

28 July 2018

White Paper

PURPOSE:

This white paper was developed to further our mission of improving the quality of life for others. In addition, to advocate that our position is the best way for success and to achieve a better result for a person who is a recovering addict. From our perspective, it is time to change the game and provide a better solution for our growing opioid epidemic. This paper is dedicated to my son, Ryan.

Drug use is on the rise in this country and 23.5 million Americans are addicted to alcohol and drugs. That's approximately one in every 10 Americans over the age of 12 years old – roughly equal to the entire population of Texas. In addition, 60,000+ people overdose each year and we intend to change the game and save lives with our recommended program and HealthyXchange.

New government data demonstrate the continued, urgent need for more Americans to have access to drug and alcohol addiction treatment, according to an analysis by the Closing the Addiction Treatment Gap (CATG) initiative. If implemented properly, federal health care reform legislation could help remove financial barriers to treatment for millions of Americans.

According to [Defining the Addiction Treatment Gap](#), a CATG review of the annual National Survey on Drug Use and Health released by the Substance Abuse and Mental Health Services Administration (SAMHSA) and other national data sources, addiction continues to impact every segment of American society. Unfortunately, only 11 percent of those with an addiction receive treatment. That is where the HealthyXchange will help. The HealthyXchange is an affordable, secure, healthy and effective way to improve the quality of life of its members. Defining the Addiction Treatment Gap is intended to provide statistical context for efforts to close America's addiction treatment gap, including the design of an addiction treatment benefit as part of health care reform implementation. According to CATG, a number of important factors should be considered:

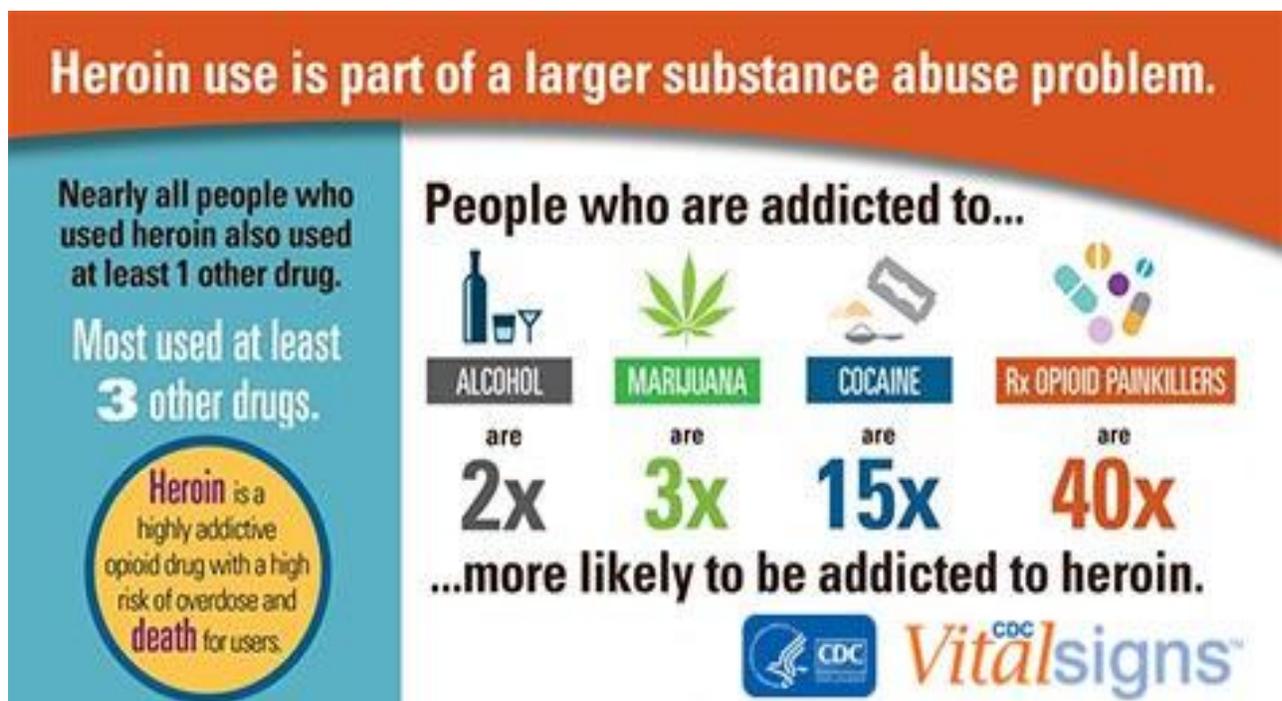
- Twenty-three million Americans are currently addicted to alcohol and/or other drugs. Only one in 10 of them (2.6 million) receive the treatment they need. The result: a treatment gap of more than 20 million Americans.
- Cost and lack of insurance is the primary obstacle cited by Americans who say they need but are unable to receive treatment. Among those able to access treatment, nearly half (48.4 percent) reported using their own money to pay for their care.
- In contrast to other chronic diseases, funding for addiction treatment disproportionately comes from government sources. More than three-quarters – 77 percent – of treatment costs are paid by federal, state and local governments, including Medicaid and Medicare. Private insurance covers only 10 percent.

STAT forecast: Opioids alone could kill nearly 640,000 people across America over the next decade as the crisis of addiction and overdose accelerates. St. Michael's Passport2Recovery, LLC has a program to improve quality of life and to decrease the number of deaths significantly. Like alcohol, and a broad range of drugs and medications, marijuana/cannabis can trigger significant toxic reactions in the human body. The term typically used to describe these reactions is overdose (or alcohol poisoning in the case of alcohol). As shown below, some forms of substance use overdose are well-known for their potential to produce life-threatening or fatal outcomes.

Prominent examples include:

- Alcohol poisoning
- Heroin overdose
- Opioid medication overdose
- Cocaine overdose
- Benzodiazepine (tranquilizer) overdose

Most of those deaths involved opioids, a family of painkillers including illicit heroin and fentanyl as well as legally prescribed medications such as oxycodone and hydrocodone. In 2017 alone, 60,000+ US drug fatalities -- 66% of the total -- involved opioids, the report says. That's over twenty thousand more than the 41,400 Americans who die from breast cancer every year.



The numbers are staggering. For a closer look into the epidemic, visit the following references:

- <https://www.cdc.gov/drugoverdose/data/index.html>
- <https://www.cdc.gov/drugoverdose/data/statedeaths.html>

We think there's more that should be done!

St. Michael's Passport2Recovery is a lifestyle management company with a focus on "improving quality of life." We're committed to helping people overcome their struggles with addiction and believe that keeping people engaged is critical. That's why we came up with the HealthyXchange Community Portal. Just imagine, a secure and safe online community for addicts. Through the HealthyXchange, we believe we can keep those struggling with addiction engaged, aiding them towards a greater wellbeing. We will provide cutting-edge technology, along with a focused and evidence-led holistic treatment program that will focus on the physical, mental, emotional and spiritual level of our members. From our perspective, people in recovery sharing experiences and providing aid to each other will create a sense of community and trust. There will be a closed looped community with access for addicts, parents, elders, and a family section so that they can better understand the disorder, work together, share experiences and become unified in advocacy. This includes a lifestyle management services component, to help people learn the impact of nutrition, further develop coping skills, and learn to relax and live life to their fullest potential. Members will access the HealthyXchange with Passport2Recovery. Think of the HealthyXchange as a safe community (secure Facebook) to share with like-minded people, a recovery library, marketplace and online university with a built-in life coach and video counseling. The Passport2Recovery is the member or patient's vehicle to the HealthyXchange.

The HealthyXchange is an ecosystem of technology, healthcare services, products and experiences that have been designed with the following intention to empower you to become healthy, stay healthy, and improve your quality of life. Your new community will work collaboratively to effect change in the public perception of substance use disorder by providing a platform for fundraising and awareness. We hope to go as far as hosting webinar events on holidays, as this is a trigger event for many in recovery. Social networks are one avenue that help healthcare companies understand the concerns of their members or patients. By creating an online profile, people can share and interact with a community, as if it were one of their friends. People are more likely to open up and express themselves through social media, and companies can collect and analyze that data to better understand what their customers expect from a healthcare service. We will offer a variety of memberships and create a fund for others who cannot afford help themselves. The members will have access to the HealthyXchange portal, a convenient, secure and supportive closed community.

We will offer ongoing Concierge memberships nationwide (275 locations), that will offer holistic doctors specializing in recovery without medication. Today, there is an abundance of rehab programs that focus on physical level changes. They emphasize behavior modification, assist with medicine and treating the symptoms: stop using drugs and form new habits. We believe that our program and memberships are unique. The St. Michael's family focuses on the patient and customizes a plan to assist the patient in order to improve their quality of life by focusing on their mind, values, body, spirit, and overall nutrition.

The St. Michael's Passport2Recovery Solution, from Our Doctors Perspective

With nearly two decades of business under our belts, an international network of Health Centers, and partnerships with top tier organizations, we've developed a scientifically-based holistic process founded on what we believe are the five core principles of wellness: Spiritual values & mindfulness, Core Health, Nutritional Diet, Energy & Exercise, and Toxin mitigation.

We are in the middle of an opioid epidemic that has been described as literally the worst healthcare crisis America has ever seen. More staggering than AIDS and more widespread than polio. To further demonstrate the severity of this issue, Time Magazine 's 95-year history there has never been a single publication that was dedicated to ONE subject, until this year with March 2018 when the entire publication, cover to cover, focused its content on this epic catastrophe.

While addiction claws its way into every race, gender, age and socioeconomic level, the vast majority of those that eventually succumb to the profound effects of its lure are those that suffer from chronic pain.

Approximately 80% of those individuals are people who have sustained back and spinal injuries. While it would be easy to blame this crisis on some misguided youth looking for an easy 'high', the sad truth is that it is everyday people with commonplace work injuries or sports stresses/strains that have put their trust in their doctors to treat their symptoms, only to find themselves in the throes of a full blown addiction. Most of them never saw it coming until it was too late.

To quote Time Magazine, "It's not just a guy who's never worked a day in his life. It's airline pilots and it's teachers. I'm sure there is a law-enforcement and fireman out there hooked on it. It's Joe citizen that is dying." Albert Einstein once said, "No problem can be solved from the same level of consciousness that created it." Suboxone and Methadone are methods of the past and are simply not effective for long term recovery. Our program ensures a higher rate of return and success for the person(s) in recovery.

Currently, drug addiction treatment centers are continuing to use antiquated treatment methods to help addicts recover from this "new" man-made plague, which carries with it a unique and complicated set of brain and neural dysfunctions that today's modern medicine cannot find 'another 'drug to fix it or a potion to mask its damages. Our country MUST find new and advanced levels of thinking, procedures and treatments that will not only help an addict recover physically as an inpatient, but that must help support, equip, and empower them emotionally, socially, and spiritually after returning to their lives in the real world. The system has left wide gaping holes in the trajectory of the addict on the path to recovery and is found most notably AFTER their 30-90-day detox and inpatient treatment. The real test of their sobriety is after this time period, as their bodies are trying to physically recover and put all the pieces back together.

The challenge here is to provide the patient with an opportunity to stay connected to their tribe and support systems as they navigate this treacherous terrain. The goal of returning them to a life after rehab that will support a healthy, drug free, pain free lifestyle is one of the missing links in today's treatment protocols.

The economic impact to our country is staggering and far reaching. According to Altarum, a non-profit group that studies health economy, each overdose death costs \$800,000.00 and the human impact from babies born dependent to the estimated 62,000 overdosed addicted lives cut short in 2016 alone has cost a whopping \$1 trillion. Not included in that cost of this preventable epidemic is an estimated \$500 billion by 2020 in loss of productivity, \$215.7 billion in healthcare costs, funds for child and family assistance, and education. A national survey on drug use and health by NSDUH found that 1 out of 6 Americans between 18- and 25-years old battle substance abuse and 14.5 million adults 26 years of age or older struggle with substance use disorder. The inherent qualities of opioids contribute to its misuse. Even when these drugs are taken as prescribed, the patients may still become addicted. This poses the question as to why these drugs are prescribed as the first line of treatment in the management of acute, sub-acute and chronic pain. As sited earlier, the vast majority of opioids are prescribed for spinal conditions and quite frankly are failing at the job for multiple reasons, which will be discussed later. If the “symptom” is opioid addiction and the cause is “pain” then in order to stop the vicious cycle, we must find safer and more effective means of treating “cause”. According to the new medical guidelines of the American College of Physicians published in the Annals of Internal Medicine (February 2017), clinicians and patients should opt for non-drug therapies as a first approach in the treatment of acute and sub-acute and chronic low back pain.

These “therapies” include exercise, rehabilitation and spinal manipulation. Another study in 2005 (AMI group) compared these non-medical treatments (chiropractic) and saw a 21%-62% decrease in number of prescriptions written and a 49-78% decrease in the number of opioid prescriptions written. While we concur with this approach and look forward to its implementation we must first address those already caught in the throes of addiction and pull them out. If we look back in retrospect with most patients, their addiction came as the result of a hopeful quick and cheap solution to their pain syndrome. However, if the causation of pain is not corrected and the condition persists, these same health problems or chronic diseases that create the need for medication will drive the afflicted desperately back to the prescribed drugs, eventually causing the effects to be less medicinal. This, in return, will cause the brain chemistry to become so altered that higher doses of more potent drugs, like Fentanyl, are needed to do the same job.

If we as a country are going to solve this problem, then we must shift our consciousness and look at the issues from a new perspective. Our approach offers fresh, new scientific protocols in four distinct areas. First things first, we must find the root cause of the initial health issues that substantiated a need for pain management. Obviously, the traditional medical approach has fallen short and **failed** at diagnosis and treatment of these issues. Therefore, examination from the perspective of a chiropractic physician offers discovery of underlying issues overlooked by modern medicine. Chiropractors are the only doctors qualified and trained in the diagnosis and treatment of a serious condition called SUBLUXATION. As defined, subluxation is a malposition of the spinal bones that protect the spinal cord and nervous system. When these vertebrae move out of their normal position, it causes a disruption in the neurotransmission and precise sequencing of chemical changes in the brain called the “brain reward cascade”. When this sequencing is working optimally the patient feels a sense of well-being and pleasure, but if it is interrupted it will progress into a condition known as the ‘reward deficiency syndrome’. This may result in patients seeking mood-altering substances or activities. We offer a scientific based approach to improve the members quality of life.

When the vertebral subluxation is removed and corrected the end result is the release of dopamine, serotonin, and other regulatory neuro-chemicals. As a result, the patient will notice pain reduction and structural correction, improved function and the body returning to homeostasis, as the cravings are vastly reduced, all aiding in the patients quest for sobriety. . In 2001, a one-month study of nearly 100 addicts receiving a standard level of addiction recovery treatments at a Miami addiction treatment center took place. This clinical study had staggering results, researchers Dr. Jay Holder (Addiction Specialist and Chiropractor), and a recipient of the Albert Schweitzer Prize in Medicine, and Dr. Robert Duncan, Ph.D., and a Biostatistician from the Miami School of Medicine, found that the patients in the group receiving these specific chiropractic adjustments and vitamin supplementation as compared to a group of patients getting standard level care and a third group getting a ‘placebo‘ adjustment, produced evidence of substantiating an impressive 100% completion rate.

Of the 18,000 addiction programs in the U.S., the success rate with a 30-day drug free model is only about 46% with a retention rate of 60%. Outcomes improve dramatically from 86% retention and 100% retention with the addition of the specific subluxation correction adjustments and supplemental nutrients. From our perspective, it is paramount to the addict that their nutrient deficiencies from prolonged drug use are addressed. Advanced nutrient, enzymes and neurotransmitter testing becomes important, so we can effectively dose them with the missing natural nutrients needed to quickly and efficiently aid in their healing and recovery process. If this step is missed, there is far greater chance that cravings, anxiety and relapsing may occur. According to research conducted by Dr. Kenneth Blum, Ph.D., of the University of Texas Health Science Center over the last 30 years, Blum suggests a treatment based on replacing four key amino acids that are chronically deficient in the addicted person.

These along with the adjustments play a crucial role in restoring the body’s natural neurotransmitters responsible for the feelings of well-being and happiness. It is also noteworthy to mention research that suggests these nutrients must be taken for a minimum of one-year post rehab in order to reestablish and maintain normal levels indefinitely. In addition to precise supplementation, it is vital to educate the patient on the benefits and need for good nutrition. Eliminating chemical laden processed foods and adding more fruits, vegetables and lean proteins, all help to balance the intricate network of systems required to achieve and maintain sobriety and lay a foundation for lifestyle changes he or she can implement for the rest of his/her life. Addicts must simultaneously undergo detoxification of drugs and chemicals on a cellular level to help restore proper cell to cell communication and improve all detox pathways in the body aiding to restored function, assimilation and elimination.

According to the author of Align Your Health, researcher Dr. B.J. Hardick, “First and foremost, exercise helps your heart and lungs to move oxygen and nutrients through the body. We can free our nervous systems with chiropractic care, and we can feed our bodies good, nutritious foods-but without regular exercise, none of those things will make it into our cells, tissues, muscles and organs. It could very well be that your bodies number one missing nutrient Is oxygen.” It’s no surprise that exercise naturally helps to re-establish hormonal balance, improved mood, decreased anxiety and blood pressure and many other benefits too numerous to list. The type of exercise that we recommend is High Impact Intensity Training (HIIT). These principles are tried and true and can be adapted to each individual based on their level of fitness, skill level and on their personal preferences and likes. It can easily be adapted in their daily routines to fit their lifestyle and location. Our fitness program has been digitized and can be done in as little as 12 minutes a day with the aid of their cell phone, iPad, or DVD player. Lastly and most importantly, the addict must begin the re-aligning and renewing of their mindset. Uncovering and discovering old underlying self-devaluation programs, emotional wounds, and the inability to forgive others is paramount to healing spiritually.

Our membership program offers the opportunity for the integration of Chiropractic care in the treatment of addiction. While Chiropractic care is the country's largest natural health care profession, there is still only a small number of doctors that specialize in the techniques specifically required to get the results of subluxation correction cited in this paper. Also, the doctors need to be proficiency rated in technique, nutrition, and detoxification (as well as certified) to be able to comply with the programs strict guidelines. Scalability of a program so in-depth and technology based becomes a serious issue that, until today, has not been possible. Nationally acclaimed and New York Times best-selling author, Dr. Greg Loman, along with his wife, Dr. Maryella Loman, collectively have almost 60 years' experience in the arena of advanced Chiropractic corrective care and wellness. In 2004, they co-founded one of the country's top wellness franchises and Chiropractic coaching companies called MaxLiving. Over the past 20 years, they have coached over 1,000 doctors, and successfully franchised their model with now over 275 offices in North America, Canada, and Puerto Rico. The following links provide more background of our healthcare leader, the founder of MaxLiving, and some case studies for you to view the evidence of their holistic approach: https://youtu.be/GzUp_U6EvKo; <https://youtu.be/RxO9mD32yrE>

With this approach and the use of artificial intelligence, a secure online community, and life coach, patients will improve their quality of life. Because of these extremely vetted and skilled, reputable network of doctors with advanced training and certifications, we are capable of providing a highly reproducible delivery system of care. Keeping this in mind, making the implementation of these programs around the country would be immensely successful, all while focusing on quality of care at very affordable prices. We will improve your quality of life.

Making the Difference - Programs Addressing Behavioral Health Challenges

The good news is that we are starting to see a wave of new innovative programs at a federal and local level. Mental illness and substance use impact all communities and we know that it will take the community to help address this problem.

With so many low-income and Medicaid recipients living with behavioral health issues, such as mental illness and substance misuse, it is imperative that physical and behavioral health services become integrated. By developing systems to treat the whole person in a more comprehensive manner, allowing healthcare providers and community providers to reduce avoidable hospital use, reduce the cost of care, and increase the health of a multitude of individuals and families in the country.

With the goal of reducing avoidable emergency and inpatient hospital use, HealthyXchange focuses on high quality, integrated primary, specialty, and behavioral care integrated with community programs. Because a disproportionate amount of annual total cost of care and hospital visits can be attributed to the behavioral health population, we believe this approach will benefit uninsured and Medicaid members most.

Integrating Behavioral Healthcare

The growing need to address behavioral health necessity in America requires support from all sectors. The common thread between the programs mentioned is the focus on integrating behavioral, social, and clinical care. HealthyXchange helps systems and communities efficiently deliver care and services by inter-connecting providers, loved ones, and community around every patient, seamlessly integrating the social determinants of health into patient care. This integration allows us to take exponential steps forward in our understanding of how to treat issues impacting our communities. It allows us to focus on population health at a macro and microlevel to make exponential leaps in providing quality care.

What is Population Health?

Our HealthyXchange will improve the health of populations, and to understand the causes of chronic illnesses by analyzing large quantities of data. We believe it starts at the individual and practice level.

1. Identify patients: Learn which patients are most in need of care to improve outcomes and minimize costs.
2. Manage care: Identify gaps in care. For a recovery patient, this could be the integration of Chiropractic care.
3. Engage patients: Create and follow up on care plans to improve healthcare delivery and outcomes for patients.

The HealthyXchange by St. Michael's Passport2Recovery is our secure online blockchain community health solution that simplifies the challenges of population health management. Our system allows you to identify patient segments, establish care plans across caregivers, coordinate across multiple parties (NA, AA, Life Coaches, Chiropractors, Caregivers, Counselors and Therapists) and improve outcomes.

We believe there are four steps to population health management:

- Identify
 - Risk stratification
 - Disease registries
 - Cohorts
 - High utilizers/high costs
 - Open care gaps
- Assign
 - Empanelment
 - Coordinate care
 - Close care gaps
 - Team-based care
 - Care plan creation
- Engage
 - Build relationships
 - Educate and activate
 - Collect patient-reported data
 - Ongoing care management
 - Annual wellness visit

The HealthyXchange shows the big picture of a patient population, including the segments that incur the greatest costs. Drawing on clinical data, the solution provides information in a user-friendly visual format.

It Takes A Community

The shift within healthcare to value-based care validates the role and impact of community providers on health outcomes. It's powerful to hear a leader in the industry, like Aetna's CEO, Mark Bertolini, speak on the matter:

“We believe the only way to truly disrupt the cost of health care ... is to go into the homes and meet the social determinants that are now driving as much as 60 percent of life expectancy of Americans.”

St. Michael's Passport2Recovery couldn't agree more with this statement, and with the transition from volume to value. We believe that clinical, social service, legal and community providers can work together to address the social determinants of health:

- Connected Community-Wide Networks: Clinical & non-clinical service providers delivering care in a collaborative accountable network, tracking, and improving outcomes for every vulnerable patient in need
- Process to Create Quality Networks: Building community networks supports every organization throughout the life of the network to ensure efficiency, accountability, and long-term success
- Software to Support & Scale Your Impact: Our patient-centered software streamlines direct referrals between all community providers, tracking 100% of external outcomes; providing visibility into your patients' entire health journey through real-time SDOH reporting

Introducing today's technology to assist in the recovery for a patient's overall well-being is a natural step in the evolution to increase the success rate for treatment. In many cases, people with addictions fail to show for their treatment, leaving them vulnerable for relapse. Monitoring their progress, accountability, and sharing of a patient's information with technology will not only have a positive impact on the quality of life for each person, but will increase and assist to maintain the success rate for recovery. Our Passport2Recovery will be the vehicle into our HealthyXchange for millions of members.

Adding a mobile application to the treatment method with the full history of the patient at their fingertips will allow them to instantly update the patient's status, view historical information, and engage with the patient in ways that are currently unavailable. In most recovery situations the treatment is as an outpatient and the time between visits with a treatment center can be days and often weeks before the patient gets one on one or group treatment, often leading to failure. Utilizing a mobile application that will allow the proctor/therapist and member/patient to communicate and monitor their progress daily, gives the patient the help they require when needed the most! The value in using a mobile app linked with cognitive computing AI (Artificial Intelligence, IBM Watson) to collect data on each person that can predict changes in the progress and offer support and/or access to help, is irreplaceable. This will instantly and drastically improve the success of the treatment and in many cases, will be the difference between overcoming the addiction, leading to abstinence and improved quality of life. Marvel Global Services continues to improve the "Recovery App", Passport2Recovery. Remember, in your recovery you are second. We will provide the passport or tool to recover, but unless you make yourself #2 only to a higher power your chances of recovery are slim to none. Soon, this Passport will be available for each member in a form of a locket for their sobriety coin. As this will be the vehicle to a revolutionary patented reporting and recovery patient management software-as-a-service (SaaS) mobile marketplace, the HealthyXchange. For recovering addicts, the HealthyXchange is a way to stay in control and fight for their own recovery and after-care. The HealthyXchange is their secure closed-loop online community, i.e. ASmallWorld, Facebook, but safe and trusted!

Our leadership team has over 40 years of technology experience, with 20 years of helping healthcare and life science companies adhere to regulatory compliance. We have recognized the need for a technology-based platform to help the member/patient with an addiction to delay their triggers and the reaction time by recording their moods, feelings, current failures, and overall well-being. Based not only on historical data, but also on instant information that is critical to the recovery process, using an advanced prediction software that utilizes blockchain technology, patients have access to support outside of their treatment.

St. Michael's Passport2Recovery will provide tablets to each clinic with the HealthyXchange pre-installed so that when a client arrives for their treatment and evaluation, they can scan the QR Code Passport2Recovery that confirms the patient's identity and verifies that they have attended their treatment or group therapy session. Each designated clinic or support group will have the ability to use pre-installed questionnaires designed to abstract the patient's moods, feelings, current failures and overall well-being, or they can create and build custom checklists for their patients specific to their type of treatment.

Prior to members/patients arriving at the location of the clinic or support meeting, software will be pre-installed into the HealthyXchange with a Geo-Fence surrounding the clinic or meeting. Members/Patients must be inside this Geo-Fence in order to verify their presence and gain access to their information and questionnaires. If an attempt to scan the QR Code is made outside of the Geo-Fence, they will be denied access to the information. In addition, simply scanning the QR Code with a generic QR Code scanner will result in a message stating they do not have authorization.

Each recovery patient will be issued a unique QR Code that is housed in our Passport2Recovery case. The recovery case will allow them to protect and hold their current recovery sobriety coins that they proudly carry with them. These coins are an essential part of the 12 steps and empower their achievements.

The app then allows the proctor to record notes, review the patient's history, achievements and failures and use the built in AI prediction tool to assist on the patient's evaluation and forward treatment. Patients that have access to the Internet or a mobile device have the ability to update their moods, feelings, current failures and overall well-being at any time. This also gives them a direct link for remote counselling and support through our support centers to further reduce the odds for failure or relapse and keep them engaged in their HealthyXchange community.

ST. MICHAEL'S
PASSPORT 2 RECOVERY

How It Works

The HealthyXchange application is compatible with a wide range of web platforms—iOS, Android, Windows, Internet Explorer, Safari, Chrome and Firefox—and has over 200 features, including:



Remote monitoring, so that rehab counselors can monitor their patients' recovery process.



Direct phone or video access between patients and counselors, so patients can get the help they need.



Social networking that helps recovering addicts share the struggles, triumphs and questions of recovery with the people that matter most to them.



A wellness library of videos, optional exercise programs, nutritional essentials, blogs, websites, chat forms and other resources to help addicts stay informed and motivated, improving their quality of life each and every day.



This blockchain technology platform with Geo-location functionality has been enabled and is our vehicle to the HealthyXchange. This tool is called the Passport2Recovery. This allows **recovering addicts to journal, becoming accountable to themselves and their community. The Passport2Recovery will assist with support meetings and engage fellow recovering addicts near them when they need support.**



Data collection capabilities that universities, pharmaceutical companies, insurance companies, and medical and behavioral researchers can use to further improve society's understanding of what addiction is and better meet the needs of addicts in recovery.

Executive Summary

For rehabilitation professionals, the HealthyXchange is an invaluable tool for monitoring their patients' ongoing recovery process. The app provides a behavioral record of how individual patients and targeted patient populations are managing their inpatient and outpatient recovery processes so that rehabilitation professionals can use this data to ensure that they continue to provide the absolute best standard of care possible. This community will provide a purpose, support and a safe environment for the member in recovery.

While there are many successful drug and alcohol rehabilitation treatment centers in the United States, there is an enormous need-gap for effective long-term aftercare services within the recovery community. Addiction is an epidemic in the United States. One out of every four Americans will have an alcohol and/or drug problem at some point in their lives.

For the last 75 years, treatment has focused on in-patient and out-patient care, with little or no attention to aftercare. Passport2Recovery is a solution that provides drug and alcohol rehabilitation centers a behavioral record of how individual patients and populations are doing in recovery post treatment.

The Challenge

For years, the extraordinarily high recidivism rate for the drug and alcohol rehabilitation industry has been an insiders' secret. Rehab programs had a revolving door driven by a fee-for-service model, high relapse rates, a fledgling clinical and behavioral understanding of relapse, and an absence of aftercare programs, all of which were exacerbated by profit-driven bad actors.

- Approximately 90% of alcoholics experience at least one relapse in the four years following treatment. Similar relapse rates occur for recovering smokers and heroin addicts, suggesting that many addictive behaviors may share the same behavioral, biochemical, and cognitive components. AlcoholMD.com
- Relapse rates for addictive diseases usually are in the range of 70% to 90%; however, these rates vary by definition of relapse, severity of addiction, drug of addiction, length of treatment, and elapsed time from treatment discharge to assessment. [Caron Hanley Center, Pennsylvania](#)

The St. Michael's Passport2Recovery Technology Platform:

We believe that aftercare should not be an afterthought!

Passport2Recovery is a comprehensive, scalable and disruptive force in the addiction marketplace that utilizes interoperable devices, real time integrated data, embedded intelligence with an engaged social online community to support patient behavioral change and improve outcomes. Passport2Recovery's is designed to "own the disease of addiction" with products, services, and solutions across the continuum of care. We know that chronic diseases require active management over a lifetime. The HealthyXchange combines evidence based clinical tools along with interactive social and gaming technologies to help members manage their own recovery and aftercare. Our platform empowers the member to make better life choices through a peer-to-peer feedback loop with dashboards to track how their recovery is progressing. Members can add a preselected circle of friends, maintain a daily journal, and set goals as a few of our core interactive features. Once they enter into the HealthyXchange, the member will find themselves in an immersed closed online community designed for their wellness and recovery.

St. Michael's Passport2Recovery introduces a new level of accountability with a behavioral record of how individuals and populations are doing in post recovery and treatment. This self-reported data will send real time information to the HealthyXchange and enable a client's inner thoughts, behavior patterns and events, providing insights that lead to relapse and long-term recovery. This client-reported data compliments and augments clinical-reported data in the HealthyXchange and EHR systems. The embedded AI with predictive analytical capability will signal triggers (ideation, people, places, things, events and behavior) that lead to relapse as well as acknowledge and reinforce positive behavior that support long-term recovery.

Features and Benefits

Passport2Recovery has feature sets that provide meaningful benefits to the individual member, as well the recovery industry including recovery centers, clinicians and payors.

- Ability for individuals to self-audit their progress in recovery and stay connected to family and friends
- Metrics and reporting to track recovery progress
- Journaling with full event, location and meta-tagging (snippets of text that describe a page's content, in the page's code)
- On-board help, tips and advice for users to get application support
- Geo-location functionality to aid in finding HealthyXchange services, support groups, others in recovery
- Wellness and recovery library of videos, blogs, websites, chat forums
- Gamification (the use of game thinking and game mechanics in a non-game context to engage users and solve problems and modify behaviors)
- Ability for individuals to stay connected to their recovery life coach through a virtual tether
- Ability for recovery counselors to remotely monitor their patient's recovery process and intervene
- Fully integrated (patent protected) artificial intelligence and behavioral predictive analytics to warn users of situations that have high propensity for relapse
- A client-centric team and program designed and dedicated to improving the quality of life of the individual in recovery to actualize long-term recovery
- First ever Addiction Registry, a de-identified database of patient family history, patient medical history (EHR) and behavioral data (Passport2Recovery)
- Full compliance with the United States Health Insurance Portability and Accountability Act (HIPPA) laws and regulations

Strategic Relationships and Outcomes

Our team has developed meaningful strategic relationships with the South Florida Behavioral Health Network (SFBHN) and the WestCare Foundation. This group has tested and currently uses our technology. Our operating basis is to work cooperatively with recovery industry experts and to be open to learn from these organizations. We have been fortunate to work with thought leaders at these organizations, such as Judge Steve Leifman, Chairman at SFBHN and John Dow, President at SFBHN, as well as Frank Rabbito, Chief Operating Officer at WestCare.

We have quantitative data demonstrating that Passport2Recovery is a strong engagement tool strengthening the client-therapist relationship and the client's connection to a program that will be the vehicle to the HealthyXchange. An Annual Outcomes Report for Village South, which is a WestCare unit and a provider in the South Florida Behavioral Health Network, indicates that clients using the platform had a 84.5% Successful Discharge Rate versus 76% for clients not on the platform. This represents an 11.2% increase. It is noteworthy that clients who were more engaged on the platform (4+ logins) had a 88.9% Successful Discharge Rate, or a 16.9% increase versus clients not on the platform.

Conclusion, Extend Your Reach, Visibility and Impact on Lives

The need for new solutions that deliver sustainable recovery is undeniable. Passport2Recovery is the tool to move a member from a current confused state to a future healthy state of mind and into the HealthyXchange. The HealthyXchange will improve the members quality of life. Our communities are now going beyond traditional resource directories. In order to truly address the social determinants of health and improve outcomes, it is critical that communities build accountable coordinated networks, enabling every partner to seamlessly report back outcomes to one another in a secure and seamless way.



END PAPER

Contributors to this White Paper:

Brady J Marvel, St. Michael's Passport2Recovery President 23 years working with Fortune 50 Technology, Healthcare, and Life Science Companies designing compliance solutions	Dr. Greg Loman, Founder Maximized Living Co-Founder of St. Michael's Passport2Recovery	Randy Martin, CEO Quick Report Systems
Dr. Maryella Loman, Co-Founder at Maximized Living	Gregory A Barker, VP of Sales Altumed; St. Michael's Passport2Recovery, VP Sales; (17 years) Oracle, VP of Sales	Jack Powers, Passport2recovery IP

The advisory group for St. Michael's Passport2Recovery:

Brady J Marvel, St. Michael's Passport2Recovery Founder, President	Dr. Greg Loman, Founder Maximized Living Co-Founder of St. Michael's Passport2Recovery	Dr. Richard B Seely, Chief Medical Officer ABAM-certified in Addiction Medicine
Dr. Maryella Loman, Co-Founder at Maximized Living	Gregory A Barker, VP of Sales Altumed; St. Michael's Passport2Recovery, VP Sales; 17 as Oracle VP of Sales	Dr. Maryella Loman, Co-Founder at Maximized Living
Roy Clark, CEO Pray Together	Randy Martin, CEO Quick Report Systems	Chris Mullin, Executive Director – Riverside Recovery
Dr. Pierre P Leimgruber, MD, FACS	Eric Besson, PH. D, LPC, NCC, CRC Currently serves as a faculty member Clinical Mental Health Counseling Program at Northwestern University	Jason Randolph, COO at The Agatston Center for Private Medicine

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