bark

3 ways to utilize technology effectively in treatment

Enhance recovery outcomes using safer smartphones that can gradually reintroduce digital access for patients in a controlled environment.

ONE
Execute your treatment programs as planned

Reintroduce tech without worrying about loopholes or other risks. Poiema Foundation, an anti-trafficking organization that provides housing for trafficking victims in recovery, struggled with traditional smartphones in their program. Issues like deleted texts and unrestricted internet access created risks. A safer smartphone allows centers to tailor tech capabilities based on the stage of treatment. For Poiema, their three-phase model now incorporates a safer smartphone in the final stage, ensuring a controlled, intentional transition. It also allows the organization to enable community connection, slowly allowing contacts for texting or calling after an initial two-week blackout period.

> "We struggled with iPhones because texts could be deleted, the internet could be accessed, and all sorts of dangers presented themselves. Apple Screen Time just wasn't working."
>
> —Gabi, program director of Poiema Foundation

TWO
Enhance conversations with real scenarios

Providing safer smartphones to patients unlocks new opportunities for conversation and coaching around real situations that patients are facing or will face during recovery.

> "We're really excited about all of the relational conversations that we're going to be able to have. Talking through relationships they might have, about people that they want to call — it helps us to really understand them and find out what they consider a healthy relationship."
>
> —Gabi, program director of Poiema Foundation

THREE
Support your residents with digital guidance and learning opportunities

Safer devices create structured opportunities to develop healthy digital habits for those in recovery as well as neurodiverse learners. Guardrails around app access and more allow gradual expansion in phone capabilities, as patients progress past identified milestones. Programs can integrate learning opportunities to aid residents in recognizing unhealthy online behavior and developing skills to navigate the digital landscape safely post-treatment.

> "The Bark Phone has helped us make the online world a little bit smaller for [patients]. We can then increase exposure slowly and gradually throughout their time of [recovery] so when they transition into independence they transition with healthy technology skills and boundaries."

Contact sales@bark.us to learn more about safer tech for residential treatment centers.