

A CARLAT PSYCHIATRY
REFERENCE TABLE

Addiction Apps (Not FDA Cleared)		
App	Cost	Notes
AA Big Book (Unofficial)	Free	Gives patients access to the full text of the Big Book, along with a meeting finder, online meetings, podcasts, a sobriety calendar, and personal stories.
Buprenorphine Home Induction	Free	Helps patients who are starting buprenorphine at home by monitoring symptoms and offering suggestions for dosage adjustments. Also includes Spanish language support and a Suboxone prescriber lookup.
FlexDek MAT	Free	Designed for the SAMHSA opioid recovery app challenge. Helps connect patients to methadone maintenance programs and has information about medications for opioid use disorder.
Recovery Path for Addiction	Free	Useful features include a meeting finder, daily check-ins, sobriety calendar, monitoring of triggers, and relapse warning signs.
Sober Grid	Free, in-app purchases	Offers a newsfeed of shared posts on experiences and insights into recovery. There's a feature to link patients to peers or paid recovery coaches.
SoberTool	Free	Affords an easy way to track clean and sober days. Includes daily motivational messages and reminders. Has tools to monitor motivation and work through triggers. Calculates estimated savings from staying sober.

From the Clinical Update:
"Smartphone Apps as Adjuncts for Substance Use Treatment"
 By Rehan Aziz, MD
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