

All-Together Tethered

Connecting the unconnected.

TetherAll promotes real-time digital check-ins, connecting patients to their health team in the spaces between visits.

Highlights in this Edition:

- The Future is Bright for Digital Health
- Treating opioid use disorder in criminal justice settings
- The Healing Power of Drumming
- Stress Awareness Month, Tips on Stress Management

Staying Ahead of the Curve: Digital Health Companies Forge Ahead

The pandemic-driven boom in digital health companies over the past two years has been nothing short of remarkable. It helped to fuel an era of unprecedented innovation and expansion for digital health companies, propelling them into the forefront of the healthcare industry.

Though market conditions have recently changed, we view this shift as an opportunity for growth and advancement. As many startups adapt their strategies and

streamline their operations to meet the changing landscape, we can look forward to the development of high-quality digital health solutions that cater to the unique needs of patients and healthcare providers alike.

With a spirit of creativity, collaboration, and unwavering perseverance, the digital health industry is poised to drive even more progress and transform healthcare for the better in exciting and groundbreaking ways.



Breaking the Cycle: Innovative Interventions to Reduce Relapse in Criminal Justice Settings



A significant number of ex-prisoners, almost 75%, who depended on medication for their substance use disorder, relapse after their release from jail.

Post-incarceration, these individuals are highly vulnerable to developing mental health disorders or suffering from fatal overdoses because of the scarcity of social support and the prevalence of socio-economic challenges they face. A vicious cycle often ensues months

before individuals are released from jail as they anticipate the hurdles associated with reintegration into society.

Appropriate interventions within the correctional system can help incarcerated individuals cope with substance abuse and adapt to their new surroundings, minimizing the risk of post-release relapse and facilitating their transition back into society.

One potential solution is a bill currently being considered in the US Congress, which would allow states to make medical assistance available to inmates during the 30-day period preceding their release.

This could be a game-changer, enabling individuals to receive medical care and support during this critical time of transition.

And that is not all.

Innovative research projects like the one being conducted by Yale School of Medicine, in connection with the National Institutes of Health's Helping to End Addiction Long-term (HEAL) initiative, offer even more hope. The project aims to improve opioid use disorder treatment outcomes, by providing access to enhanced primary care and treatment following an individual's release from jail. As part of its research, Yale School of Medicine has collaborated with TryCycle to create a tailored data collection application that is made available to study participants. The app aims to evaluate the effectiveness of interventions by community health workers and to investigate the social determinants of health that may influence this particular group. The advancement in addiction research, like the work being undertaken by Yale, brings a sense of hope for those affected by opioid use disorder, demonstrating the transformative impact of innovative interventions.

[More on this study here](#)

Drumming for Mental Health and Addiction Recovery: The Healing Power of Rhythm

Eric Roy is a passionate and experienced facilitator of Beaufort's Drumming Circle in South Carolina. Through his work, Eric promotes the healing components of drumming, including how it allows people to connect and become part of a community.

For centuries, drumming has been used as a way to connect with our inner selves, express ourselves, and heal. It's a universal and non-verbal activity that has been passed down across diverse cultures. And now, scientific evidence supports its use as a complementary therapeutic activity for mental health treatment.

Eric has personally experienced the healing power of drumming. In 2020, Eric found that drumming had an even deeper meaning for him, providing not only enjoyment and a sense of community, but also healing, stress reduction, and spirituality. To share this experience with others, Eric founded Tranquility Zone LLP and began offering a unique form of vibrational healing journaling - a therapeutic activity that combines the use of sound and reflective writing to promote relaxation. He incorporated chimes, bells, and gongs to enhance the experience.

Drumming, whether in a group or individual setting, can be a valuable therapeutic activity. It is a non-verbal and universal activity that can be culturally relevant and inclusive. Studies have shown that participation in drumming can lead to significant improvements in multiple domains of social-emotional behavior. This positive development approach can increase core assets that may influence a wide spectrum of behaviors, yielding broad public health value.

Drumming can improve mental health, control pain, and relieve stress, promoting feelings of well-being. It stimulates the production of endorphins, the body's natural painkillers, and induces deep relaxation, lowering blood pressure.

Drumming engages both the logical left side and the creative right side of the brain, creating feelings of euphoria and promoting creativity. It can also relieve frustration, disappointment, and stress, similar to a "runner's high."

Research shows that drumming can accelerate physical healing, boost the immune system, and help with stress, fatigue, anxiety, mental illness, and addiction recovery.

While traditional live drumming has been the primary method for using drumming as a therapeutic activity, digital drumming and listening to the sounds of drumming have also emerged as popular alternatives. Digital drumming involves using electronic drum kits or software that simulate the sound and feel of real drums. This method can be more accessible and convenient for individuals who do not have access to live drumming sessions or prefer to practice at home.

Listening to drumming can also be a powerful tool for relaxation and stress reduction, as the repetitive rhythms can have a calming effect on the mind and body. There are a variety of resources available online for individuals who want to explore digital drumming or use recorded drumming as part of their therapeutic practice.

- **"Drumming For Beginners" by Learn Drums for Free:** This online course provides step-by-step instructions and video lessons to help beginners learn the basics of drumming
- **Remo HealthRHYTHMS:** This program offers evidence-based group drumming protocols for use in healthcare and wellness. Eric Roy's Tranquility Zone and Beaufort's Drumming Circle are examples of the benefits of in-person drumming circles for community building and mental health promotion.



Voices from the Field:

Stress Management Made Simple: Tips and Techniques from the Pros

April is Stress Awareness Month, a time to focus on the importance of managing stress in our daily lives.

Stress is an all-too-common experience that can feel overwhelming at times. But there's good news - managing stress is a skill that can be learned and practiced! The National Institute of Mental Health (NIMH) and the American Psychological Association (APA) recommend effective techniques such as exercise, relaxation, time management, and social support. Exercise can boost your mood and help you get better sleep, while relaxation techniques like meditation and deep breathing can calm your mind and reduce anxiety. Time management skills can help you prioritize tasks and avoid feeling overwhelmed, while social support provides a sense of belonging and a buffer against stress.

Remember, stress management is not a one-size-fits-all approach, and seeking professional help is important if stress interferes with daily life. Individuals can take proactive steps to manage their stress, improve their overall well-being, and lead happier, healthier lives.

National Institute of Mental Health. (2021, March). 5 Things You Should Know About Stress. Retrieved from <https://www.nimh.nih.gov/health/publications/stress/index.shtml>

American Psychological Association. (2022). Manage Stress. Retrieved from <https://www.apa.org/topics/stress>