



Step Away: Alcohol Help

What is Step Away?

Step Away is a stand-alone alcohol intervention app that helps a person with an alcohol use problem manage their drinking privately and effectively. It helps a user:

- Gain awareness of their problem and develop motivation to make a change
- Set a goal and receive continual feedback on their progress
- Learn new strategies for managing drinking triggers
- Get help with cravings, stress and anxiety
- Set up a support team and call on them when needed
- Set up customized features that reflect their patterns and preferences

Does Step Away work?

Step Away has been the focus of 4 clinical trials with individuals with alcohol use disorder, U.S. Veterans and New Zealanders, funded by NIH and VA HSR&D. These studies found:

- Overall drinking reductions between 45 and 65%
- Heavy drinking days dropped between 55 and 65%
- Continued app use over a 6-month time frame amongst most users
- User ratings, on average, being “very to extremely helpful” in changing drinking
- Participants repeatedly indicated it “enhanced awareness” and “kept me on track”

Is Step Away available on multiple platforms?

Yes, Step Away is available on iPhones and Android phones. Just search “Step Away” in the iTunes App Store and Google Play.

How much does Step Away cost?

Step Away is FREE to users until August of 2020 as we believe Step Away can be particularly helpful during the COVID-19 crisis due to isolation, increased stress and difficulty accessing traditional help. After August 2020, Step Away will be available for \$4.99/month for individuals.

Is there an organizational package?

Yes, Step Away is available to organizations at substantial discounts. Organizations can receive back-end data reporting on how their members are utilizing the app and how drinking is changing over time. This data does not include personal identifiers.

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