

Center for Health Equity Research

**Southwest Health Equity Research Collaborative
PILOT PROJECT PROGRAM**

PI: Emery Eaves, PhD

Assistant Professor, Anthropology

Project Title: Opioid Use Recovery Help in an Online User Support Environment (OUR HOUSE)

Proposal Abstract:

Sharp increases in maternal opioid and polydrug use, high costs of treating neonatal opioid withdrawal, and subsequent child removals in Arizona and across the United States (US) have led to increased implementation of intensive substance use treatment programs with supportive housing for women and their children. While the model is promising, women in these programs eventually face a transition from treatment back to being self-sufficient and rejoining their communities. As a step toward an R34 pilot study powered to measure the effectiveness of enhanced online support, we propose to develop a secure, anonymous app-based information sharing platform that comprehensively engages transitioning mothers as they lose the intensive support they enjoyed in intensive treatment and housing programs. The project will accomplish the following specific aims: (AIM 1) Conduct focus groups with target users and in-depth interviews with women who have already successfully transitioned out of treatment, including peer supporters; (AIM 2) Systematically develop and align app features to account for specific behavioral and contextual elements; and (AIM 3) Refine and pre-test the mHealth app for feasibility and usability through an iterative, person-based process. We posit that enhanced support through mHealth technology, designed using a person-based approach, can improve quality of life for women transitioning out of treatment, particularly for those returning to rural areas where support is further limited. This pilot funding will provide an initial proof-of-concept, reveal the most promising directions to pursue in a more comprehensive product, and contribute to gaps in understanding of recovery in this vulnerable population.