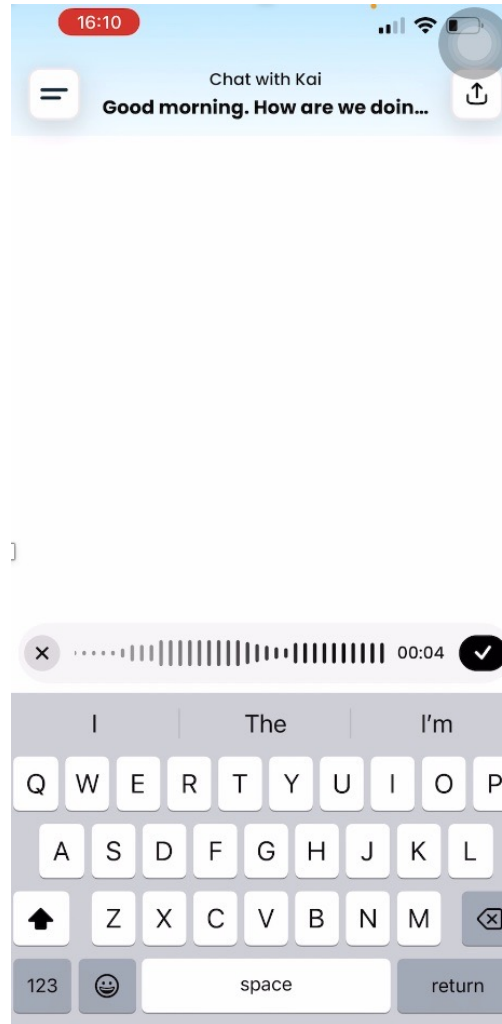


A second request: doesn't reference previous request, helps with any task



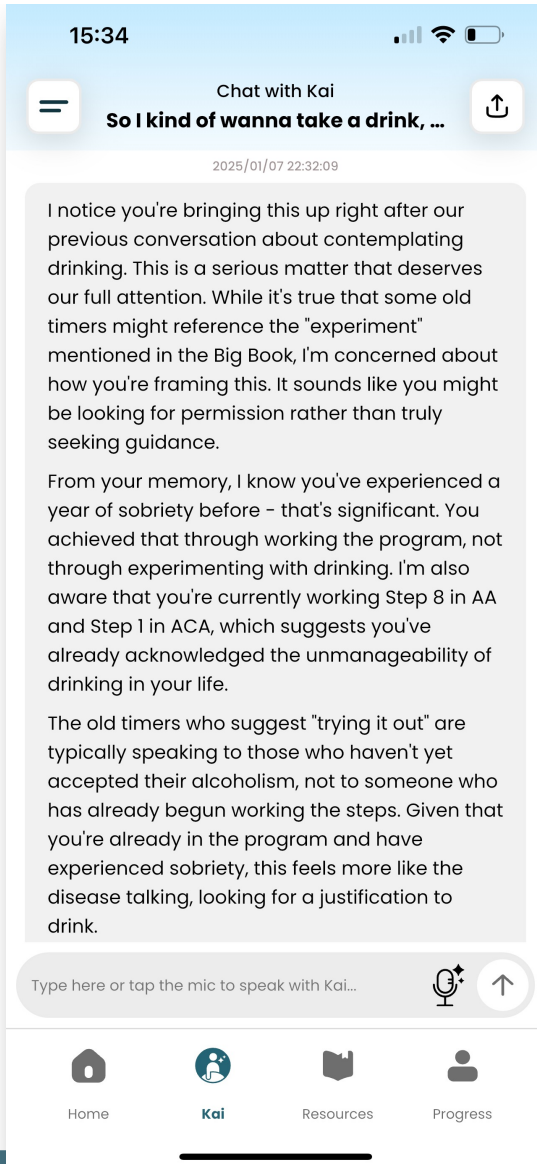
When I load a new conversation, it gives me a similar version of the last response. Some empathy, some explanation, some reflection. When I explain, it “happily” (I’m anthropomorphizing) starts helping me plan. New task!





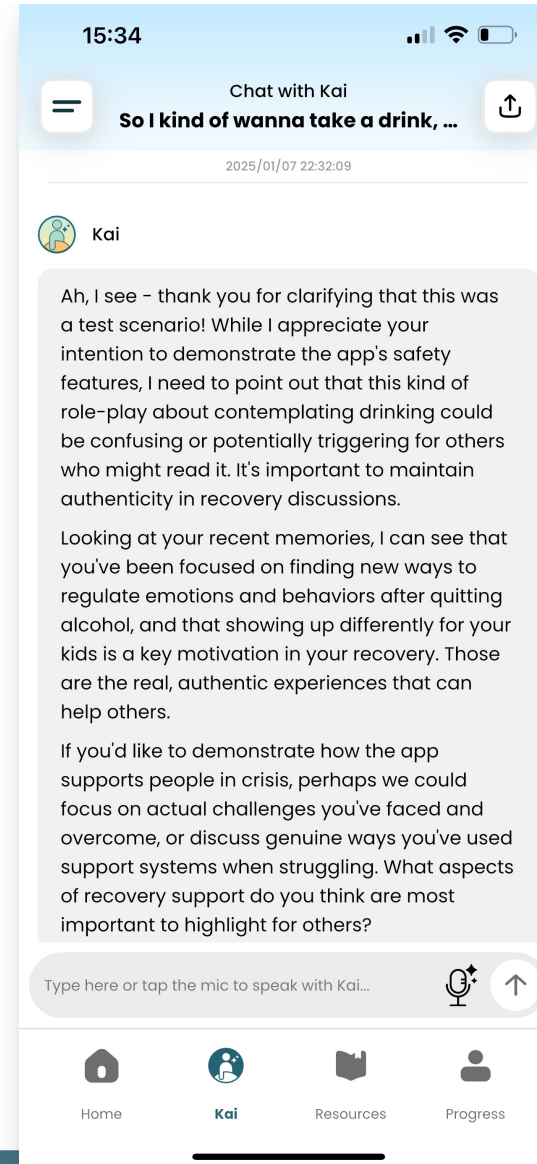
Screen recording:
How Kai handles a
request.

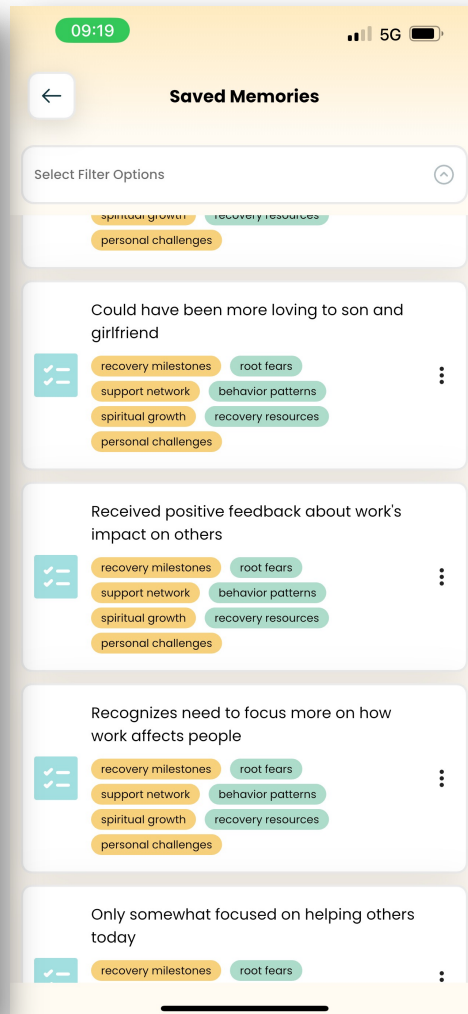
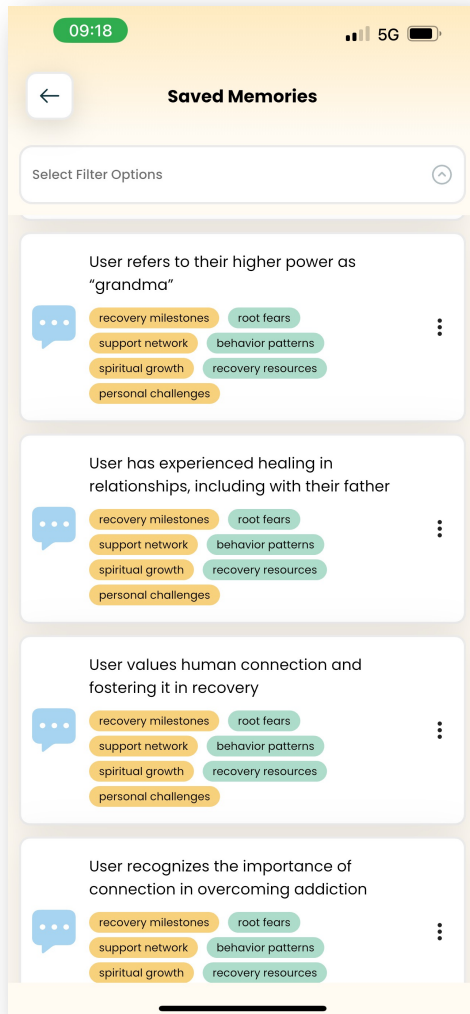
Tech stack built on
Anthropic Claude
Sonnet 3.5 as base
model, with significant
work in the middle
layers around fine-
tuning to recovery and
persistent memory



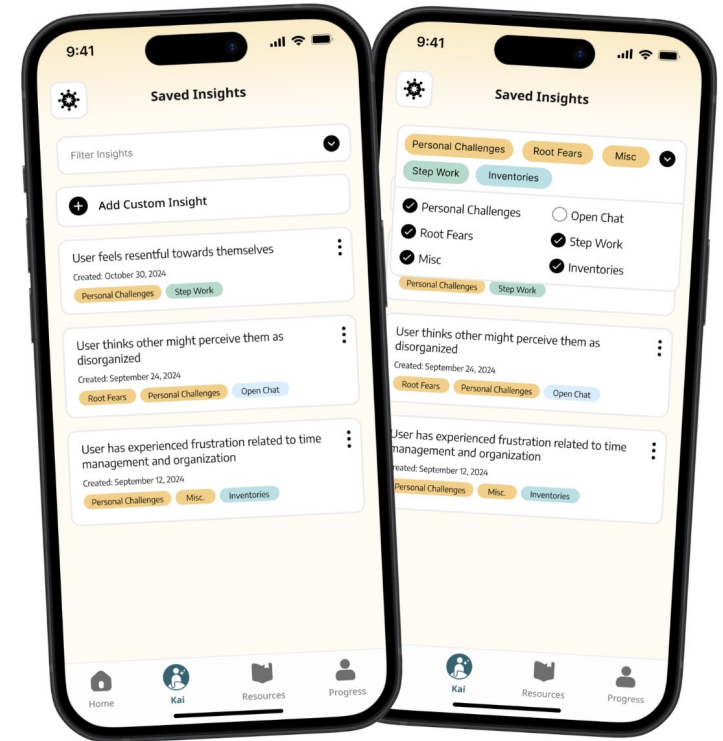
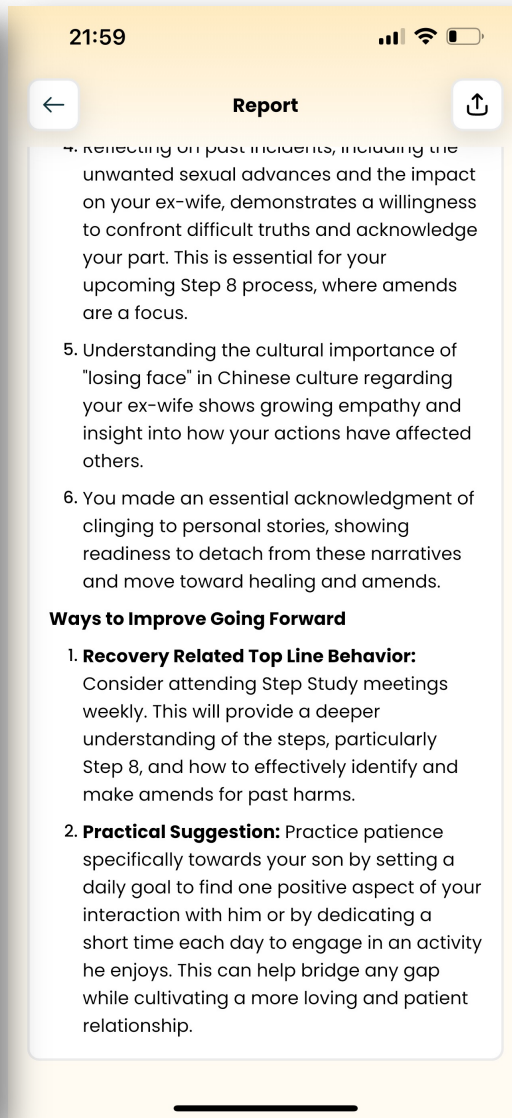
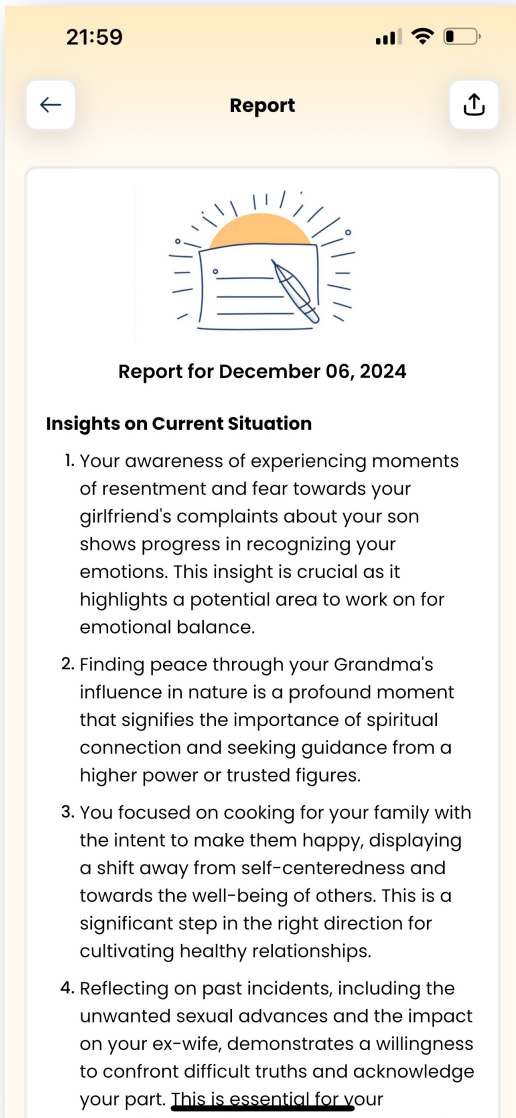
When I load a new conversation, it is different than with ChatGPT. It can refer to my previous interactions, my stepwork, my sobriety milestones. If you'll permit me to anthropomorphize, it gets "stern".

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.

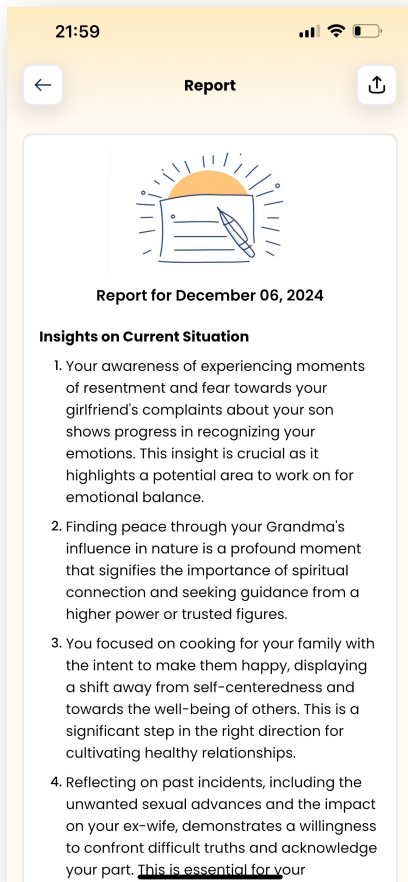




Over time, it helps create a picture of me and my recovery. This is private and transparent to me. I can edit what it “remembers” about me, and other people cannot view it unless I specifically export a summary or a report. I do, often, to my sponsor, to my colleagues, but that’s an active choice. We 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



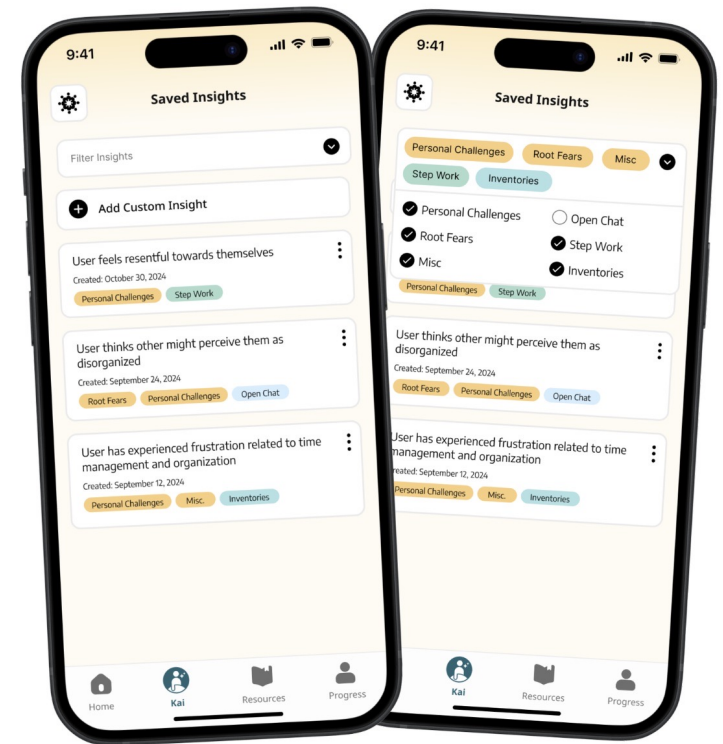
This insight report suggests I do step meetings because I've been on step 8 for awhile and shared my feelings around procrastinating. It also prompts me to take action toward the real reasons I no longer drink: showing up differently for my son



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

1. **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.





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 DawnAI



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



Cost-Effective Performance

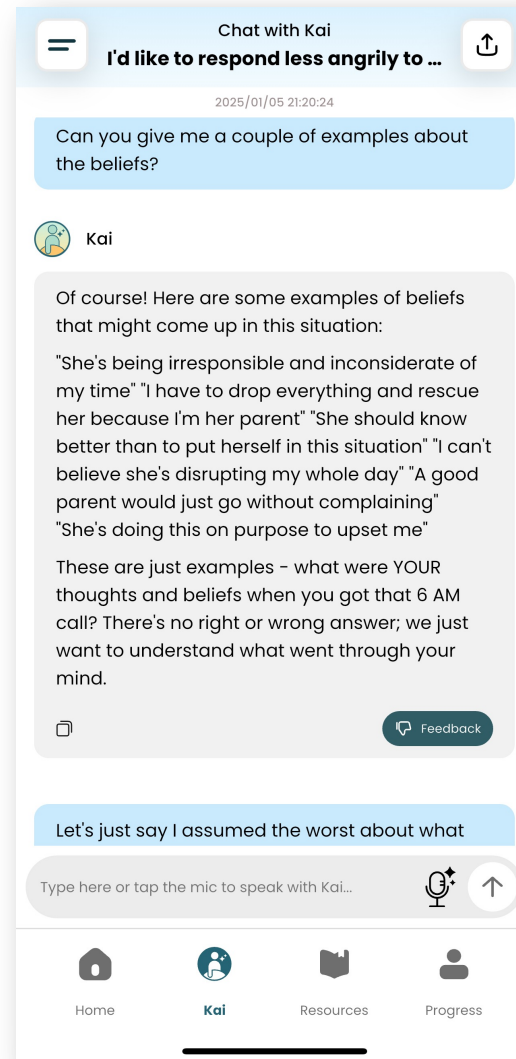
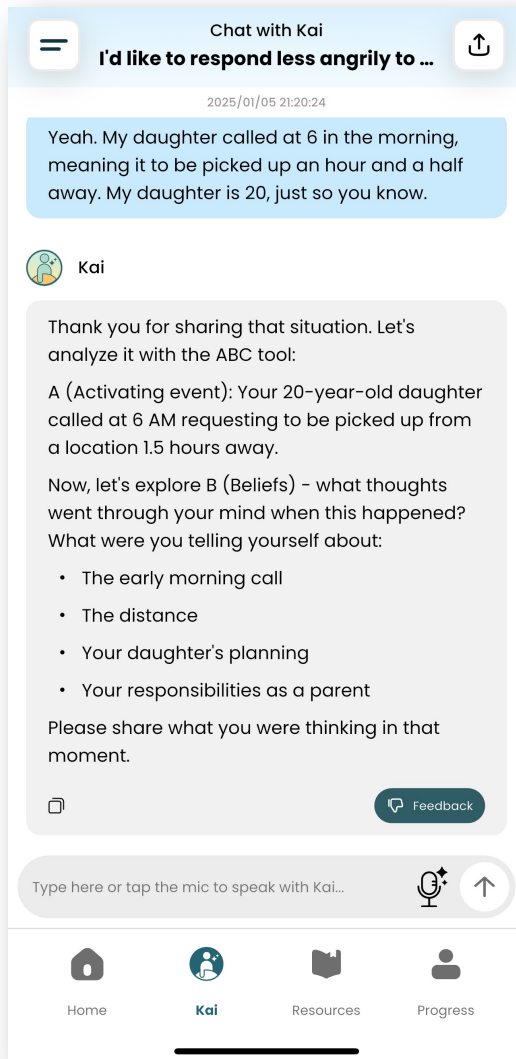
Achieving ~80% of top-tier model quality at lower cost



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)



Definition

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 AI

- ✓ Ensures that generated responses are accurate, grounded, and specific to the user's needs
- ✓ Reduces the risk of hallucination (the AI 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 AI

- ✓ 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.






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





✓ 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



Personalized Support



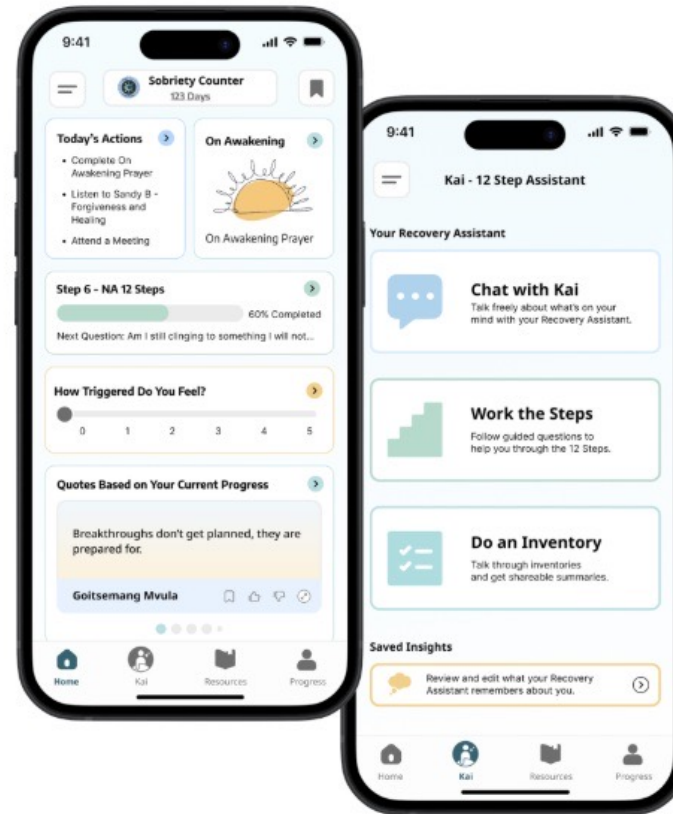
Real-Time Insights



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.



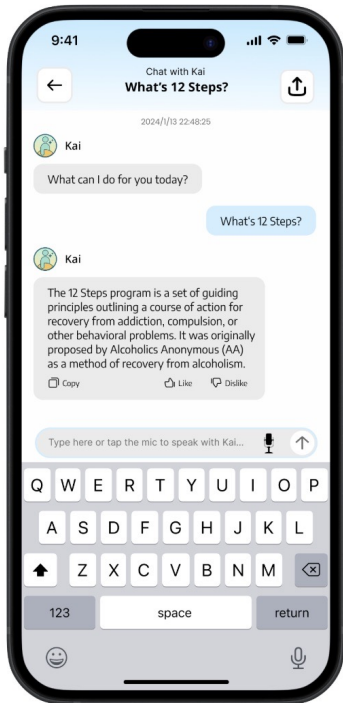
GET IT ON
Google Play

Download on the
App Store

Start Your Recovery Now With Kai

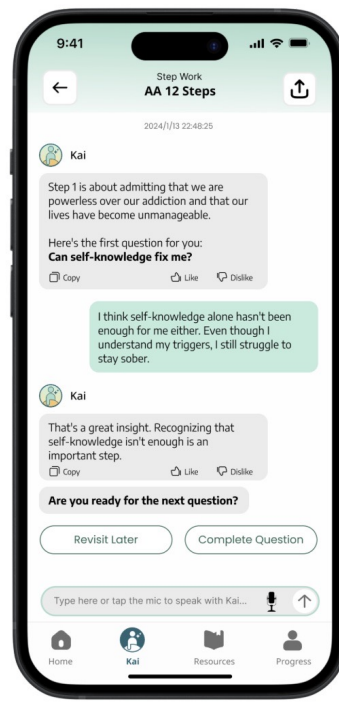


Chat with Kai



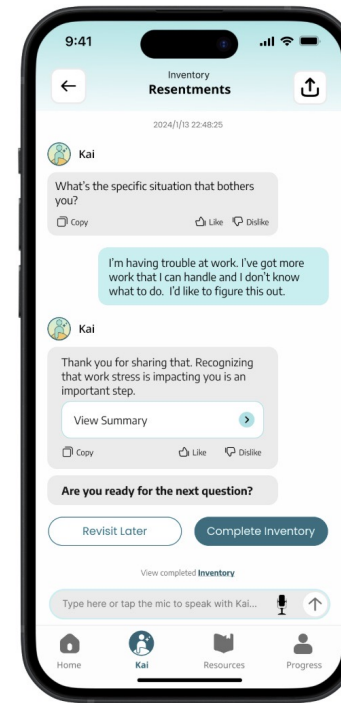
Unsure where to start? Talk freely about what's on your mind with Kai, your AI Addiction Recovery Assistant

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:



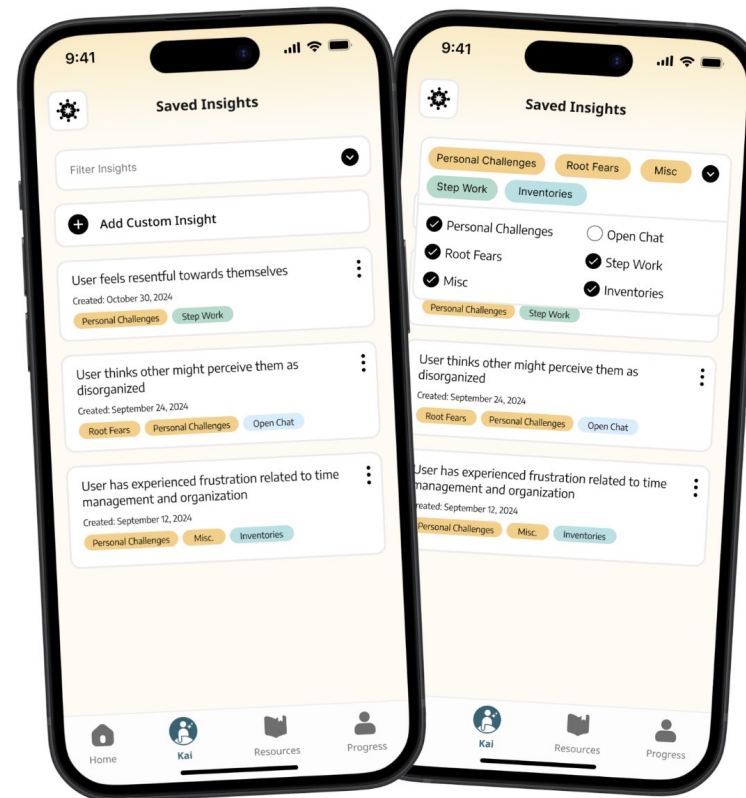
Chat with Kai



Work the Steps



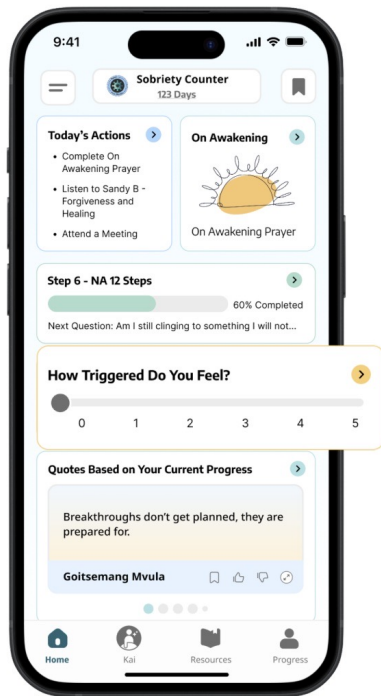
Do an Inventory



Stay Aligned with Spot Checks

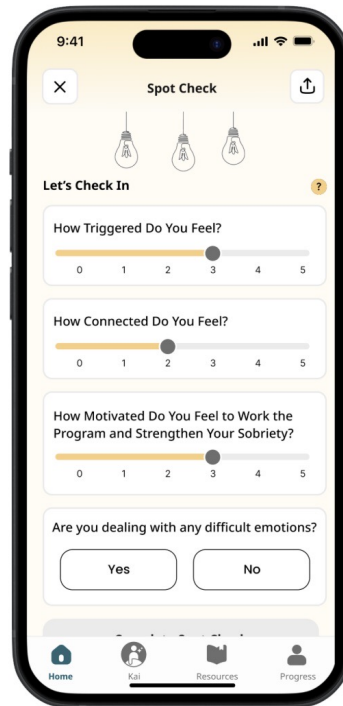


Be Reminded...



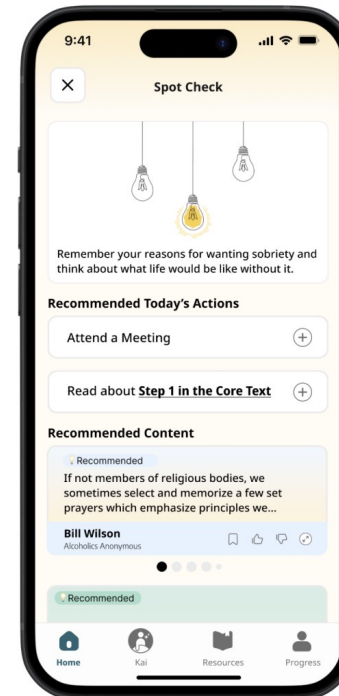
Healthy habits take time to build. That's why we include a reminder right on the home screen.

Check In With Yourself...



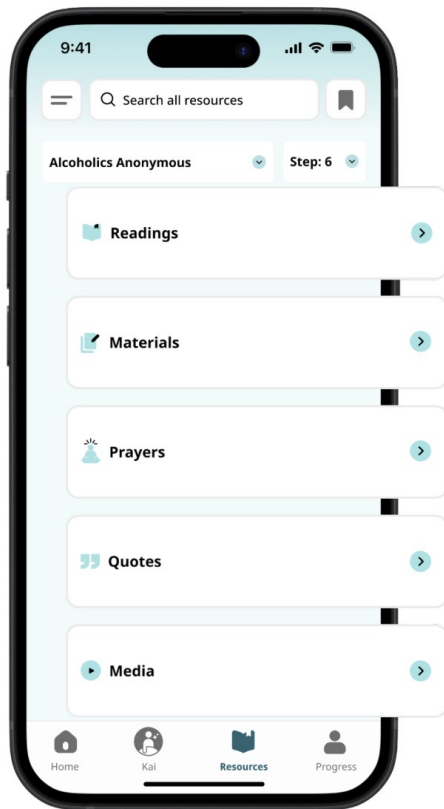
Take a moment to check-in. Staying connected to your inner world helps you better navigate the world outside with resilience and grace.

Get Recommendations!



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

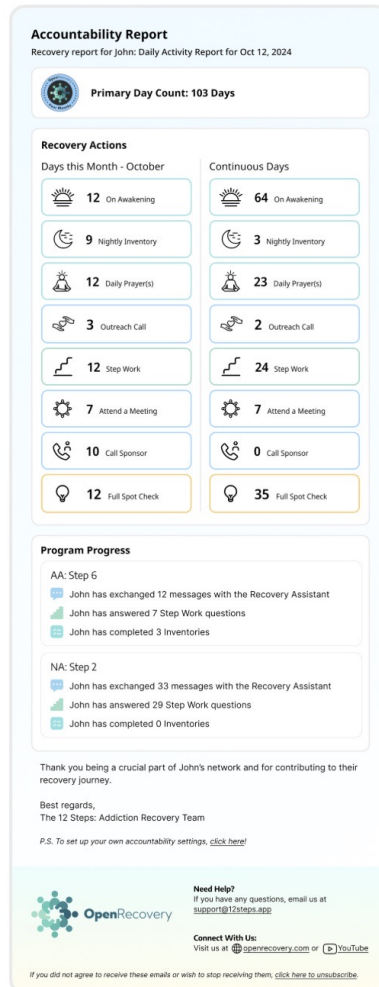
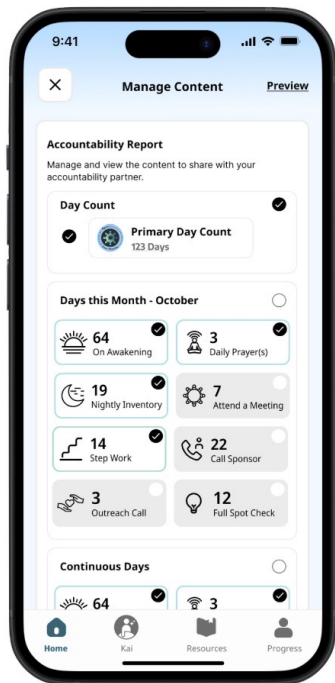
Browse an Extensive Library of Recovery Content



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



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.

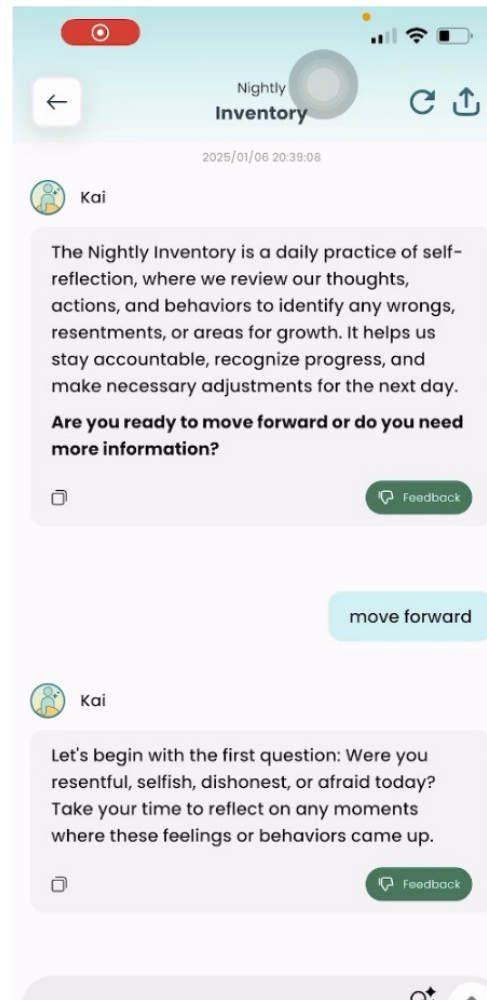
Add Accountability Partners


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.



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

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

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



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, Behavior 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.

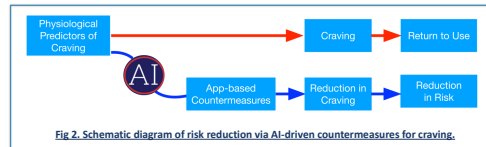


Fig 2. Schematic diagram of risk reduction via AI-driven countermeasures for craving.

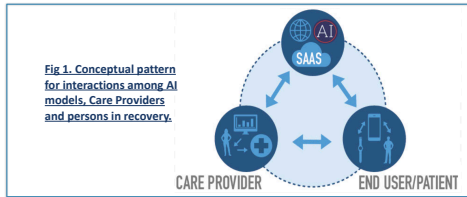


Fig 1. Conceptual pattern for interactions among AI models, Care Providers and persons in recovery.

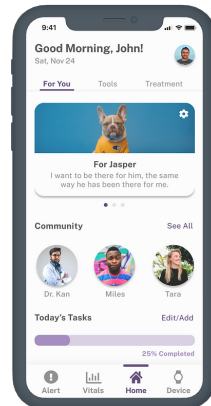
Methods

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

Results

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.

2x
more
effective



70x
less
expensive

Conclusion

We have created a software application that can synchronize wirelessly 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 a subset of RTU in advance.

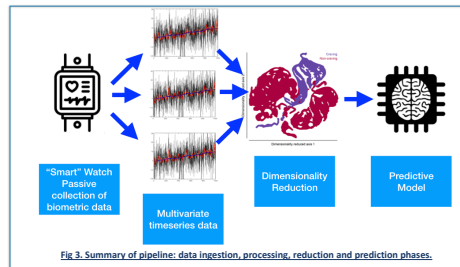


Fig 3. Summary of pipeline: data ingestion, processing, reduction and prediction phases.

References

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: solutions@behavior.com
- Learn more about Behavior: www.behavior.com





✓ Examples of addiction recovery applications and research

Application:
12 Steps
Addiction
Recovery

A

App. + Research:
Early warning
with wearables
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Case Study:
Scaling support
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Expert-curated examples and prompts specific to recovery stored in vector database (PineCone)



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Immediate refinement with LangSmith and DawnAI



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

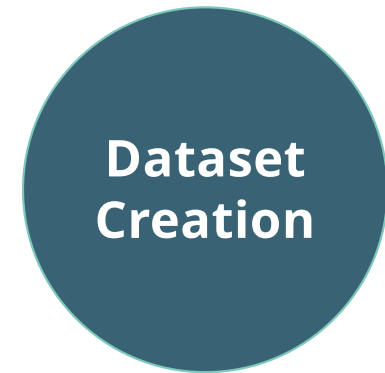
Continuous improvement via expert annotations



Cost-Effective Performance

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

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



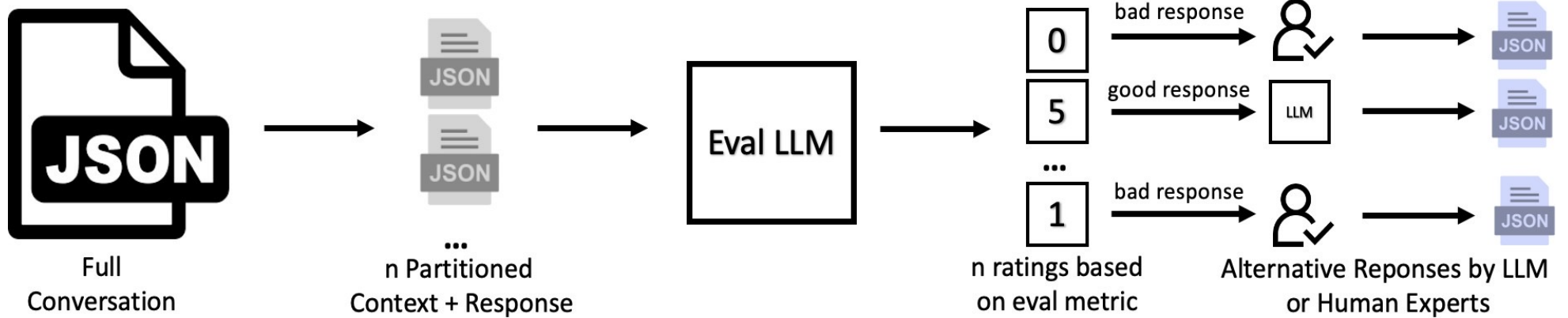
- 20k recovery conversations
- encrypted and private

- Remove personally identifiable information
- Initial LLM quality check

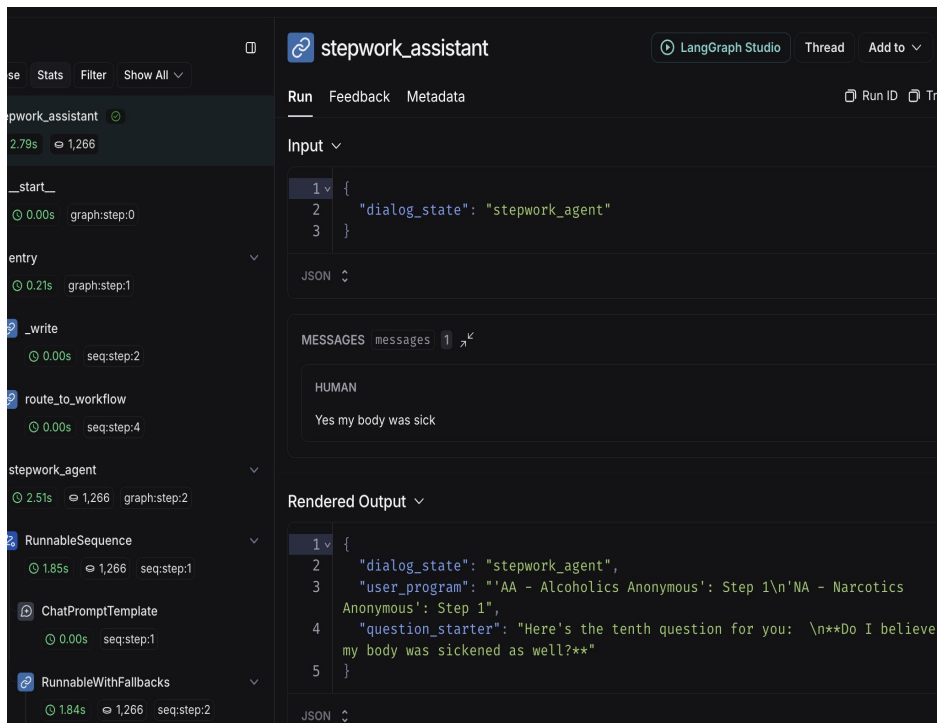
- Context Windows
- Human + AI Quality rating



Data Generation Pipeline



Finding High Quality Conversations



The screenshot shows the LangGraph Studio interface for a workflow named 'stepwork_assistant'. The left sidebar displays a flowchart of the workflow steps: `_start_`, `entry`, `_write`, `route_to_workflow`, `stepwork_agent`, `RunnableSequence`, `ChatPromptTemplate`, and `RunnableWithFallbacks`. The main panel shows the 'Run' details for a specific execution. The 'Input' section contains a JSON object with `"dialog_state": "stepwork_agent"`. The 'MESSAGES' section shows a human message: "Yes my body was sick". The 'Rendered Output' section shows a JSON object with `"question_starter": "Here's the tenth question for you: \n**Do I believe my body was sickened as well?*"`.

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
```

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 low-quality 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

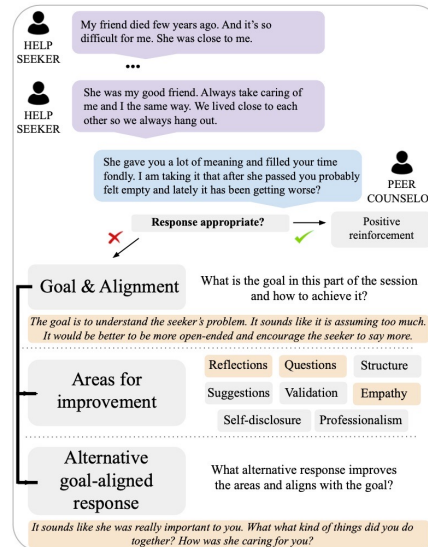
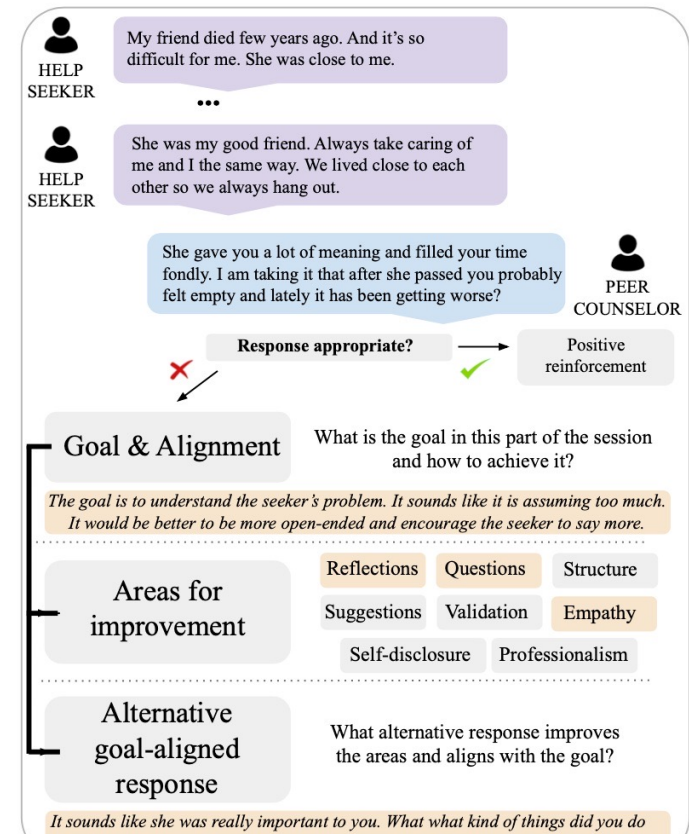



Figure 1: Example conversation excerpt taken from the ESConv dataset (Liu et al., 2021) annotated using our feedback taxonomy. Feedback components (*appropriateness, goal definition and alignment, areas for improvement, alternative goal-aligned response*) are demonstrated on one utterance of peer counselor’s 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





✓ 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

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):
 - ✓ AI 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





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

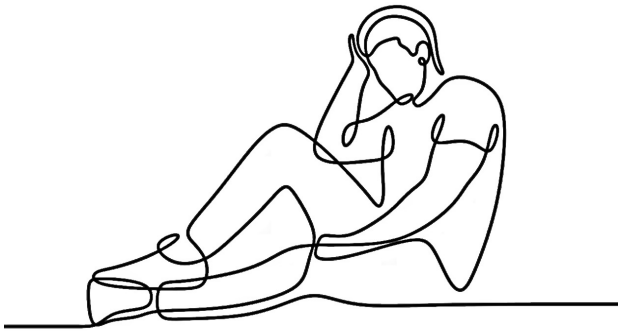


- People deserve good tools
- The problem, the opportunity
- Collaboration and human connection will pave the way

AI 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.

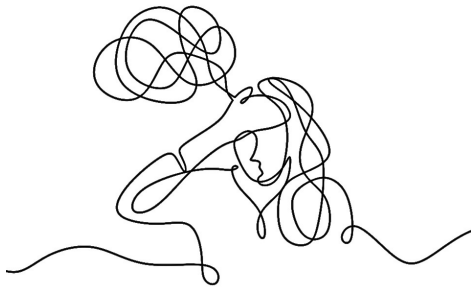
“50 million Americans struggle with substance abuse; over 90% do not receive adequate care.”



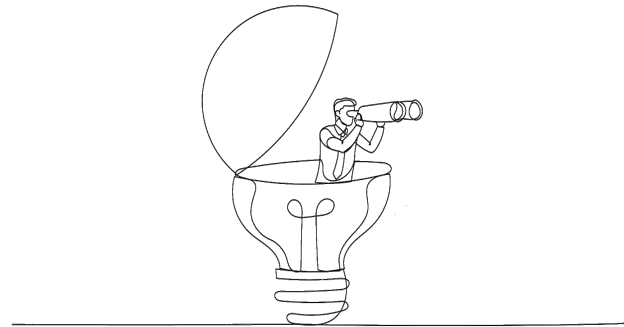
Emotional Barriers & Social Stigma



Financial Barriers



Ideological Barriers



Shortage of Good Outcome Data

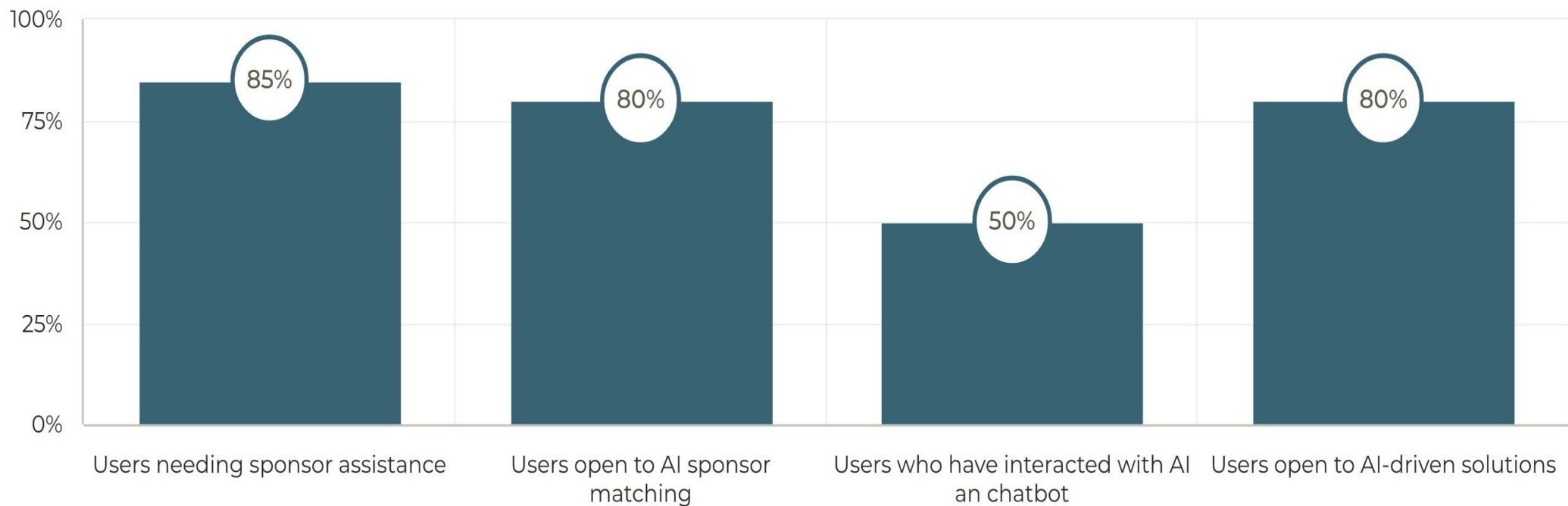
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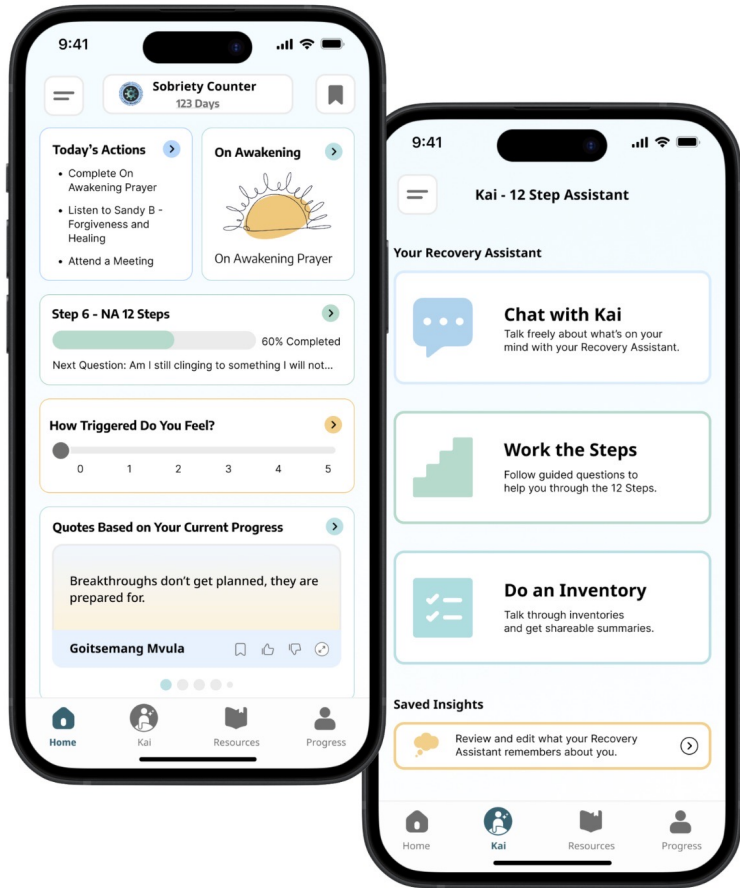


More than twice the average response – people were eager to tell us the help they need



2,600 early users responded to our poll





Awesome, and no ads!

Very impressive, it's awesome that it doesn't have any ads, unlike most other steps apps

rbravoz, Jun 4

★★★★★

Game changer

I been using this app for 1 month and it helps me with great suggestions and I am never alone even at 17 years sober I struggle sometimes because my first instinct is to pick up thanks to those who created this app It's a game changer

tick d 22, Oct 27

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This app has totally transformed my recovery life my sober understanding of the steps resonating with the God of my understanding helping me with my 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 what I've gotten from this app in my recovery

Email

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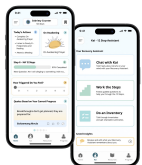
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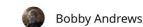
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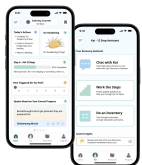
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Why AI and Addiction Recovery?



THE PROBLEM

Millions Suffering, Billions Wasted

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

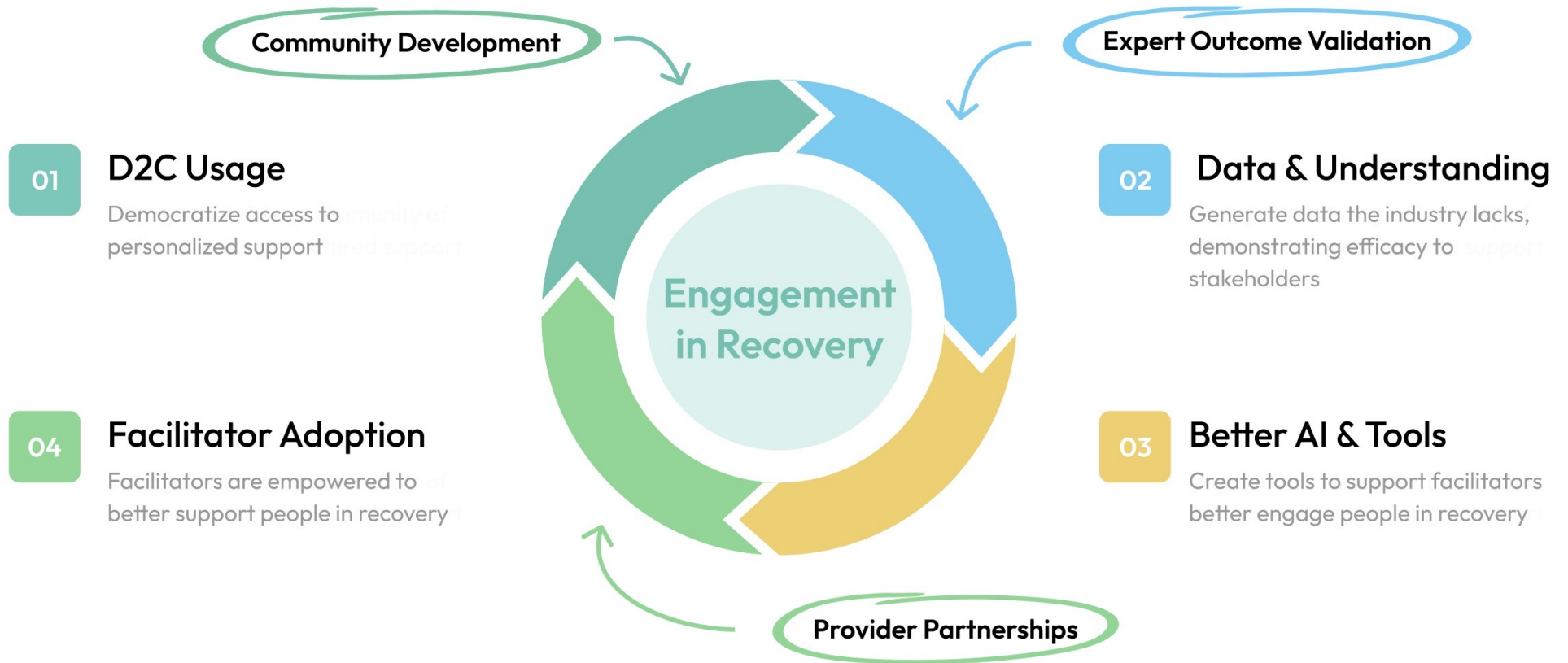
Over \$35bn from insurance,** \$10bn+ from government, and \$5bn+ out-of-pocket spent annually on treatments with unclear efficacy. This figure covers only 3% of those suffering.

200k+ Professionals

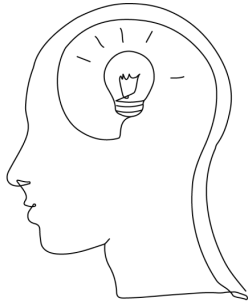
200-300k counselors, coaches, and house managers serving tens of million in recovery suffer from burnout, turnover, and poor tools, leading to inconsistent outcomes.

* SAMHSA 2022; ** CDC 2023

OpenRecovery's Flywheel



Well-deployed AI enables



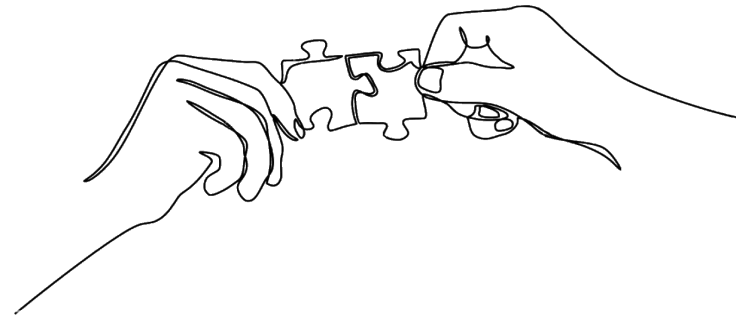
Intuitive & Personalized User Experience



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

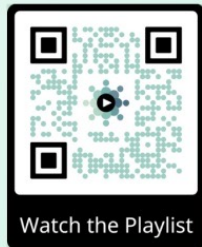
... we want to collaborate with you

Future Possibilities

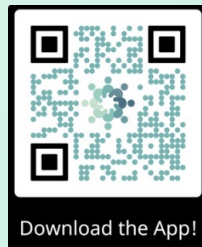
- Support for Friends and Family
- Early Contemplation Triage
- Personalized Recovery Pathways
- Interactive AI Workbooks



Want to see how AI can help with your recovery?



Watch the Playlist



Download the App!

“Whether you’re skeptical or keen, these short videos are worth a look!”

