



A New Approach to Addiction Treatment

Janus of Santa Cruz

Janus of Santa Cruz is a prominent California drug and alcohol treatment center that offers a variety of rehabilitation options, from outpatient services to extended residential treatment.

Virtual Reality Therapy for Addiction Treatment

Janus recently partnered with InWorld Solutions to conduct a pilot program to test the effectiveness of a new therapy tool called InWorld within the Methadone Maintenance Program.

InWorld is a virtual reality platform that provides a safe meeting place. Each participant uses an avatar—a digital representation of a person—to move and speak. Preliminary pilot data showed that InWorld improved treatment compliance, rapport building, and training of refusal and sober living skills.

InWorld Substance Abuse and Addiction Suite (SAAS)

InWorld is now creating an InWorld Substance Abuse and Addiction Suite (SAAS), a clinical tool for engaging patients in a variety of treatment modalities. A pilot will be administered and tested at Janus of Santa Cruz. It will include two 1-hour individual sessions per week, for four weeks. It will initially be rolled out in the 28-day inpatient program. Then it will be used in the perinatal and outpatient programs, as well as in the Santa Cruz jail system.

The Company

InWorld Solutions is an innovative leader in the application of virtual environments to healthcare and behavioral medicine. The InWorld virtual environment platform incorporates a wide range of avatars, content, and features specifically designed to facilitate clinical and educational applications. The company is a member of the CFG Health Network, a comprehensive medical and behavioral health care provider dedicated to transforming access to cost-effective quality behavioral health care.

PROTOCOL

The initial program protocol emphasizes:

- **recovery** (prevention skills, awareness of irresponsible thinking patterns)
- **responsibility** (accepting responsibility, understanding emotional reactivity)
- **reintegration** (learning to have fun sober)

INITIAL ASSESSMENT

The study will take an initial assessment of dependence severity, treatment motivation, situational confidence, perceived stress, and social confidence.

CLINICAL MEASUREMENTS#

During each session, the following measures will be taken:

- Drug avoidance self-efficacy scale
- Sense of Presence Inventory (ITC-SOPI)
- Subjective Units of Distress (SUDs)



The ability to review practiced interventions and behaviors from different perspectives has been an amazing tool in breaking through the ego-centric mentality of the opiate addicts I've been working with.

– David Molina, MA, RAS

The ability to work with patients who are incarcerated through the remote set-up will provide continuity of service and help the patient continue to progress in their recovery.

– Cecilia Krebs, RN,
program director, Janus
Community Clinic

It was cool being able to trade places with my counselor [when role playing]. It was really intense to see myself acting like a “junkie.” It really opened my eyes.

– Janus patient