

What Is Trac9 & *Why Are We Using It?*



Trac9 or Trac9 Informatics is an assessment tool that monitors specific factors that have a scientifically validated and evidence-based association with long-term recovery. We track our patients' outcomes through assessments during and 12 months following their treatment with us.

Each of the assessments is normed, psychometrically validated and available in the public domain, enabling their utilization in Trac9.

WHY ARE WE USING IT?

- Trac9 allows us to measure the effectiveness of treatment and is an essential tool in addressing your individual treatment needs.
- With Trac9, we assess your needs and assign a clinician that helps you and your family create an individualized path through treatment and into recovery.
- Your participation in Trac9 allows us to advocate for continued insurance authorization with your insurance company while you are in treatment.
- The data we collect through the Trac9 assessments help us improve treatment services and enhance patient outcomes.

In short, Trac9 will help us provide you with truly individualized care, maximize your treatment outcomes and advance the science of addiction medicine – saving more lives through more effective care.

HOW DOES TRAC9 WORK?

You will be registered in the Trac9 system during the admission process, and one of our staff members will help you complete the initial assessment, identifying your treatment needs and the clinician best suited to address them.

During your time with us, you will take the Trac9 assessment on a weekly basis. We will use your assessments to develop your individualized treatment plan, identify beneficial clinical services and create a comprehensive aftercare plan for you.



trac9
I N F O R M A T I C S

For the first 12 months following treatment at Ashley, you will receive a monthly email invitation to complete your Trac9 assessment online from home; they are anonymous and take less than five minutes.

HOW DO I TAKE MY ASSESSMENTS?

INPATIENT & EXTENDED CARE

Initial assessment:

One of our staff members will help you take the assessment on a tablet.

Weekly assessments:

You will take each assessment on a tablet assisted by one of our staff members.

OUTPATIENT

You will be able to take all of your assessments online from home.

Initial assessment:

One of our staff members will help you complete the initial assessment online.

Weekly assessments:

You will receive an email prompt asking you to complete the survey online.

You will receive email invitations for your post-treatment assessments on a monthly basis. These are to be filled out online from home.

Completing your assessments while in treatment and after treatment will greatly improve our ability to create an individualized treatment plan for you and use the data to **change the face of addiction medicine – saving more lives through even more effective care!**

**Completing your assessments
is a great way to give back!**

ADDITIONAL BENEFITS OF TRAC9

- Trac9 will help us identify your personal treatment needs and which counselor best meets these needs, resulting in an even better patient-clinician match.
- Throughout treatment, Trac9 will help us adjust your treatment plan based on your assessment outcomes and prepare a comprehensive aftercare plan.
- The data we collect from your assessments will allow us to advocate on your behalf with insurance companies and, if necessary, help justify the need for continued treatment.
- When you fill out your post-treatment assessments, and your answers indicate a recurrence of use, Trac9 will automatically ask you if you would like to notify Ashley. Trac9 will only contact Ashley on your behalf if you ask them to.
- We can use Trac9-generated data to showcase the effectiveness of treatment to insurance providers, making treatment more accessible.
- Trac9 will help us advance the science of addiction medicine by furthering our understanding of how treatment works and what types of services we need to invest in more.

WHAT FACTORS DOES TRAC9 MEASURE?

Trac9 monitors resilience and pathology factors that have a scientifically validated and evidence-based association with long-term recovery. Both types of factors are equally important in your recovery journey.

RESILIENCE FACTORS:

- Commitment to sobriety
- Optimism
- Spirituality
- Quality of life in recovery

PATHOLOGY FACTORS:

- Anxiety
- Depression
- Stress
- Verbal craving
- Visual cue reactivity of craving

FREQUENTLY ASKED QUESTIONS

Will my assessment data stay confidential?

Yes, all data we collect is protected health information and will be handled according to the HIPAA Privacy Rules.

How long does the assessment take?

On average, it takes 13 minutes to complete the in-treatment survey. The post-treatment survey averages less than five minutes.

Please take your assessments; it's a great way to give back to the community!

How will you use my assessment data for treatment?

We will use your in-treatment data to assign a counselor that best fits your needs, create an individualized treatment and aftercare plan for you and advocate with insurance companies on your behalf. Your post-treatment data, together with other patients' data, will help us monitor long-term treatment success and give you a direct option to reach out to us in case you're struggling.

What will Ashley do with the data besides using it directly for my treatment?

In-treatment and post-treatment data combined will help us measure the effectiveness of treatment, improve treatment services across the industry, advance the science of addiction medicine and improve and increase insurance coverage long-term. We will look at the data for each level of care, inpatient, extended and outpatient care, separately as duration and intensity vary.