Northwest (HHS Region 10)
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Northwest ATTC presents:

Exploring the Frontier: Virtual Reality as a Tool in Treating Substance Use Disorders

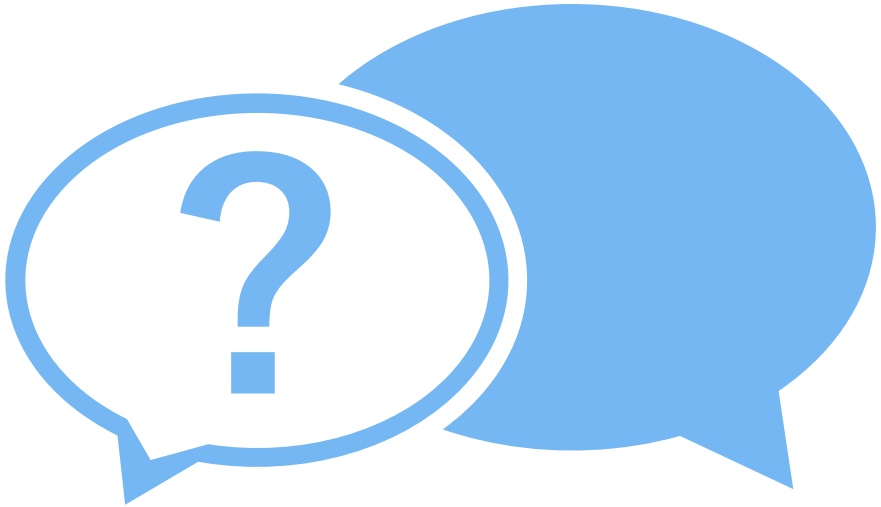
Thank you for joining us! The webinar will begin shortly.

- **Participants are automatically muted during this presentation**
- Got questions? Type them into the chat box at any time and they will be answered at the end of the presentation.
- An ADA-compliant recording of this presentation will be made available on our website at: http://attcnetwork.org/northwest

SAMHSA
Substance Abuse and Mental Health Services Administration

Q&A

Questions? Please type them in the chat box!



Surveys

Look for our surveys in your inbox!

We greatly appreciate your feedback!

Every survey we receive helps us improve and continue offering our programs.

It only takes **1 minute** to complete!

Certificates

Certificates of Attendance are available for live viewers!

Viewing Groups:
Please send each individual's **name** and **email address** to **northwest@attcnetwork.org** within 1 business day.

Your certificate will be emailed within a week to the address you registered with.

The Northwest ATTC presents:

Exploring the Frontier: Virtual Reality as a Tool in Treating Substance Use Disorders

Sarah E. Clingan, Ph.D

Tribal Land Acknowledgement

In applying a lens of cultural humility to issues of diversity, equity, and inclusion, Northwest ATTC offers this land acknowledgement for today's event.

Our work intends to reach the addiction workforce in HHS Region 10: Alaska, Idaho, Oregon, and Washington. This area rests on traditional territories of many indigenous nations, including tribal groups with whom the United States signed treaties prior to the granting of statehoods.

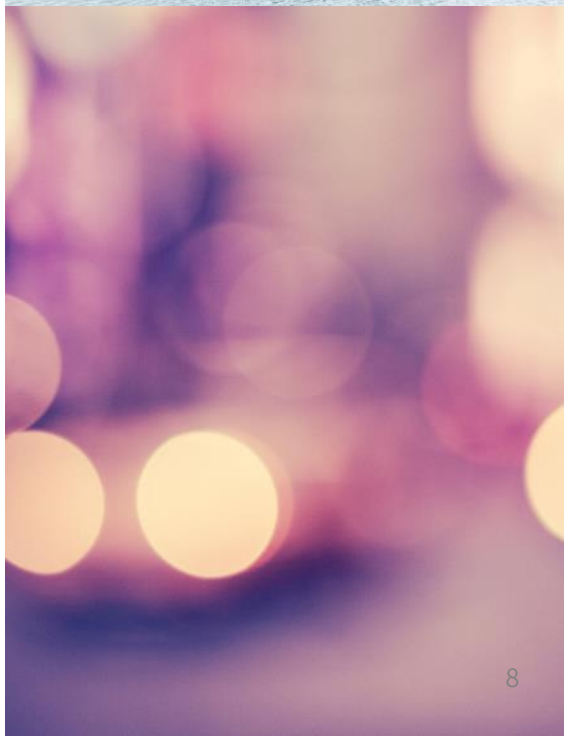
Please join us in support of efforts to affirm tribal sovereignty and in displaying respect and gratitude for our indigenous neighbors.

Exploring the Frontier: Virtual Reality as a Tool in Treating Substance Use Disorders

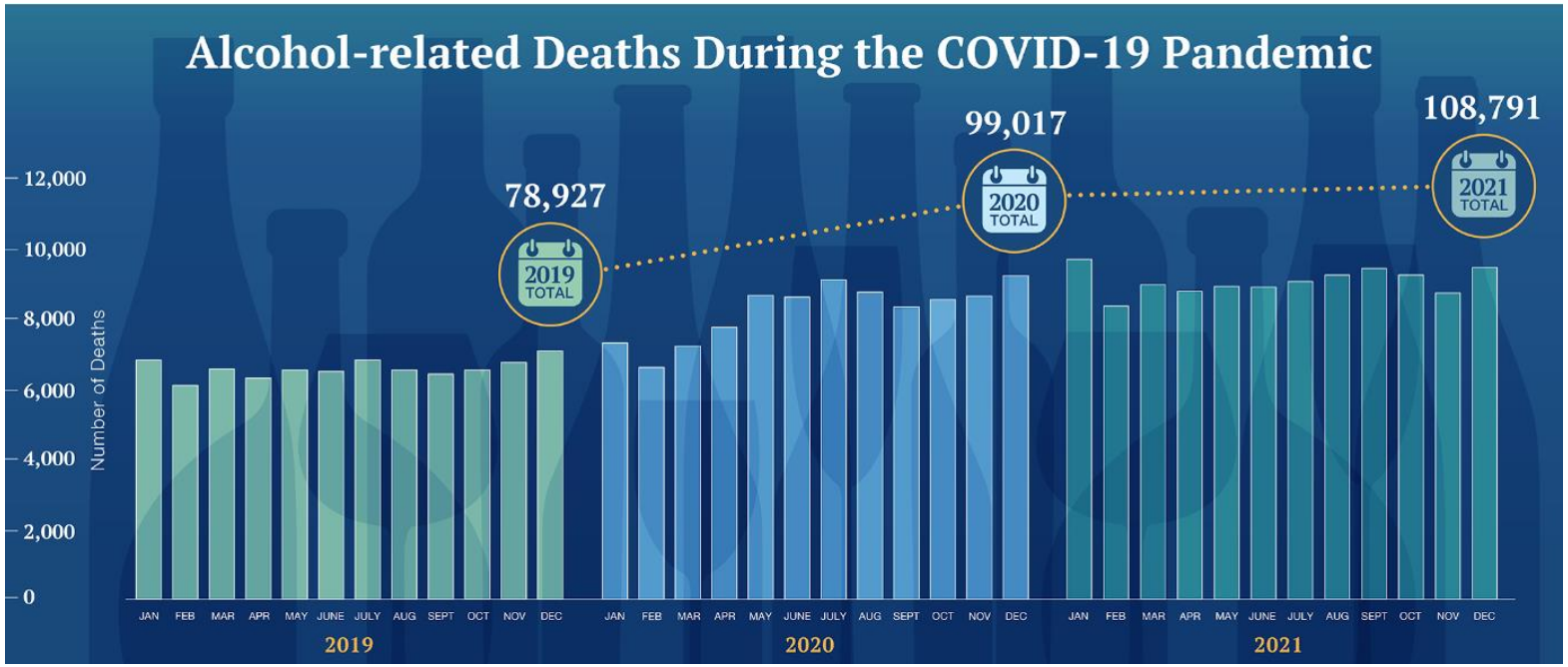
Sarah Clingan, Ph.D.
January 24, 2024
sclingan@mednet.ucla.edu

Agenda

- The problems
- VR growth
- What is virtual reality?
- Social support groups
- Research
- The potential of VR
- XR Remedy

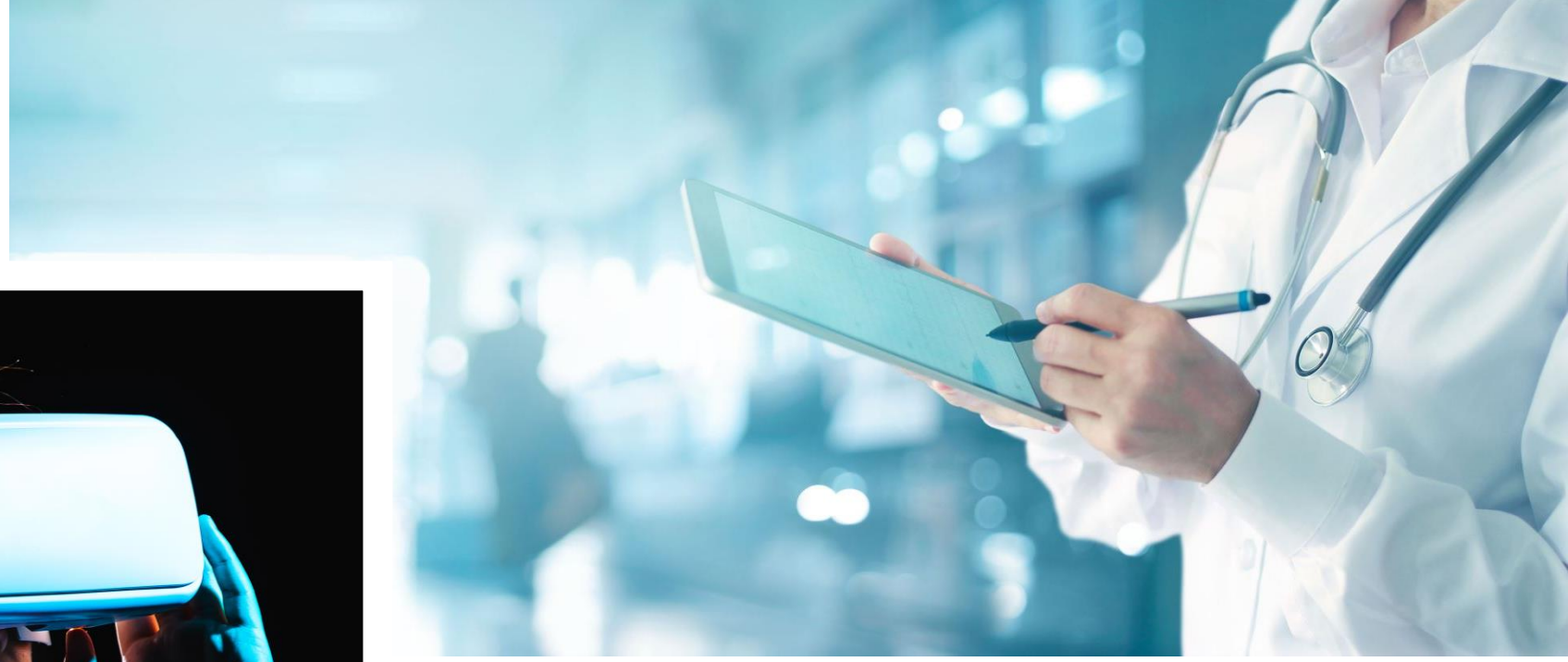


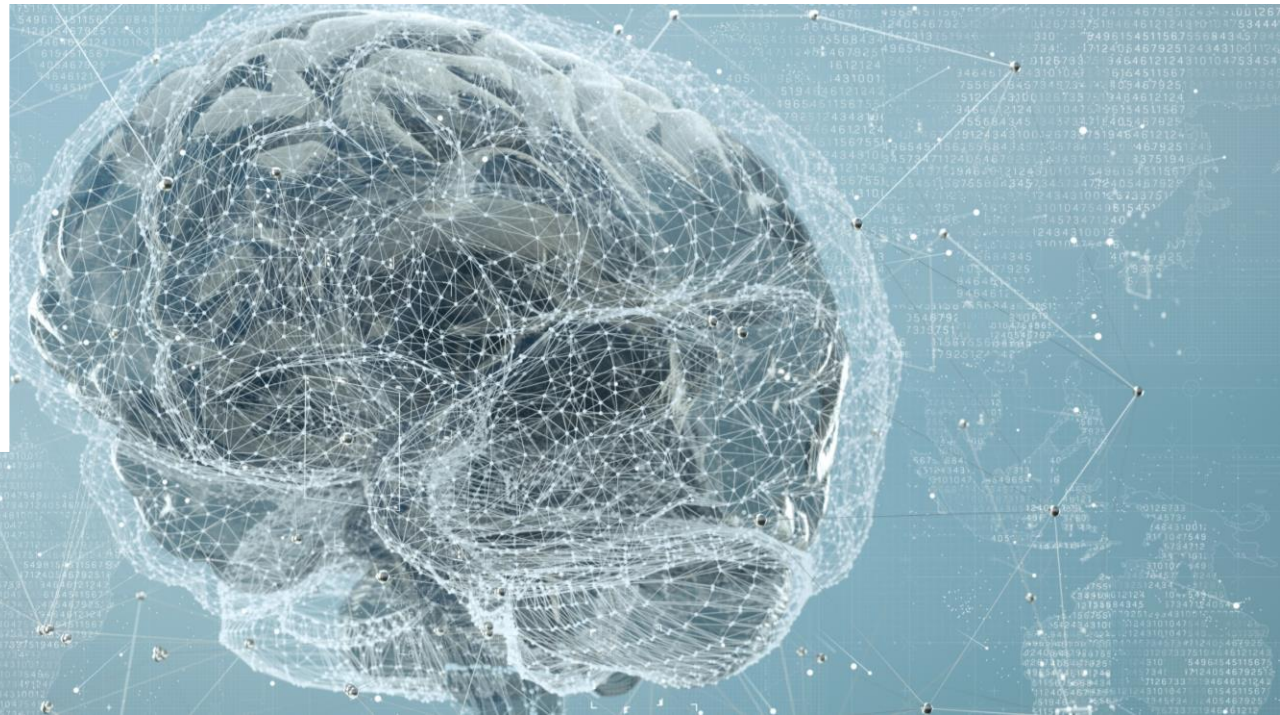
Alcohol use


Alcohol-related Deaths During the COVID-19 Pandemic
78,927
99,017
108,791
2019 TOTAL
2020 TOTAL
2021 TOTAL
Number of Deaths
12,000
10,000
8,000
6,000
4,000
2,000
0
JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC
2019
2020
2021

- Global VR healthcare market in 2022 628 million with an expected increase to 6.2 billion by 2029.
- North America expected to lead in the healthcare VR growth

  - Anyone in need of substance use treatment or support
  - Grow with changing technological advances
  - As the infrastructure and VR adoption grow so will the company





he/him
Eclips
1
★ member

Innerworld™

Vision Pro

PICO 4

Meta Quest 3

Figure 5. Virtual research room.

www.nature.com/scientificreports

scientific reports

OPEN

Social virtual reality helps to reduce feelings of loneliness and social anxiety during the Covid-19 pandemic

Keith Kenyon[1✉], Vitalia Kinakh[2✉] & Jacqui Harrison[1✉]

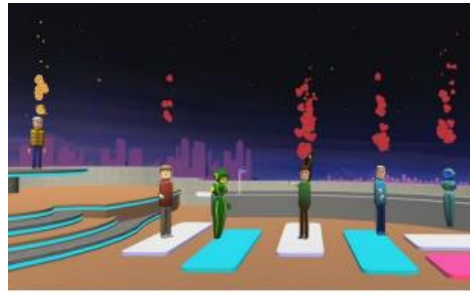
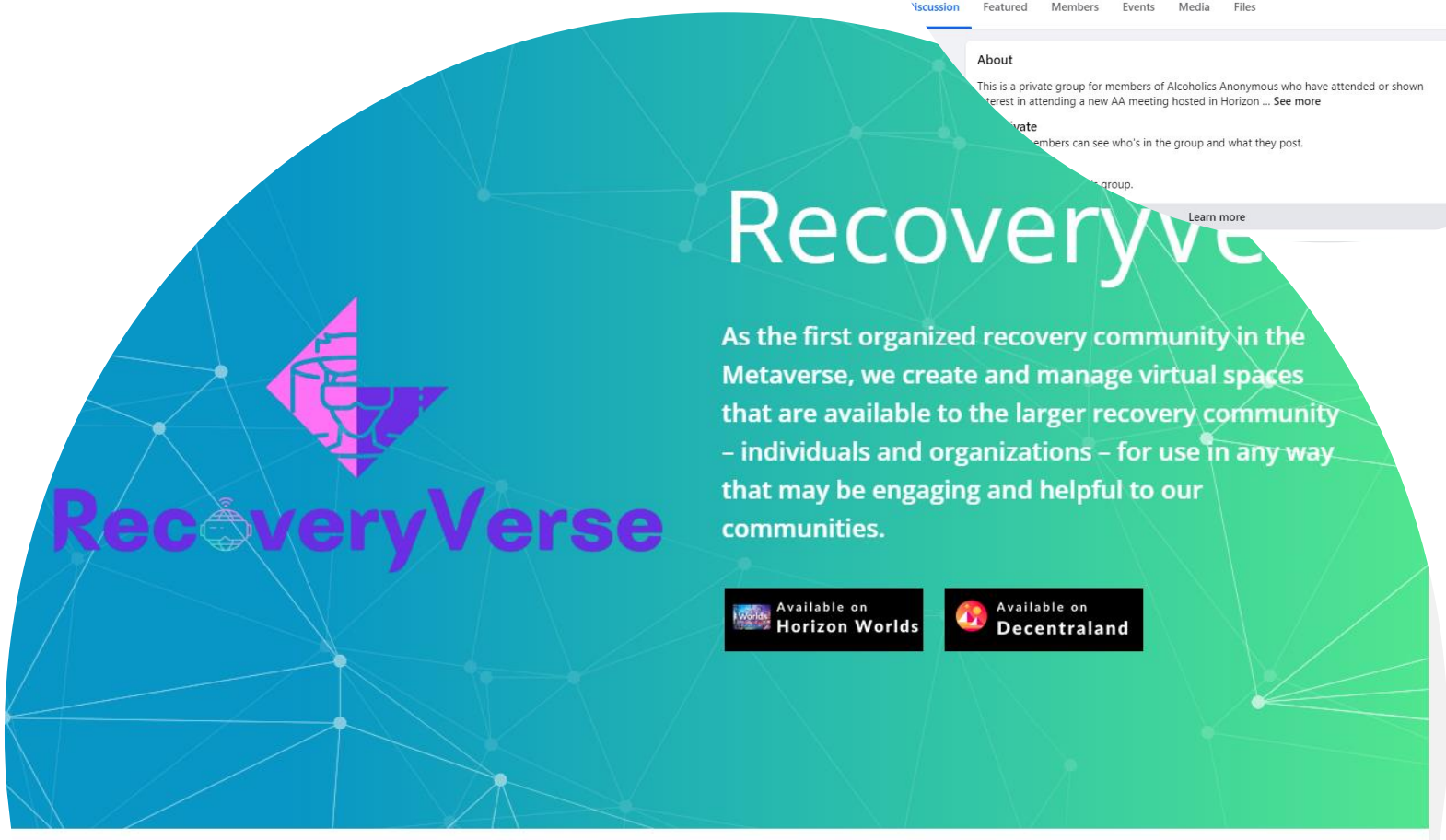
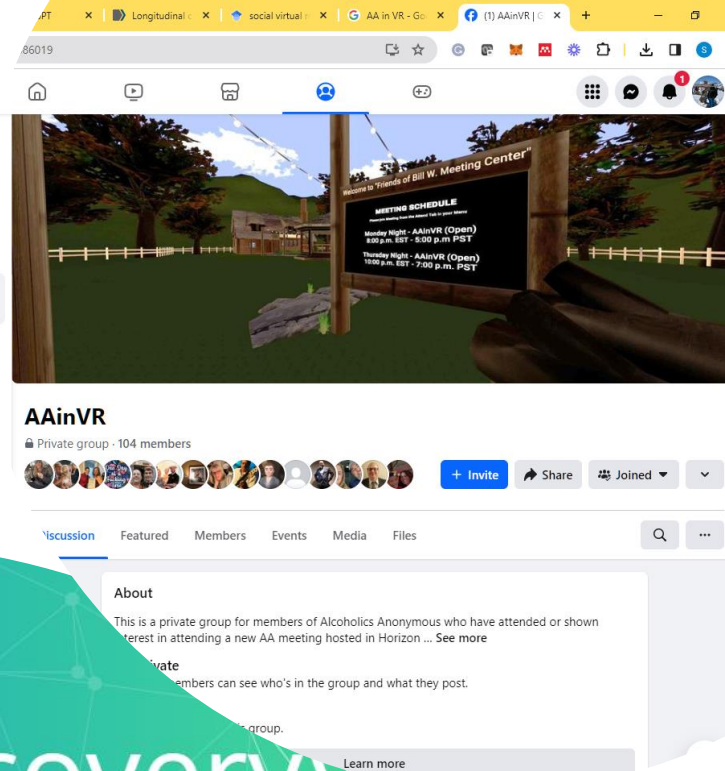


Figure 6. Use of emojis to communicate in Altspace VR.

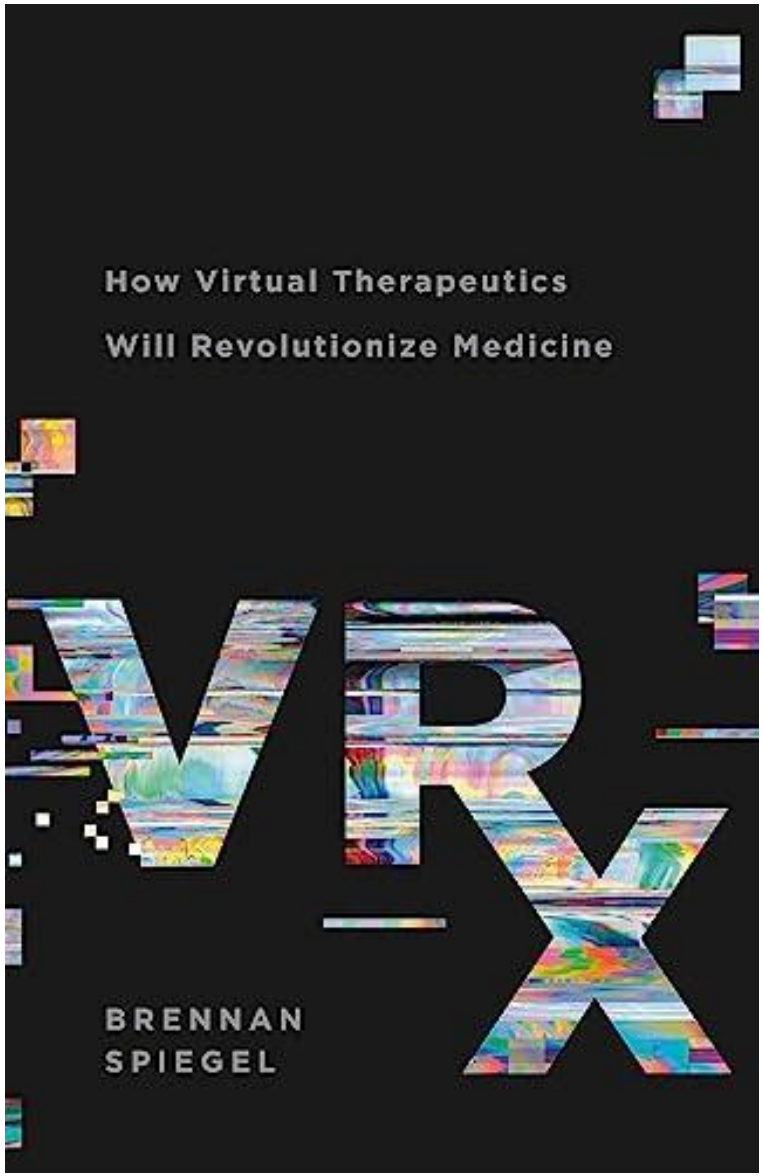
- **Craving and Relapse Prevention**
- **Cognitive Behavioral Therapy**
- **Motivational Enhancement**
- **Stress and Anxiety Reduction**
- **Virtual Support Groups and Social Skills Training**

VR Recovery Support





USING
VR TO
STOP
PAIN

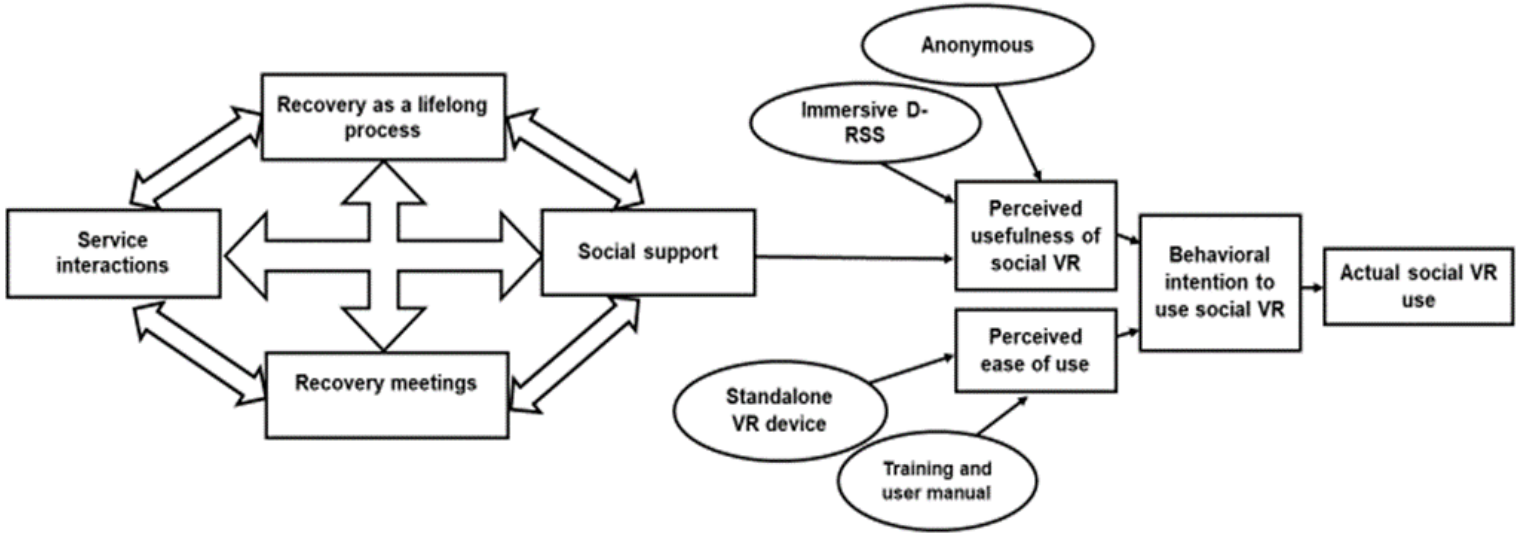

How Virtual Therapeutics
Will Revolutionize Medicine
VRx
BRENNAN
SPIEGEL

Social Virtual Reality Peer Recovery Support for Individuals Treated with Medications for Opioid Use Disorder

- Aim 1: Develop the materials, methods, and VR environment for a VR-based, MOUD-focused recovery support program for persons with OUD.
- Aim 2: Conduct a pilot trial to assess the usability, acceptability, and participant-level outcomes of the intervention.

Theoretical model

Figure 1. Life Course Perspective and Technology Acceptance Model



Pilot study

Group

- VR manual
- Participants will be provided with an Oculus Quest 3.
- A total of 16 participants with OUD will be recruited (two groups)
  - 8 sessions once a week
  - Discussion topics each week (social support, mediation for OUD)

Eligibility criteria

1) over the age of 18
2) is in recovery from OUD (self-identified as no illicit use of opioids and/or stable on MOUD for at least one month)
3) Willing to attend support groups for OUD
4) Has access to high-speed internet and basic technological knowledge (e.g., can operate a new technology that they are unfamiliar with if being trained).

Exclusion criteria

1) Those who self-reported to have had extreme motion sickness and/or migraine headaches from previous VR-using experiences will be excluded.

OUTCOMES

- Implementation Evaluation
  - Usability,
  - Acceptability of virtual support groups

- Recovery capital
- Social support
- Self-efficacy for avoiding drug use
- Substance use
- Attitudes towards MOUD
- Stigma

The Potential of VR

- Virtual reality for the diagnosis and treatment of substance use disorders and problematic drug use
- Diagnostics with AI and human oversight (assessment)
- Treatment and content created from assessment
- Immersive interactive content designed with the user in mind
- Social spaces for recovery members to hangout
- Video-only content
- Module based with extra interactive content

XR Remedy

2023 “$100,000 Start an SUD Startup” Challenge

The National Institute on Drug Abuse (NIDA) announced the 2023 “$100,000 Start an SUD Startup” Challenge in August of 2023, and now that the submissions have gone through the judging process, NIDA is delighted to share the results of the Challenge.

The following teams have been selected by the NIDA judges to receive the Stage 1 prize of personalized entrepreneurial mentoring for each team. Winner notification letters with instructions will be sent to the email addresses of the Team Leader.

Congratulations to all Winners!

1. Submission #4354
   Team Members: Barbara St. Marie, Nate Shaw, Laura Markewicz, Doug Nelson, and You Wang
   Proposal Title: Reducing Opioid Misuse and Opioid Use Disorder Through Early Identification
2. Submission #4426
   Team Members: Clara Guo, Aleksandra Galaszewicz, and Nicolas Kim
   Proposal Title: Lucid.Care Labs: quantifying behavioral health
3. Submission #4437
   Team Members: Heidi Lynch, Charlotte Blais, and Lydie Blundon
   Proposal Title: Kadia Health Digital App
4. Submission #4442
   Team Members: Sarah Clingan and Lori Mattingly
   Proposal Title: XR Remedy: Immersive Telehealth Designed with the Patient's Needs in Mind

AppliedVR

Workit Health

XRHealth

Bicycle Health

NBH
NIZNIK BEHAVIORAL HEALTH

amelia
virtual care

- Cost
- Technology limitations
- Access

Thank you

Sarah Clingan, Ph.D.
November 4, 2022
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Twitter: @SarahClingan

SURVEYS

Look for our surveys in your inbox!

We greatly appreciate your feedback! Every survey we receive helps us improve and continue offering our programs.

It only takes **1 minute** to complete!