

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:

- Conquering Tobacco Addiction in the Digital Age
- Honouring Indigenous Nurses in Canada
- Jericho Road: A Beacon of Hope for 30 Years, Guiding Lives Towards Recovery and Belonging
- Voices from the Field: Virtual Nursing Can Help Ease Clinician Burnout

“Break Free: Unleashing the Digital Revolution in Smoking Cessation”

Smoking remains a major public health issue with serious financial implications. Did you know? Tobacco is the leading preventable cause of death, claiming over 480,000 lives annually in the US alone. According to the [American Lung Association](#), smoking costs hundreds of billions of dollars annually in healthcare expenditures, workplace productivity losses, and premature death. The good news? Smoking cessation treatments can save lives and save money.

Thanks to cutting-edge digital technologies, treatment for tobacco/nicotine addiction gets a modern makeover.

One such example is the [PhenX Toolkit](#) (consensus measures for Phenotypes and eXposures), a valuable set of standardized data collection measures for researchers, clinicians, and public health professionals, to monitor smoking behaviour. Recently, the American Psychiatric Association, implemented two of these standardized measures into the TetherAll app, benefiting both treatment and research efforts. It's time to embrace the power of tech and be part of the movement that's reshaping lives.



Honouring Indigenous Nurses in Canada



“Indigenous nurses are an integral part of Canada’s healthcare system. Their contributions to health care for all Canadians are exceptional, and especially for First Nations, Inuit and Métis,” said Sylvain Brousseau, president of the Canadian Nurses Association (CNA).

Jackie Boschman is a Registered Nurse (RN) in Northern Saskatchewan. In a remarkable career spanning over three decades,

Jackie has dedicated her life to serving the healthcare needs of Indigenous communities. As she prepares to retire next year, she reflects on her journey filled with determination, education, and encouraging support from her family.

Jackie’s passion for nursing began in 1987 when she graduated with a nursing diploma. Her parents recognized her potential and motivated her to pursue further education. In 1993, she obtained her RN diploma, and later in 2010, she graduated with a degree in nursing.

Jackie’s journey led her to Northern Saskatchewan, where she served as a mental health nurse. In 1993, she worked as a psychiatric nurse in La Loche, a remote indigenous community, before transitioning to a Mental Health nurse role, where she served until 1995. Currently, she is based in Saskatoon, making a significant impact at the Aim 4 Health Clinic, a community outreach diabetes program providing education about diabetes prevention and care.

Despite the challenges and barriers that prevent many clients from seeking or receiving care, including financial constraints and limited coverage, Jackie strives to make a difference. She is dedicated to ensuring her clients received the support they need, providing outreach services, and meeting clients at their convenience, wherever they needed care. The clinic’s outreach and support became a lifeline for the community.

Jackie’s dedication, compassion, and commitment to healthcare, especially in Indigenous communities, have had a profound and lasting impact on numerous lives. Her contributions continue to positively transform the healthcare model, improving access and delivering meaningful care to countless individuals.

Celebrating 30 Years: Jericho Road's Lifeline of Safe, Substance-Free Homes

In the early 1990s, Ray Desmarais of Ottawa, Canada founded the Jericho Road Coffeehouse, a humble yet transformative space where marginalized individuals could find solace, support, and a sense of belonging. By 1997 Jericho Road had opened its first home for men living with mental health issues. Today, Jericho Road proudly celebrates its 30th anniversary of providing safe, substance-free, affordable homes and residential treatment.

At Jericho Road, it is firmly believed that the antidote to addiction is connection. Their homes provide a sanctuary where individuals facing substance use and concurrent disorders find community, shared responsibility, and support. Meals are shared family-style, and the program is grounded in 12-step peer-supported principles, fostering a sense of belonging and recognizing the uniqueness of each person.

Amy Lauber, is Jericho Road's devoted Continuing Care Coordinator. She discovered her second act after years of working as an early childhood educator, finding her way to Jericho Road through a volunteer position. From the moment she started, she was humbled by the raw honesty exhibited by the men in the program as they shared their stories. Inspired by their resilience, Amy embarked on a journey of connection and growth alongside the men she now serves.

The path to recovery at Jericho Road unfolds in progressive phases, serving as crucial stepping stones toward lasting change. The first phase is six months, structured through daily classes, chores, recovery meetings, and church. The second phase, which spans three months, is when men begin to forge their own recovery, experiencing a gradual loosening of the structure while maintaining essential support. This period serves as a bridge between the safety of the program and the autonomy of their personal recovery.

It takes a village to heal and thrive and Jericho Road has become a place of shared wisdom, where the men served learn from the community, and the community, in turn, learns from them.

For those who graduate from Jericho Road, the commitment to their well-being extends far beyond their time at the residential home. Through the optional continuing care program, individuals have the opportunity for ongoing support and guidance for up to one year.

During this crucial transitional phase, TryCycle's TetherAll app has proven to be an invaluable tool. "It has really helped us a lot!" said Amy. "With the app, participants can complete tenth-step personal inventories and stay connected with our staff check-ins."

Technology serves as a valuable bridge, closing the physical distance between individuals. It offers a means to stay connected, gain insights into their progress, and embark on each day with a head start.

As Jericho Road commemorates 30 years of unwavering dedication to transforming lives, we are all reminded of the power of community and connection.



All Rise for Treatment Courts

May is National Treatment Court Month!

A time to celebrate the work of recovery happening in treatment courts nationwide.

Did you know? There are more than 4,000 treatment courts across the United States. To date, treatment courts have served over 1.5 million individuals, and they are now recognized as the most successful justice program for reducing addiction, crime, and recidivism. This month, we celebrate technology's pivotal role in fostering connections and facilitating successful

outcomes. Let's embrace its transformative potential to forge stronger connections, empower individuals, and build a brighter future of recovery. When one person rises, we all rise!

Go to <https://www.nadcp.org/about/> to learn more.