



Using Text Messages to Improve Substance Use Treatment Outcomes: Part 2

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ATTC

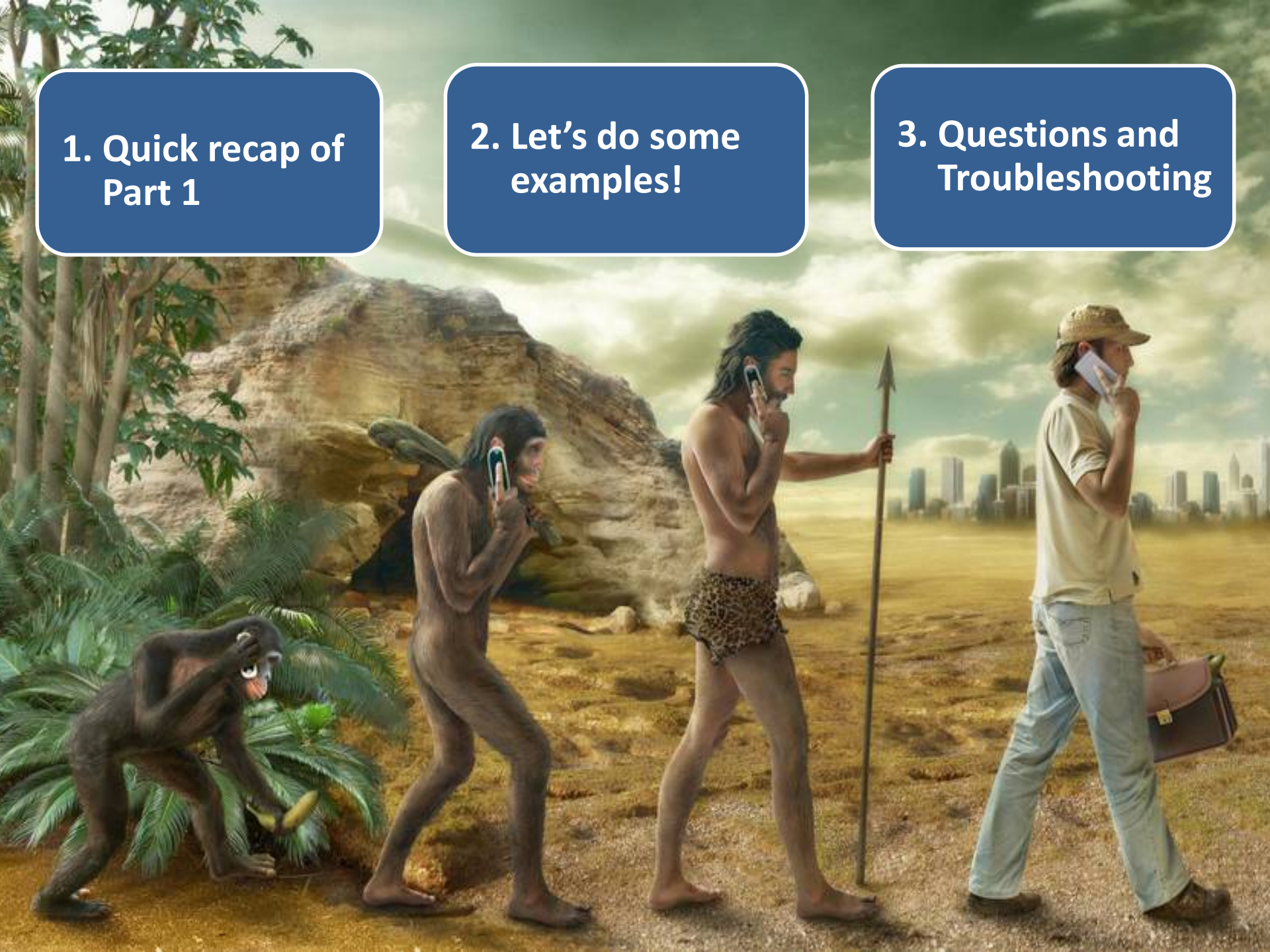
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



**1. Quick recap of
Part 1**

**2. Let's do some
examples!**

**3. Questions and
Troubleshooting**



Quick Recap: What Voice?

- **Avoid textese.** Use full words, spelled correctly.
- **Use benefit-oriented language.** Emphasize the benefits of change.
- **Use “I/We” statements.** Make it sound like the message is coming from a person.
- **Be directive.** Phrase messages in a directive (but not commanding) tone.
- **Send tips and resources**
- **Be aware of security**

Quick Recap: What Content?



Motivation



Skills, ideas,
& planning



Reminders
about action

Quick Recap: What Sequence?

1. Simple, recurring reminders
2. Fixed schedule, changing content
3. Tailored tracks using keywords

Bonus tip! Consider "chaining" messages so they form a helpful sequence (text 1 sets the stage for text 2, and so on).

Remember to...

→ Here's a link to...

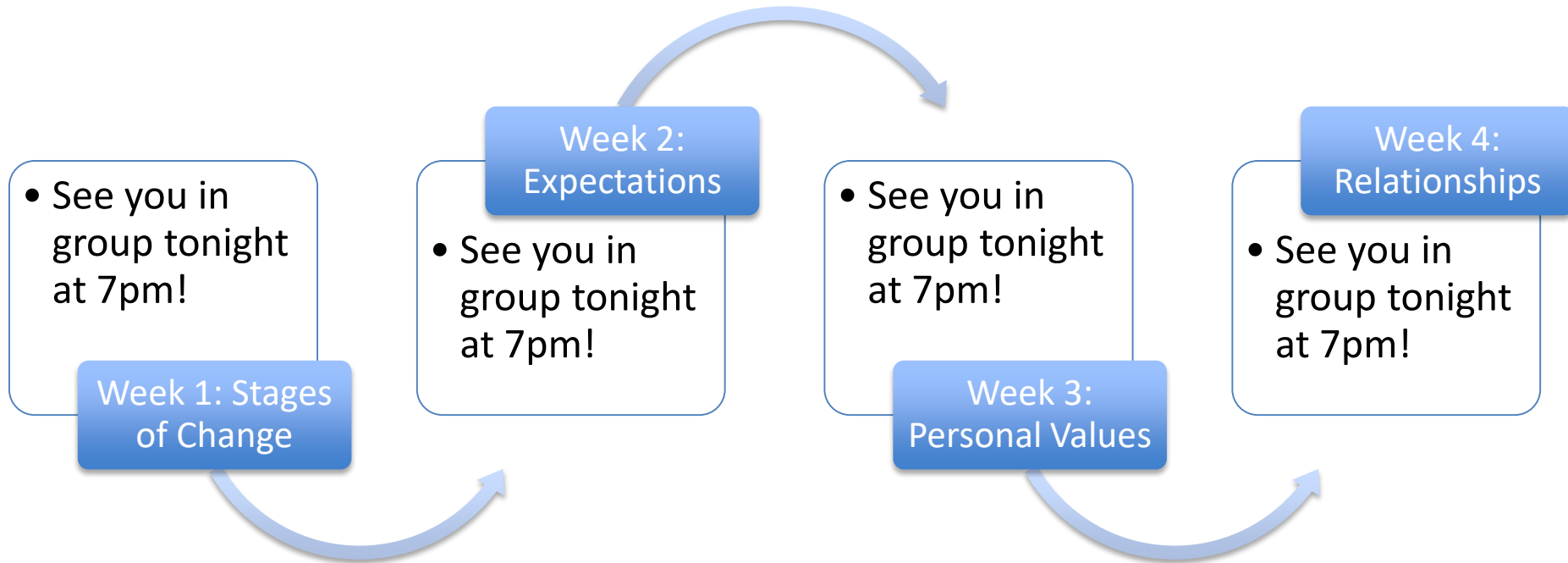
→ Looking forward to hearing about your experience with...

Don't forget about security

- Talk to your legal counsel
- When in doubt, get written permission
- Keep messages general; never text PHI

Example 1:

Simple recurring reminders



Simple Reminder Text Examples

[illegible]

Example 2:

Fixed schedule, changing content

- What kind of changes are right for you? Come find out at 7pm tonight!
- Keep a picture of a loved one where you can see it. They're more important than getting high!
- Get the best information! Talk to someone with clean time to see how they did it.

Week 1: Thinking about Change

Week 2: Dealing with Cravings

- Tonight we'll talk about the secret to managing cravings. All will be revealed! Join us at 7pm!
- Wait it out! Most urges go down with time.
- Don't blindside yourself! Look through your house and vehicle, and throw out any drugs or drug equipment.

- Tonight we'll open up our minds to see what's inside. See you at 7pm!
- Self-forgiveness is an important part of recovery. Work on letting go of guilt, bitterness, and resentment.
- Failure to stay sober on one day does not mean failure for life. Recommit to your goals and start fresh.

Week 3: A Positive Mindset

Week 4: Good People

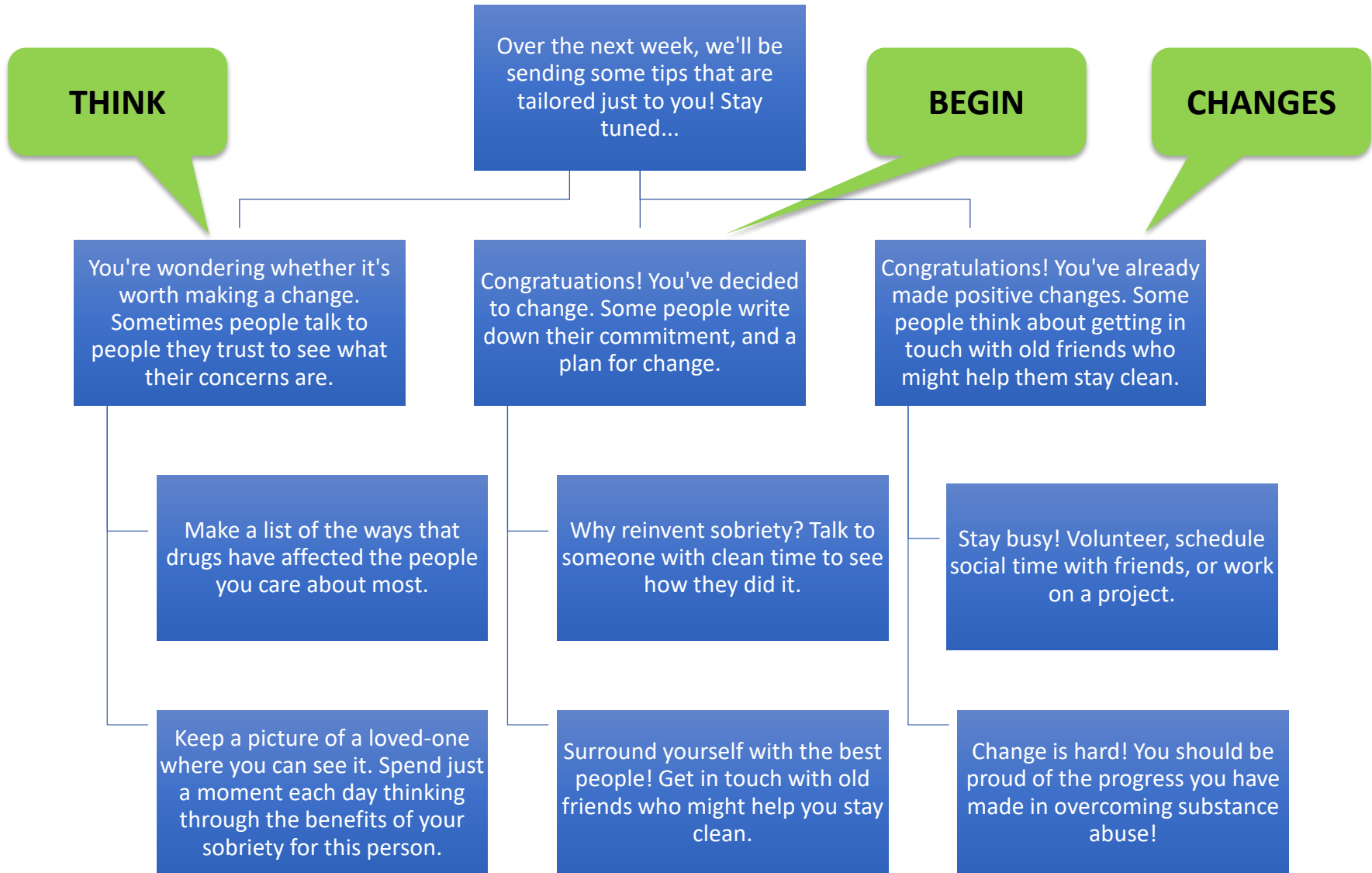
- Tonight we'll talk about the magic of social support. Become like the best people around you! See you at 7pm!
- Volunteer to chair a recovery meeting in your area.
- Reach out to family and friends who may have distanced themselves while you were using substances.

Changing Content Text Examples

[illegible]

Example 3:

Tailored tracks using keywords



Here's an example of chaining

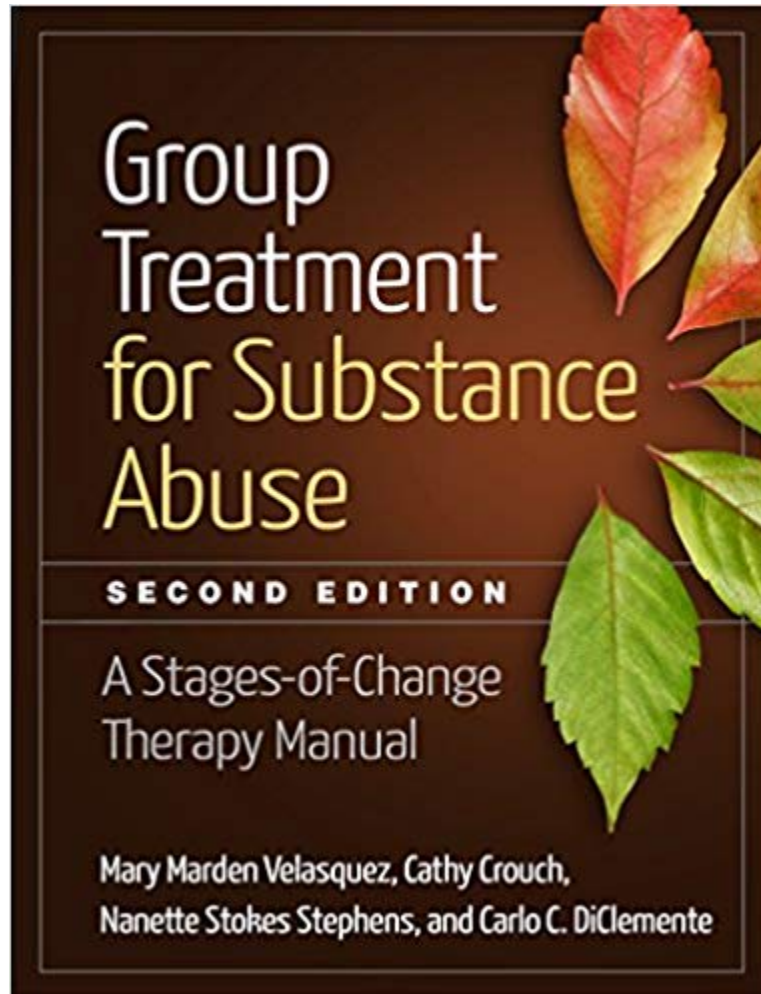
Copy of Texting webinar text schedule_FINAL round 2

	A	B	C	D
1		Day Sent	Schedule	Content
2	Enrollment	at enrollment		Hi! You've been added to the message service for the Mountain Plains ATTC Texting Manual online learning series. See you on August 5!
3		3 days before Part 1	TH 8/1 @ 2:00pm PT	Looking forward to the first text message training on August 5! Prior to class, make sure to look through the handbook and jot down a few observations.
4			TH 8/1 @ 2:02pm PT	Here's the handbook. Check it out! https://bit.ly/2FvLRFr
5		1 day before Part 1	M 8/5 @ 9:00am PT	So excited for Part 1 of the MPATTC online training today! Make sure to log on to Zoom at least 10 minutes early to make sure everything is working correct
6				
7	Part 1	evening of Part 1	M 8/5 @ 3:00pm PT	Thanks for attending Part I of Using Text Messges to Improve SUD TX outcomes. Text messages can build motivation, make things easier, and provide remin
8		1 day after Part 1	T 8/6 @ 11:30am PT	Take time today to jot down a few text messages that could build motivation, make something easier to do, or remind clients to do something.
9		3 days after Part 1	TH 8/8 @ 11:30am PT	Take 10 minutes today to browse Textedly (or another texting program) to see how they work.
10		6 days after Part 1	M 8/12 @ 9:00am PT	Hi! Spend a few minutes thinking about a texting sequence that could support the content or timing of your treatment. See you at Part 2!
11				
12	Part 2	evening of Part 2	M 8/12 @ 3:0pm PT	Thanks for attending the MPATTC online training. Please take a few moments to complete the evaluation. Your feedback is really important to us!
13				
14				
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21				

Ready to give it a try?

Text MONDAYGROUP to **77222**

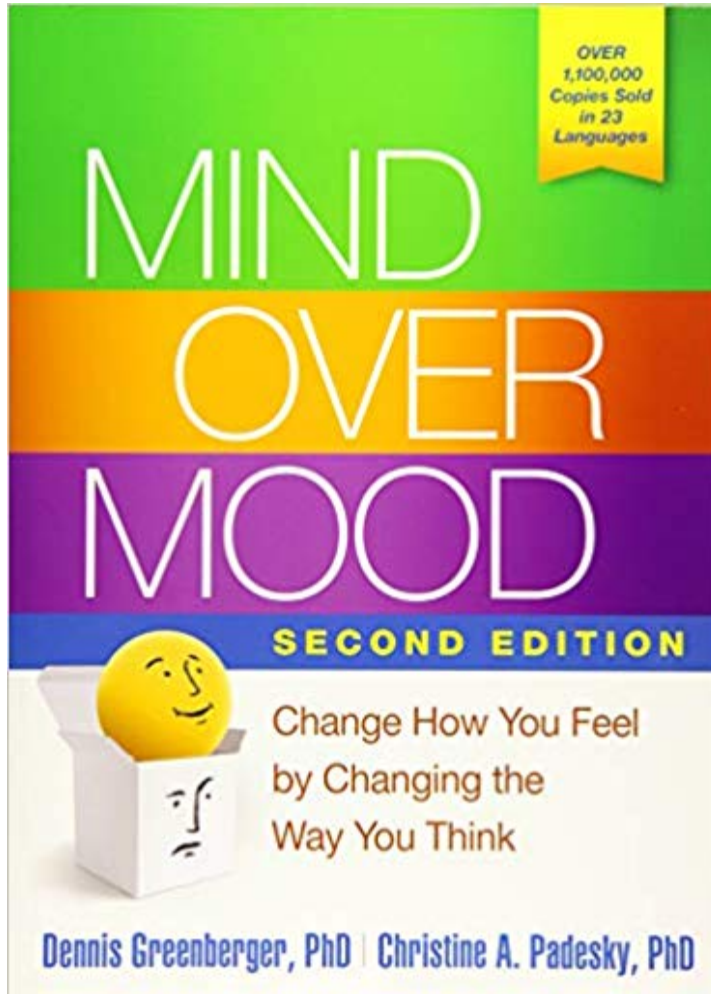
The Setup: Monday Evening Group



Topic: Temptation and Confidence

1. Identify triggers
2. Identify trigger categories
3. Identify confident situations
4. Evaluate temptation and confidence ratings

Another Example



Topic: Automatic Thoughts

1. Situation
2. Mood
3. Automatic thoughts
4. Examine thoughts in light of evidence
5. Identify alternative thoughts

Reminder: the texting guide
has tons of helpful stuff!

<https://bit.ly/2FvLRFr>

The image shows the cover of a guide. The background is a light beige color with abstract, overlapping geometric shapes in shades of orange and yellow. Two dark blue diagonal stripes run from the bottom left and bottom right corners towards the center. The title 'A Guide to Using Text Messages' is prominently displayed in the center-left. 'A Guide to Using' is in a bold, orange, sans-serif font, while 'Text Messages' is in a larger, bold, dark blue, sans-serif font. Below the title, the subtitle 'to Improve Substance Use Treatment Outcomes' is written in a smaller, dark blue, sans-serif font. A thin vertical orange line is positioned to the left of the subtitle.

A Guide to Using Text Messages

to Improve Substance Use
Treatment Outcomes

Thanks for attending!
See you next time!



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