



USING BREAKING FREE ONLINE TO SUPPORT MEDICATION ASSISTED TREATMENT

Breaking Free Online is an evidence-based digital program that delivers Cognitive Behavioural Therapy for substance use disorder in a consistent, clinically robust and scalable way.

The program is internet-based and can be accessed by patients on any device - i.e., desktop, laptop, tablet or smartphone - at www.breakingfreeonline.ca, and has been made available to all Ontarians free of charge by Ontario Health.

Breaking Free Online is an ideal complement to the prescribing of methadone, buprenorphine and suboxone because it gives patients 24/7 access to effective behavioural support.



Specifically, the Breaking Free Online program contains behaviour change interventions and functionality that can help patients to:

1. Stabilize on medication and stop using heroin or other illicit opiates on top of prescribed medications.
2. Manage cravings during the processes of titration or detoxification.
3. Overcome the period of anhedonia following detoxification.
4. Regulate heightened emotional states that can be overwhelming during the detoxification process and can potentially trigger relapse.
5. Strengthen relapse prevention by receiving geolocation alerts prompting them to use pre-planned coping methods in high-risk situations, and learning assertiveness/refusal skills.
6. Increase adherence by receiving calendar alerts reminding them to collect medication or attend clinic appointments.
7. Self-monitor their recovery progress and share their progress reports with their support network, including their prescriber or clinician.

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- To watch a 4-minute overview of Breaking Free Online, [click here](#)
 - To download a study demonstrating the effectiveness of Breaking Free Online for opioid use disorder, [click here](#)
 - To learn more about the evidence base for Breaking Free Online, [click here](#)
 - To find out how to enrol patients on Breaking Free Online, please contact Nicholette Smith at nsmith@breakingfreegroup.com