



Continicare Companion for Substance Use Treatment Centers

Continicare Companion for Substance Use Treatment Centers is a digital intake and daily therapeutic support program for detox/residential, IOP, and outpatient care.

It begins with a self-service Behavioral Health Assessment (BHA) that maps substance use patterns, co-occurring symptoms, triggers, readiness, coping strengths, and risks, producing clinician-ready reports for day-one planning.

From there, clients receive adaptive CBT/ACT/DBT micro-sessions between visits and after discharge, while your team tracks craving index, urges resisted, trigger heatmaps, mood/energy, coping engagement, and adherence in a shared dashboard—shortening time to targeted care and reducing relapse risk without adding staff.

Continicare begins by removing the guesswork.

The Perspectives Assessment gives your team a precise picture of each client's risks, strengths, motivation, and cognitive patterns before day one—so placement and treatment planning are faster and better targeted.

Self-service Behavioral Health Assessment (BHA) collects 2,215+ structured datapoints per client across:

- Substance use & co-occurring conditions (anxiety, depression, trauma)
- Schemas & unhelpful thinking tied to substance use (e.g., catastrophizing, all-or-nothing)
- Coping styles & skills, strengths, motivation/readiness, personality, social context, lived experience

What centers receive immediately

- Integrated Clinical Report (clinician-facing)
- Motivational / Cognitive Profile
- Client Summary Handout (plain language)

SUD-specific insights surfaced

- Primary substances & severity; with risk flags
- Triggers & cue patterns (people/places/feelings), craving profile
- Readiness to change and recovery barriers
- Co-occurring symptoms that raise relapse risk



Personalizes Daily Digital Therapeutics + Coaching

From there, Continicare Companion supports clients with evidence-based psychoeducation and digital therapeutics every day between sessions and after discharge,

Personalized, CBT/ACT/DBT-based micro-sessions that teach and reinforce skills specific to substance use recovery:

- Teaching: cravings & triggers, lapse vs relapse, stimulus control, refusal skills, emotions + urges, values-based goals
- Skills: urge surfing, delay–distract–decide, mindfulness/grounding, progressive muscle relaxation, journaling, cognitive diffusion, thought reframing
- Coaching prompts: practice the assigned skill; notice/reframe a thought; engage a meaningful activity (PEMI); plan for a high-risk situation

Shared Progress Dashboard (for team + client)

in a shared dashboard. Clinicians and clients can see trends in mood, energy, coping engagement, and adherence in a shared dashboard. All daily interactions roll up into a live dashboard:

- Craving index (0–10) & trend
- Urges resisted % and days since last use
- Triggers (top people/places/times)
- Coping engagement & streaks
- Mood/Energy trends and adherence

Built for your levels of care

Detox / Residential (Inpatient)

- Day-1 clarity: BHA → instant reports for treatment plan & risk stratification
- Daily structure: AM/PM check-ins + assigned skills tied to the plan
- Discharge-ready: Share the cognitive map + adherence trends to step-down teams

IOP / Outpatient / Aftercare

- Between-visit continuity: Guided daily micro-work maintains momentum
- No more “cold starts”: Clinicians open the dashboard and target what changed that week
- Relapse prevention: Cravings/trigger data + coping use over months



Why centers choose Continicare

- Better outcomes, less drift: Daily skill reinforcement + targeted sessions
- Capacity multiplier: Clients get support every day without adding FTEs
- Actionable documentation: Standardized reports and objective trends for payers and reviews
- Client experience: Simple, supportive, personalized to their recovery profile

Implementation & pricing

- Go live in a day: Secure intake link + clinician dashboard provisioned
- Brandable: Your logo, welcome copy, and consent language
- Routing: Auto-notify admissions; high-risk flags to clinical lead
- Privacy: PHIPA/HIPAA-aligned workflows

Pricing:

- Behavioral Health Assessment (BHA) \$200 per use
- Continicare Companion (Daily Support) \$60 per month

Contact info@continicare.com

647-255-8173