Recovery Record

Help@Hand Collaboration Impact Report

Eating Disorder Mobile App

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Recovery Record

What is Recovery Record?

Recovery Record is an mobile app that is a leading global product for eating disorder management. The mobile app features include check-ins, CBT self-monitoring, DBT and ACT skills, outcome tracking, meal monitoring, clinical goal review, and motivation enhancement.

Learn more at www.recoveryrecord.com

Help@Hand Target Area & Population

Improve Outcomes for High Risk Populations and enhance support services for our eating disorder Consumers

Digital Innovation – Pilot Implementation Strategy

The utilization of the mobile app was enbedded within the County Eating Disorder (ED) Program in close collaboration with Novahn Xayarath, Eating Disorder Program Manager and the Eating Disorder Champions.

Help@Hand Clinical Staff Team
Peer Team Member
RUHS-BH Evaluation Unit
University of California Irvine, H@H Evaluation
Help@Hand Tech Lead

Timeline

Recovery Record

FY 2019–2020

Peer Team explored and tested over 200 different mobile apps with the intention of identifying suitable mobile apps to address the needs of our Help@Hand populations of focus including the eating disorder consumers. After various meetings with vendor, the team decided to invite Recovery Record to participate in the statewide collaboration vendor selection meeting to get vetted and get approved as an app vendor for the collaborative.

FY 2021–2022

- Digital Behavioral Health Questionnaire v2.4 (Risk Assessment Only).
- HIPPA Compliant & security.
- Pilot Implementation Planning.
- Pilot Proposal completed.
- Participation consents created.
- Pilot Evaluation Plan developed
- Executive Team approved pilot.
- Contract with vendor executed.
- Vendor Training.
- UCI Providers Evaluation Planning & Contract.
- Testing of app and custom training materials developed.

FY 2022–2023

- Training and onboarding of ED Champions.
- H@H joined the ED Program and ED Champions in a ED Program conversation with Sacramento County to share Technology Enhanced Best Practices for Eating Disorders Treatment (Feb. 2023).
- App Data discussions with vendor.
- Recovery Record Pilot expanded to contracting providers: Victor Community Support Services (VCSS) and Wylie Center Organization providers.

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Sacramento County

The Help@Hand team joined Janine Moore, Deputy Director - Children's and Transitional Age Youth Programs, Novahn Xayarath, ED Program Manager and ED Champions in an ED Program conversation with Sacramento County to share Technology Enhanced Best Practices for Eating Disorders Treatment with the Recovery Record App.
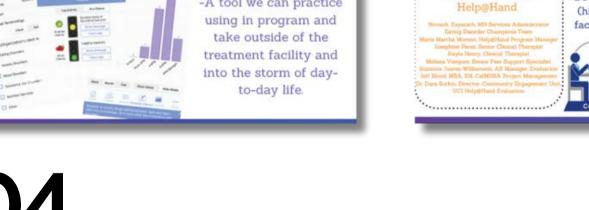
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Communication Strategies Infographics

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Communication Strategies

Recovery Record Newsletters

Communication Strategies
Recovery Record Newsletters - December 2023

04

Recovery Record Vendor Outcome Report
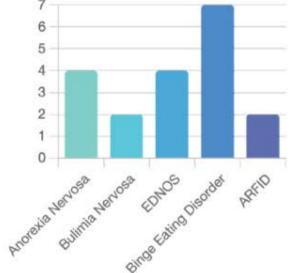
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04

Riverside University Health System Pilot Study: App Based Engagement and Data Informed Eating Disorder Care

For the purpose of this report, we looked at Riverside University Health System clients who used the Recovery Record app as a part of the pilot program. During the pilot period **26 RUHS clients with eating disorders** enrolled and used Recovery Record in connection with their treatment provider. This report details demographic information and engagement and health outcomes achieved by these clients through their use of the Recovery Record application as an adjunct to their clinical care.
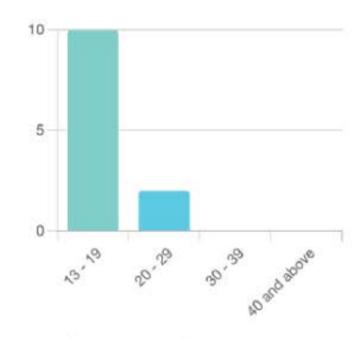
Diagnostic Distribution

Of all clients, 19 (73%) provided demographic information. **Client uptake spanned diagnostic categories, Binge Eating Disorder accounting for the largest proportion** (N=7; 37%), followed by Eating Disorder Not Otherwise Specified and Anorexia Nervosa. Binge Eating Disorder has the greatest population prevalence of all eating disorders however is often underrepresented in clinical treatment settings. It is promising to see this diagnostic distribution that approximately reflects population prevelance.

Recovery Record
Vendor Outcome Report

RecoveryRecord

Age and Gender Distribution

Of clients who provided their gender information, 91.3% identified as female and 8.7% as male. **The average age was 16.8, (range 13 - 24). The majority (83%) of clients were under age 19.** Clients in all age categories engaged meaningfully with the application.

Client Uptake and Engagement

In the pilot, **23 members actively utilized Recovery Record with a participating provider.** RUHS clients using Recovery Record in their care collectively logged **5,276 CBT-self monitoring entries.** They achieved a high and sustained level of engagement, completing **203 total entries per client, on average.**

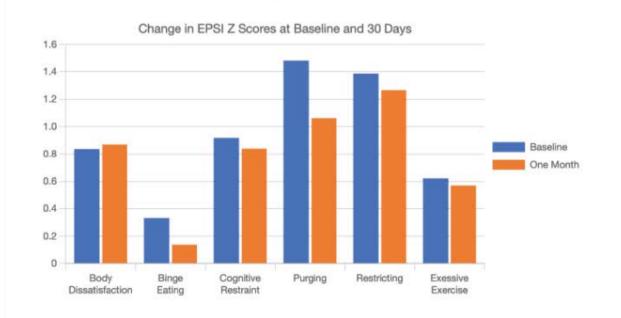In the pilot, how many therapeutic logs entries have been completed in-app?

5,276

Average App-Based Log
Entries Per Client

203

Recovery Record
Vendor Outcome Report

Clinical Outcomes

Clients are asked to complete an Eating Pathology Symptoms Inventory (EPSI) questionnaire upon provider link and one month later. Baseline and follow-up outcome data were provided by 13 clients, representing 50% of a possible 23 clients. With such a small sample, we were unable to power diagnosis-level analyses, however the below clinical outcomes for these members provides insight into how Recovery Record is supporting quality of care and recovery progress.

All Clients

On average, clients experienced significant improvement in Purging, Binge Eating, Restricting, Cognitive Restraint (persistent thoughts about restrictive eating) and Excessive Exercise per scales of the Eating Pathology Symptoms Inventory (EPSI). These are the key target symptom areas for individuals with eating disorders. There was a slight directional increase in Body Dissatisfaction, which often sees a decline as clients reduce restrictive behaviors or gain weight in treatment.

Change in EPSI Z Scores at Baseline and 30 Days

04

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Outcome Informed Care Delivered by RUHS Clinicians

Health outcome data collected in-app are made available to providers treating participating clients in real time. Given the dynamic nature of eating disorder progression and recovery, these data in addition to nuanced daily meal, symptom, thought and trigger data, are fundamental to the delivery of proactive and effective treatment.

Expansion for Greater Impact

Recovery Record has a great many new capabilities to elevate the standard of care and support clinicians by offloading manual tasks and streamlining workflows. In 2024, we will complete refresher training for all clinicians and support access to Recovery Record's new Family Based Treatment app, to support an even greater impact.

04

Thank You

For Your Attention

January 2023

04