

CKF Addiction Treatment Adds myStrength's Digital Self-Care Resources to Aid in Recovery Support

Evidence-Based, Digital Behavioral Health Solutions Complement Current CKF Patient Treatments

DENVER, CO, UNITED STATES, September 25, 2018 /EINPresswire.com/ -- [CKF Addiction Treatment](#), a trailblazer in Kansas recovery treatment since 1967, and [myStrength, Inc.](#), an innovative leader in digital behavioral healthcare, have partnered to offer web and mobile behavioral healthcare solutions as part of CKF's continuum of care.

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We are very excited to offer myStrength to patients receiving treatment services at CKF in order to improve their connection to treatment resources on a 24/7 basis. ”

*Shane Hudson, President and
CEO of the CKF Addiction
Treatment*

All CKF Addiction Treatment clients now have access to digital self-care resources 24/7, including treatment-inspired exercises, mindfulness meditations, self-care activities, mood tracking and more. myStrength's platform and online tools assist clients in managing and overcoming depression, anxiety, stress, substance use, chronic pain and sleep issues.

CKF services over 1,900 clients across four locations in east central Kansas. Each CKF facility, including Salina,

McPherson, Abilene and Junction City locations has incorporated myStrength into their current treatment plans, empowering clients with additional recovery support via their mobile devices and laptops.

“We are very excited to offer myStrength to patients receiving treatment services at CKF in order to improve their connection to treatment resources on a 24/7 basis” says Shane Hudson, President and CEO of the CKF Addiction Treatment. “This will be especially beneficial to patients who receive telehealth services through CKF and do not have a local treatment center in their area to access services.”

myStrength's resources are evidence-based and HIPAA-compliant. [Research](#) in the Journal of Medical Internet Research, Research Protocols shows those using myStrength had 18-times greater reduction in depressive symptoms within two weeks of use, compared to the control group.

“Partnering with CKF to expand mental health access to their clients throughout Kansas is very exciting”, said Scott Cousino, myStrength's CEO. “Our digital resources complement CKF's continuum of care, empowering the people they serve with self-help resources to support recovery efforts, as well as tools to monitor and maintain overall wellness and quality of life.”

CKF Addiction Treatment is a state licensed and nationally accredited addiction treatment center that provides services to patients across the state of Kansas. CKF is a leader in medical integration of substance use disorder screening, referral, and treatment services as well as the advancement of technological solutions to reach rural areas of the state. CKF is a member of the Behavioral Health Association of Kansas (BHAK), Kansas Hospital Association (KHA), and Sunflower Health Network (SHN).

myStrength, Inc. is a recognized leader in digital behavioral health. myStrength greatly enhances traditional care models, while addressing issues of cost, lack of access, and stigma, to deliver mental health and well-being resources at scale. Our platform targets the most prevalent and costly behavioral health conditions — empowering consumers with innovative self-care resources to manage and overcome challenges with depression, anxiety, stress, substance use disorder, chronic pain and sleep. myStrength's evidence-based resources offer digital interactive exercises, self-care modules and daily wellness inspiration, which is personalized to each user. myStrength collaborates with over 100 health plans, integrated health systems, EAPs, disease management providers, managed and community behavioral health providers, strategic alliances, ACOs and FQHCs. For more information, please visit www.myStrength.com

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