

WHITE PAPER



# COMPRIS 2025

## REDEFINING RECOVERY

A PREDICTIVE MODEL TO IMPROVE  
OUTCOMES AND LOWER  
BEHAVIORAL HEALTH COSTS

ANXIETY DEPRESSION PTSD OPIOIDS ALCOHOL NICOTINE OTHER DRUGS DENIAL

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# Executive Summary



Compris is a digital health intervention built to solve what behavioral health and addiction care continue to struggle to deliver: timely, personalized, and measurable support. Comparable to the HEART score in cardiology,<sup>1</sup> Compris delivers a quantified view of behavioral health risks and needs, highlights strengths and motivation, and tracks progress over time.

## Why is this needed?

Untreated behavioral health and addiction issues don't just persist, they compound. They often lead to, or exacerbate, chronic medical conditions like diabetes, cardiovascular disease, and chronic pain. These comorbidities drive up healthcare costs, increase disability, and create an unsustainable cycle of crisis that conventional tools fail to disrupt.

Despite growing awareness and investment, behavioral health and addiction care remain years behind other areas of medicine. This leaves people who need help, especially those at high risk, without timely support, clear direction, or measurable progress. Care is often reactive, delayed, and disconnected, leading to consequences extending far beyond the behavioral health system.

## The revolving door

The acute care approach hasn't worked. People continue to cycle through emergency rooms, jails, programs, and peer groups without improving their recovery. This costs lives, exhausts resources, and drives billions in avoidable spending. Decades of literature document these shortcomings, acknowledging a persistent gap between what we know works and what's actually delivered. Simply put, behavioral health and addiction care have failed to adopt the basic standards used for managing other chronic conditions.

## Compris has another way

Compris applies a chronic care model to behavioral health and addiction to reduce care gaps and pave the way for a new standard of care. It delivers fast, individualized, data-driven, and evidence-based insights that can lead to lasting wellness.

Compris was built from years of listening, learning, and partnering with individuals navigating behavioral health and addiction. These collaborations span the courts,





military (veterans), insurers and managed care organizations (MCO), employee benefit administrators, peer recovery groups, nonprofits, and providers. We heard comments like this again and again: “I spent years looking for places to get help before I finally found it.”, “We know we’ve got a big problem with ER overuse and haven’t found a solution yet.”, and “We don’t have time to treat addictions.”

What we heard confirmed that our tool was critically needed in this space.

In addition to what we’ve heard from healthcare administrators, patients, and providers, Compris has completed eight pilots across seven different populations since 2017. These studies have helped validate Compris as a reliable tool for chronic illness-informed risk-and-resilience stratification and recovery planning.

By applying a chronic care model, Compris envisions bringing chronic care parity to behavioral health. Our goal: 50% remission rates within a year for conditions like anxiety, PTSD, and substance use disorders (SUD). We're working to establish this new standard while promoting proactive, equitable, and cost-effective care for all.

This paper shows how Compris can bridge critical gaps between assessment, care coordination, and recovery, while empowering systems with measurable data to reduce avoidable costs. At the same time, it restores a more strengths-based, human approach to care.

## Introduction

### Setting a New Standard in Behavioral Health Care

When it comes to chronic illnesses, time matters. While half of patients with diabetes or heart disease find stability within a year, those with behavioral health conditions, like anxiety, PTSD, or addiction, may wait up to 17 years to recover. <sup>2 3</sup>

Imagine a heart patient waiting years before sustaining recovery? We'd never accept such delays, so why do we accept it for behavioral health and substance use disorders (SUD)? More often than not, gaps in care continue to delay treatment from days to weeks, and recovery from months to years.

Proactive, risk-targeted interventions for behavioral health and addictions are essential to better health outcomes and cost-savings; yet they remain sorely lacking. For example, even though medication-assisted treatment (MAT) is widely accepted as

the standard of care for treating those with alcohol or opioid addiction,<sup>4 5</sup> according to the 2023 National Survey on Drug Use and Health, only 1.9% of people with alcohol use disorder (AUD), and 18% of those with opioid use disorder (OUD) received MAT as a standard of care the prior year.<sup>6</sup>



Consider Ben\*, a 20-year-old hospitalized for alcohol detox and bipolar disorder. He was discharged to an unstable environment for a week with no MAT, care plan or referrals. The only immediate option, a \$42,000 private program, was out of reach. Even after completing a 30-day residential treatment program, he had to wait another 10 days for the next level of care. This led to his relapse and return to the ER. Ben’s relapse-associated care gaps reflect a broader systemic problem, especially among Medicaid patients.<sup>7</sup>

Behavioral health and substance misuse contribute to a significant number of preventable ER visits. Studies show that 4.5% to 8% of frequent ER users account for up to 28% of all visits.<sup>8 9 10</sup> This is partly due to the relationship between SUD and the comorbidities that arise from substance misuse. One-third of those with SUD also have multiple comorbidities, including heart, kidney or liver disease, cancer, or COPD. A deep dive into medical records data shows an alarmingly high incidence of comorbid illnesses and SUD:<sup>11</sup>

Table 1: Incidences of Comorbid Illnesses and Substance Use Disorders (SUD)

Comorbidity Level	% of group with SUD
SUD only	13% overall population
1 Comorbid	14% have SUD
2-3 Comorbid	21% have SUD
4-9 Comorbidities	32.5% have SUD

**Compris helps prevent people like Ben from falling through the cracks.**

Designed for immediate access and optimal use by those treating or referring people at risk, it supports integration across a wide range of care models and settings, including in-person, tele-health, hospitals, and community outreach. This enables timely assessment, continuous monitoring, and proactive intervention, even in remote or underserved settings.

\*All participant names in this paper are fictitious to protect client privacy.

# Compris: Bridging the Gaps in Care and Support



Built to bridge gaps in care, Compris' assessment and Care Plan bring continuity of care to behavioral health and addictions in the following ways.

Table 2: Behavioral Health Care Gaps Bridged with Compris

Gaps in Today's System	Compris' Solution
<b>Lack of Prevention</b> Limited early detection and care strategies	<b>Predictive Assessment</b> Drives individualized care in real time by using population data to identify risk early
<b>Inconsistent, Provider-Driven Care</b> Little program adaptation to the individual	<b>Data-Driven, Personalized Care</b> Delivers consistent relevant, matched resources based on individual needs and eligibility
<b>Ineffective Care</b> Treatments that don't address root causes or produce sustainable results	<b>Strengths-Based, Targeted Recovery</b> Guides root-cause care aligned with each person's strengths and readiness for change
<b>Episodic vs Chronic</b> Short-term fixes for long-term needs	<b>Continuity of Care</b> Individualized, portable Care Plan reduces repeat intakes and improves provider handoffs
<b>High Costs, Low Value</b> Expensive care that fails to improve outcomes	<b>Ongoing Progress Tracking</b> Adjusts care over time to drive cost-effective results that last

# What is Compris?



## Predictive Recovery Starts Here

Compris is a secure, web based, digital health assessment that predicts behavioral health and addiction risk, helps prevent illness, closes care gaps, and promotes faster, long term health management. When an individual takes Compris, they immediately get a Wellness Guide. At the same time, their provider gets their Care Plan.

### **Compris' Wellness Guide:**

In addition to being a springboard for dialogue between the individual and their provider, Compris's Wellness Guide helps assessment takers learn more about themselves, including their:

- Risk
- Resilience
- Readiness
- Overall Wellness Index™.

### **Compris' Care Plan:**

The Compris Care Plan was created for providers, including case managers, social workers, peer recovery specialists, coaches, or primary care. It gives a clear, multi-dimensional view of each person, enabling more personalized, targeted care that leads to better outcomes, stronger engagement, and more lasting change. This includes:

- Level of care placement
- Optimal MAT selection and duration
- Risks and strengths
- Immediate needs, including social determinants of health (SDoH)

Unlike traditional screenings that capture only acute symptoms, Compris drills down to identify chronic and emerging behavioral health concerns, traits, causes, and conditions.

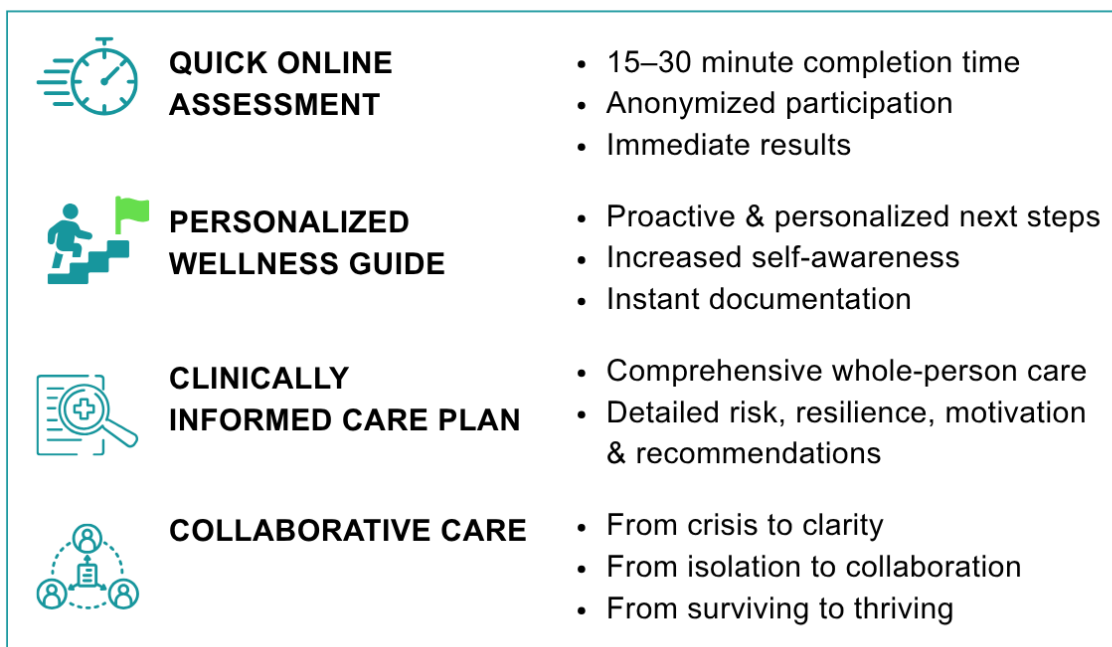
Compris is designed to help people struggling with things like:

- Anxiety
- Depression
- Unwanted thoughts or feelings
- Post traumatic stress (PTSD)
- Unhealthy habits
- Substance misuse



## How Compris works

Figure 1: Compris Components and Care Coordination



# What Sets Compris Apart?



## Integrative Model Clarifies Complex Illness

Behavioral health and addiction is complicated. It requires recognition of the many challenges to real change, including understanding how everything fits together: a person's strengths, struggles, and what best supports or hinders their recovery.

With this in mind, we created a model that assesses the interconnected factors that shape health and recovery for more immediate, targeted, seamless, and accessible care.

Compris harnesses cutting-edge technology and draws on decades of behavioral science research to deliver precise, strategic solutions. It goes far beyond traditional screening, combining real-time data analytics with deep behavioral science understanding to offer whole-person, individualized guidance.

**At its core, Compris' proprietary, predictive model is built on:**

Table 3: Compris' Data Capture Engine

13,000+ algorithms
1,400+ behavioral data points
10 validated screens

Compris's predictive model is driven by three interactive wellness components that translate data into action, setting it apart from traditional assessments. Its multi-layered proprietary framework for chronic illness management includes:

Table 4: Compris' Predictive Interconnected Wellness Factors

<b>Risk BUILD™</b>	Captures five evidence-based risk categories associated with behavioral health and substance misuse, enabling precise risk stratification and treatment selection
<b>Resilience Factor™</b>	Highlights protective factors, such as personal and relational strengths, and the ability to adapt and recover across key life domains
<b>Motivation Factor™</b>	Identifies the internal drivers and barriers that influence an individual's engagement, readiness, and capacity for change



# Compris Wellness Index™



## A Comprehensive Measure of Recovery Potential

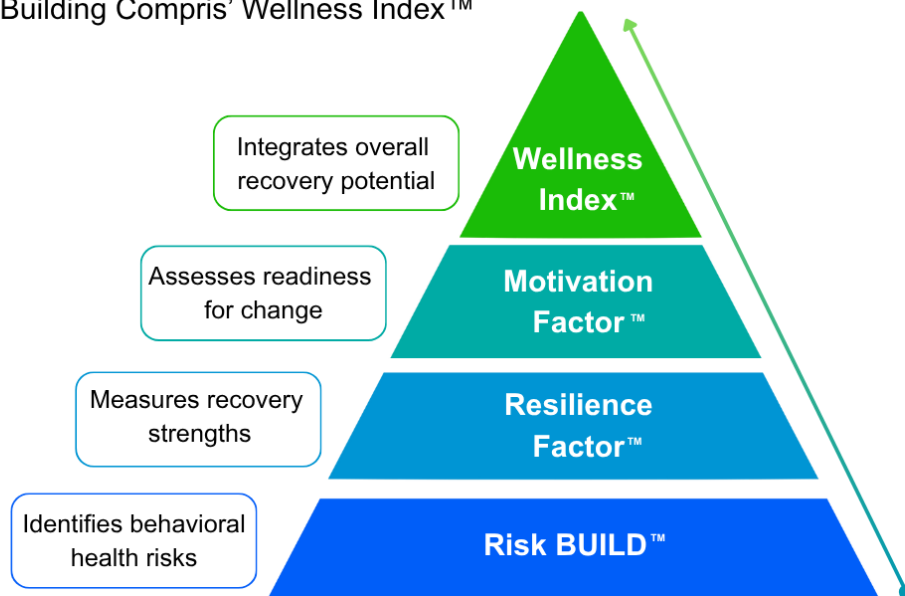
Currently, for people with behavioral health concerns, there's no reliable way to identify their:

- Likelihood of remission or recovery
- Probability of relapse or worsening symptoms
- Risk of hospitalization, adverse events, or complications
- Potential for non-adherence or dropout from treatment

Compris' Wellness Index™ solves this by translating complex data to inform likely outcomes and recovery. It delivers a unified score that distills three core behavioral health dimensions (risk, resilience, and motivation) into one actionable metric. Rather than focusing only on isolated symptoms or risk factors, the Wellness Index™ offers a comprehensive snapshot of an individual's overall recovery potential. This composite score can be tracked over time to guide care planning, support engagement, and measure meaningful progress.

A high Wellness Index™ doesn't imply there are no challenges. Individuals may still encounter risks, but strong resilience and motivation signal a more positive recovery path. This makes the index a powerful tool for identifying what's working, when to intervene, and how to tailor care with greater understanding and precision.

Figure 2: Building Compris' Wellness Index™



# Organizational Impact: Aligning Data, Outcomes, and Value

## How Data Helps Decision Makers

To deliver timely, effective care, organizations need a way to quickly understand risk, readiness, and resource needs across populations. Compris' framework stratifies risk across diverse groups, identifies key social and behavioral factors, and provides aggregate data that help health partners target interventions and improve outcomes from the very start of care. Here's how:

Table 5: Compris' Impact on Population Health

Needs	Compris Impact
Improving population health	Monitors shifts in population-level risk across groups and regions
Reducing care gaps	Identifies at-risk individuals earlier to prevent escalation, and support reachable and sustainable recovery at each step
Supporting data-informed decisions	Combines system-level data with real time, person-centered care planning
Making outcomes trackable	Measures individual progress and program effectiveness to support care decisions across clinics and networks
Lowering costs	Reduces avoidable healthcare utilization, including ER visits and readmissions

Compris equips healthcare systems, payors, and MCOs with decision-informing risk data to support earlier, more accurate care selections. By identifying high-risk individuals up front, plans can target resources more effectively, reduce unnecessary utilization, and minimize costly treatment mismatches with improved outcomes and overall cost-efficiency.

# Limitations of Current Behavioral Health Screens



For the general population, the U.S. Preventive Services Task Force (USPSTF) recommends universal screening for conditions like substance use and anxiety, but also notes that most current tools offer no clear benefit or harm.<sup>12</sup> We believe the reason for this is that current behavioral health and addiction screens emphasize short-term illness, limiting organizations' ability to promote lasting health.

Similarly, a 2022 article highlighted the need for comprehensive psychological readiness programs that can easily be integrated into the military. At the same time, the authors acknowledged the current lack of an easily accessible, comprehensive framework that measures readiness to serve.<sup>13</sup>

These reviews show where most current tools fall short:

- React to symptoms instead of preventing problems
- Focus narrowly on diagnosis, not whole-person wellness
- Ignore key drivers like resilience, motivation, and SDoH
- Requires expert administration and scoring over hours or days
- Repackage or streamline outdated tools

What's needed is a smarter, more comprehensive approach. An effective care model goes beyond symptom checklists. It identifies risk earlier, captures protective factors, and guides timely, individualized interventions.

## Compris answers that call

Unlike current tools, Compris leads with prevention. It captures whole-person wellness and SDoH, can be done in minutes and doesn't require specially trained professionals to administer and score.

Moreover, it can be **easily integrated into existing organizational flows**. For example:

- Routine screens for preventive care and referrals
- Upon identification as high risk
- ER, walk-in clinics, outpatient care management, and hospital discharge planning
- Specialty court enrollment, re-entry, arrests and re-arrests
- Follow-up to quantify progress/re-evaluation

# ER Use Case:



## Reducing Repeat Visits with Compris

Remember Ben who relapsed while waiting for care continuity? Not only was his treatment delayed, but he was also denied the standard of care medication-assisted treatment (MAT) for his alcohol misuse.

With more informed and timely hand-offs from the ER throughout the whole care process, his relapse could have been avoidable.

Here's how Compris can be integrated into an ER setting.

- **Patient completes detox** or is ready for discharge from ER
- **Patient is assessed using Compris** by an ER provider, care manager, or peer recovery specialist
- **Compris' Care Plan helps with engagement** by giving provider a deeper understanding of patient's
  - SDoH and lifestyle change needs
  - Readiness and roadblocks to motivated engagement
- **Provider discusses therapeutic next steps** and readiness with patient:
  - Medication-assisted treatment (MAT)
  - Targeted level of care placement
  - Related counseling or behavioral therapy
- **ER Shares Compris Care Plan** with the next level of care providers
  - Populates EHR for shared access and continuity of care
  - Guides "frequent flyer" ED care plans
- **Interval assessments** monitor patient progress and guide care adjustments

# Compris Care Plan



## A Clinical Resource for Providers to Guide Engagement and Success

Studies show that structured care plans reduced ER visits by 64% within 12 months.<sup>14 15</sup> Yet, care plans are more often in response to already high ER usage and runaway healthcare costs and not for prevention or care continuity. Compris' Care Plan helps providers and programs connect people to the right care at any point along their readiness continuum. This ensures they receive support before incurring costly and preventable ER visits. The Care Plan helps identify risk early and provides a comprehensive, individualized set of clinical and behavioral health recommendations designed to guide successful recovery, including focused SDoH interventions.

Studies show that structured care plans reduced ER visits by 64% within 12 months.

Beyond addressing immediate needs, Compris provides a foundation that drives lasting impact. This includes:

Identifying → Guiding → Implementing → Measuring

Table 6: The Value of the Compris Care Plan

<b>Identify Risk and Resilience</b> <ul style="list-style-type: none"><li>• Early routine screening for prevention</li><li>• Relapse risk and wellness prediction</li><li>• Social determinants of health needs</li></ul>	<b>Guide Care Placement</b> <ul style="list-style-type: none"><li>• Match to the right level of care at the right time</li><li>• Timely access to appropriate services</li><li>• Includes and goes beyond ASAM criteria <sup>16</sup></li></ul>
<b>Implement Recovery Interventions</b> <ul style="list-style-type: none"><li>• Optimized medication-assisted treatment (MAT)</li><li>• Withdrawal management</li><li>• Resilience training</li></ul>	<b>Measure Outcomes</b> <ul style="list-style-type: none"><li>• Quantifiable progress through interval assessments</li><li>• Continuous plan adjustment</li><li>• Track population health needs</li></ul>

# The Compris Risk BUILD™



## Stratifying Behavioral Health Risk Across Populations

When we first developed Compris, our question was simple: **Could we move beyond acute symptoms and capture the deeper drivers of behavioral health?**

That question led to the creation of Compris' Risk BUILD™, a model that organizes and quantifies evidence-based behavioral health risk factors, much like the HEART Score does for cardiac risk assessment.

**Table 7: Compris: The HEART Score for Behavioral Health and Addictions**

HEART Score	Compris Risk BUILD™
Medical risk	Behavioral health risk
Emergency Room use	Emergent and all access use
Predicts cardiac events	Predicts onset / progression of behavioral health (BH) events
Triage decision tool	Triage and treatment planning tool

Just as the HEART Score transformed cardiology risk assessment, Compris Risk BUILD™ is transforming behavioral health risk assessment.

The **Compris Risk BUILD™** is a structured, evidence-based methodology designed to capture and quantify the predictive factors that influence behavioral health risk. It synthesizes multiple validated risk variables, such as inherited tendencies, social conditions, clinical history, and psychological factors (trauma, stress, risk traits, etc.), into a stratified risk profile that supports early identification, personalized care planning, and population-level understanding.

**But building a model wasn't enough. We needed to prove it could work in the real world.** Compris' studies confirmed that its Risk BUILD™ not only captured key evidence-based risk factors, but also clearly distinguished levels of behavioral health risk across diverse populations.<sup>17</sup>



# Compris Risk Scores Correlate with Social Determinants



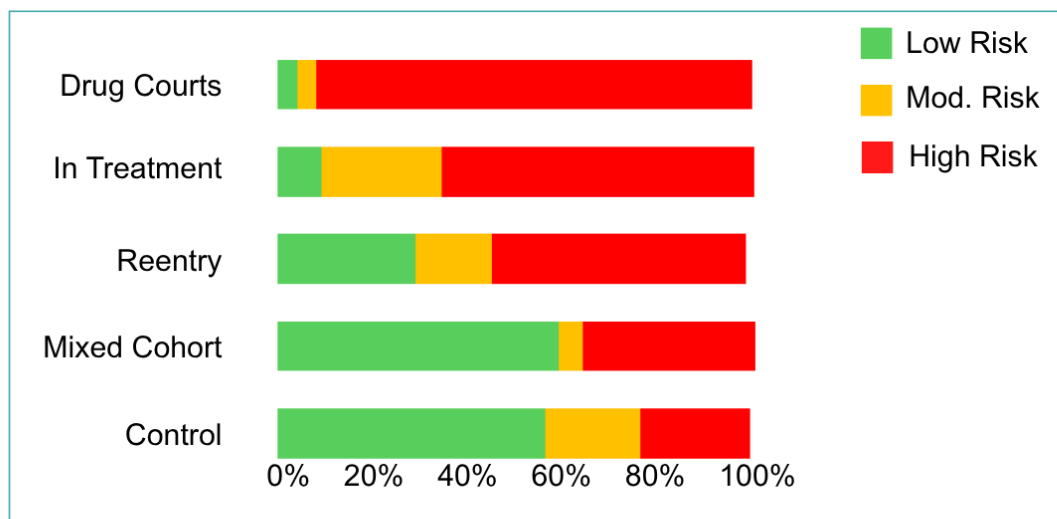
## Laying the Groundwork with Pilots

To understand how the model performs in diverse, real-life contexts, we conducted a series of pilot studies, laying the foundation for what risk stratification could achieve. Compris' initial pilot studies included the following cohorts:

Table 8: Initial Pilot Cohorts

2017	Addiction Treatment Centers (9 programs)	n=107
2018	Non-Treatment (Control Group)	n=95
2019	Mixed Cohort (treatment and non-treatment)	n=85
2020-2022	Re-entry (justice-involved population)	n=31
2022-Present	Drug Courts (risk & needs assessment)	n=23

Table 9: Using Compris to Distinguish Risk Levels Within Populations



This shows that Compris' risk scores were higher when tracking the most compromised populations, including those with greater social determinants and health impacts.

# Resilience Factor™



## Compris' Resilience-Stratification™ Model for Transforming Care

Resilience isn't just a "nice-to-have". It's measurable, clinically meaningful, and essential to long-term recovery.

Compris' Resilience Factor™ captures, differentiates, and quantifies an individual's ability to adapt, persist, and grow in the face of challenges.

Deeply rooted in Dr. Martin Seligman's groundbreaking work in positive psychology, it supports a positive, forward-looking, person-centered model.<sup>18 19</sup> This is key to long-term recovery and healthy living. Research also shows that veterans with higher resilience often experience fewer PTSD symptoms and better outcomes.<sup>20</sup>

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In our pilots, resilience has emerged as a key protective factor linked to stronger recovery trajectories and improved outcomes. The data suggests that resilience, like risk, can be stratified, helping systems identify who is most likely to engage, thrive, or need extra support.

Compris' Resilience Factor™ is a critical metric for stratifying and targeting care that extends beyond risk alone to help predict long-term recovery and wellness. It uncovers and recruits individual strengths that guide treatment and self-care.

As one person put it:



This is so interesting. I'm looking at the resilience list here and haven't thought about some of these things for a long time. This report [Compris Wellness Guide] reminds me of some of the things I used to do, like running...I thought maybe I can try one of those again.

42 year old peer recovery group participant

# Risk and Resilience Together



## Mapping Two Sides of an Interactive Continuum

Compris delivers both a snapshot of where someone is today and a roadmap for a healthier tomorrow.

Capturing resilience is just one part of the equation. Rather than viewing risk and resilience as static or separate, Compris' approach views them as dynamically related, working together to influence health outcomes over time. It maps the risk and resilience continuum to provide a more complete understanding of each individual's recovery potential.

By assessing both sides of the equation, Compris delivers both a snapshot of where someone is today and a roadmap for a healthier tomorrow.

## What Our Pilots Reveal About Risk and Resilience:

Tables 9–11 highlight the variations and interplay of risk and resilience across populations. This emphasizes the importance of assessing both factors for accurate, personalized care:

- The control group showed the lowest risk.
- Treatment courts and SMART Recovery participants showed the highest risk.
- General peer recovery group showed higher risk than veterans in recovery.
- Seniors scored the highest in resilience.

In line with Compris' model, the impact of both the Risk BUILD™ and Resilience Factor™ on high risk populations, revealed the following:

- Individuals with more complex social determinants of health (SDoH) and other healthcare needs exhibited higher risk.
- Among those studied with higher risk scores, resilience was always lower. As risk diminished, resilience consistently increased.

Resilience appears to be a protective factor, diminishing the impact of risk and supporting more effective, individualized approaches to wellness and recovery.

Table 10: Compris Average Risk and Resilience Comparisons Across Cohorts

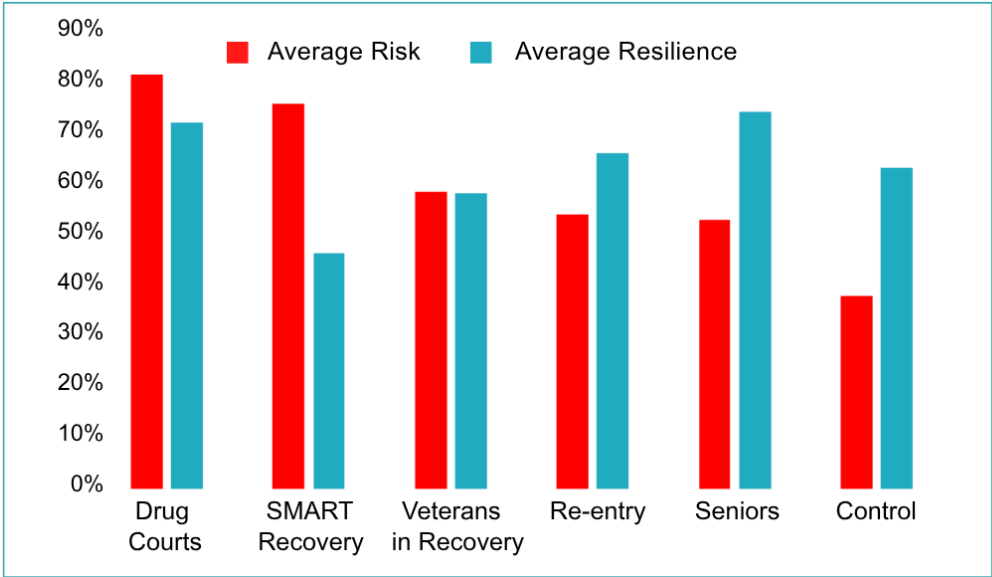


Table 11: SMART Recovery and Control Group Comparisons

SMART Peer Recovery vs. Control 2022–2025 (n = 77 vs. 32)			
When compared with the control group, those in peer recovery had:			
Risk	Resilience	Substance use before age 30	Substance use duration
41 % HIGHER THAN CONTROL	21 % LOWER THAN CONTROL	2x AS MUCH AS CONTROL	2x AS LONG AS CONTROL

Table 12: Veterans in Recovery and SMART Recovery Comparisons

Veterans in recovery (n=35) vs. SMART Recovery 2023–24 (n=77)		
When compared to non-veterans in recovery, recovering veterans showed:	RISK 17 % LOWER THAN NON-VET PEERS	RESILIENCE 12 % HIGHER THAN NON-VET PEERS

# Compris Wellness Guide



## Self-Awareness, Self-Advocacy, Adherence and Outcomes

People with more self-awareness of their challenges are more actively engaged in their own care and resilience gains. This leads to greater treatment adherence and improved clinical outcomes.<sup>21</sup> Compris' Wellness Guide prioritizes what matters most, connects individuals to the right support, and promotes self-investment in healthier living. Compris focuses on what's right with people: their strengths, adaptability, and capacity to grow.

In addition to identifying strengths and areas of growth, Compris' Wellness Guide acknowledges and affirms individual experiences, gives them a common reference point for conversations with peers and their care provider, and offers a springboard for personal growth. For example, veteran and non-veteran peer recovery groups use Compris' Resilience Factor and Motivation Factor™ through guided group discussions to support one another in resilience-building activities toward long-term wellness.

People with more self-awareness are more actively engaged in their own care.

The Wellness Guide also addresses high-priority SDoH needs and critical predictors of long-term wellness, especially among underserved populations, such as:

- Safe housing and healthy food
- Employment
- Access to healthcare and transportation

Compris' personalized guide shows how tailored support can reduce stigma by recognizing that recovery isn't one-size-fits-all. Participants are also able to track their progress over time.

With Compris, individuals can:

- Reflect on their feelings
- Discover their strengths
- Set meaningful, achievable next steps

# Motivation Factor™



## Driving Engagement, Resilience & Lasting Recovery

A foundational component of the Compris Wellness Guide is motivation. **Compris' Motivation Factor™** can be applied at any stage of care to foster engagement, treatment adherence, and self advocacy. It identifies where individuals fall across the full spectrum of motivation, from denial to full commitment. It not only identifies motivational barriers, it helps break through them. By pinpointing readiness factors and obstacles, Compris helps enhance problem recognition, significantly boosting motivation and active participation in treatment.

Built on the foundational work of Motivational Interviewing, and the widely recognized Stages of Change model,<sup>22 23 24</sup> Compris' Motivation Factor™ breaks new ground to:

- Include a more nuanced and user-friendly language
- Activate self-investment
- Quantify the internal drivers and roadblocks
- Influence an individual's engagement, readiness, and capacity for change.

“ I was at a support group and some of the things people were talking about, I didn't think I could do myself. It [Compris] helped me see that this was one of my roadblocks, that I don't have a lot of support in my life... and helped me find ways to start getting my resilience score up.

Participant, Mens Veteran group retreat

“ This assessment had my undivided full attention because I have thought about many of the same questions almost every day of my life, and it helps me think about getting to a better place...I'm will talk about it with my case worker...

29-year-old homeless woman

The Motivation Factor™ continues to be piloted to better understand its role in predicting outcomes, as well as specific steps to overcome roadblocks and move to the next stage of self-investment.



# Compris Metrics Among Seniors



## Combatting Loneliness and Connecting to Resources

The need for early, data-driven intervention has only grown more urgent. Since the pandemic, loneliness and social isolation have become a public health concern, reaching crisis levels that affect about half of adults in the US.<sup>25</sup> Isolation and loneliness can lead to higher comorbidities and behavioral health challenges. But identifying and addressing social disconnection, especially among vulnerable populations, requires data, insight, and action.

In 2024, Compris partnered with an alcohol and drug outreach program. The pilot included 22 older adults, ages 51-91. The focus of this initiative was to help combat the growing epidemic of social isolation and loneliness among seniors. Compris was administered in conjunction with their digital literacy class. This encouraged social interaction and discussion around Compris' results.

Compris' impact was clearly demonstrated. 50% of participants were identified as having unmet needs and referred to critical services, including:

- SDoH: safe housing, food access, employment, and transportation
- SSI benefits
- Prescription medication access
- Psychiatric consults
- Trait and substance-specific cognitive behavioral therapy (CBT) training

Compris evaluated the outreach program effectiveness using its evidence-based metrics, tracking participant progress, and showing improvements across the following areas:

Table 13: Program Effectiveness Measures Using Compris

Key Factors	Post Pilot Improvement
Isolation & Loneliness	20%
Motivation	14%
Resilience	4.4%

# Compris Success Stories



## Mary's Support Outcomes

Mary, a 68-year-old woman, was enrolled in a senior outreach program. She initially had a very high risk from the following: depression over the past two weeks, anxiety, **chronic loneliness**, seizure disorder, hypertension, asthma, a learning disability, and a 51-year history of nicotine use. Her SDoH included:

- Poor sleep
- An unsafe living environment
- Food insecurity
- Transportation needs
- Insufficient income

Mary's outreach program helped her obtain insurance to fill prescriptions, get a referral to food resources, and start psychiatric treatment. Re-assessment showed that Mary:

- No longer felt depressed
- Felt less isolated and more supported
- Improved her support system by 32%

Compris' metrics uncover hidden risks like loneliness and isolation, especially among vulnerable populations, to drive accountability, improve outcomes, and support more effective, responsive care.

### Here's what some seniors said about Compris:



It's a great tool for anyone interested in personal growth and well being.... It [Compris] helps me see where some of my weaknesses are and where I can improve....

Senior participant, outreach program



The Wellness Guide was like getting to know yourself. I also liked seeing the life stress part...it helped me understand why I feel the way I do because of what's happened to me in my life.

Senior participant, outreach program

## Giving Hope to the Homeless: Sam's Story of Change



Sam, 40, was living in a group home with 11 others. He frequently spent time at Giving Back St. Thomas, a homeless walk-in center in Ontario, Canada. The center used Compris to help improve resilience among their participants.

At the time Sam took Compris, he was not using substances. He told Giving Back's founder, Debbie, that he felt he was doing well, but still struggled with anxiety, depression, PTSD, and OCD.

When Sam saw his Wellness Guide, he said, "[Compris] shows me where I am and where I need to improve, so that gives me something to focus on to get my life back."

Compris found that Sam had **very high risk (87%)** and **low resilience (21%)**.

Compris was used to help Sam identify his SDoH needs and build on his current resilience. This led to a new apartment, losing 45 pounds, and volunteering as a baseball coach.

Compris also helped Giving Back St. Thomas' program facilitators guide Sam and other clients in:

- Group discussions
- Resilience-building activities
- Exploring their motivation
- Identifying, understanding, and processing their feelings
- Setting achievable next steps



[Compris] shows me where I am and where I need to improve, so that gives me something to focus on to get my life back.

SAM, client at Giving Back St. Thomas, A walk-in homeless center in Ontario, CA

## Finding Resilience Post-Incarceration: The Case of Jim



After seeing his Compris Wellness Guide, Jim, a 58-year-old man recently released after 35 years of incarceration, was actually surprised by how much resilience he still had after so many years in prison. He also reported feeling more reassured, hopeful, and engaged in his return to the community.

Compris' Wellness Guide and Care Plan helped Jim and the urban outreach program quickly identify and match his need for a range of services, including:

- A healthcare provider
- CBT therapy for anxiety and impulsivity
- Preventive risk and resilience training
- Safe housing
- Job training

Plus, Compris gave the program data that helped streamline his SOAR application for social security disability benefits.



I was surprised by how much resilience I still had after so many years locked up...

Jim, Client of an urban outreach program

# Protecting Privacy



## Compris' Tech-Driven Data Capture

While trust is at the core of successful care for all individuals, the bar is even higher for stigmatized behavioral health and SUD conditions. That's why Compris prioritizes keeping assessment information secure, so individuals feel confident in whatever they choose to share, and healthcare systems can fully trust the data they receive.

Compris is delivered through a secure, HIPAA-compliant dashboard that makes its administration simple and efficient. Providers can assign assessments in seconds, track completions in real time, and download results instantly.

Individual assessments are anonymized. Each individual is identified only by a unique Compris Medical Record (CMR) number. No personal health information (PHI) or anything identifiable, such as name, address, or birthdate, is captured. Participant identity remains private and visible only to the assigning provider. This safeguards confidentiality and supports safe, stigma-free participation.

[Aggregate data](#) can be used to stratify risk, identify trends, and help providers improve programs and [target interventions](#), all without compromising individual privacy.

### [Easy use and automatic documentation](#)

With a streamlined, 5-minute workflow, including instant documentation and billing codes, providers can stay informed, monitor progress, close access gaps, and deliver personalized care with a reduced administrative burden.

# Conclusion



## Data with Heart: Putting People at the Center of Care

Behind every data point is a person, and behind every care plan is a path forward. Compris brings both into focus.

It's not just a new assessment tool, it's a new model of care.

One that's accessible, measurable, proactive, and meets people where they are.

One that scales across systems to deliver consistent, coordinated care, while driving accountability.

One that uses predictive insights and personalized care plans to break cycles of crisis, improve outcomes, and reduce costs.

By targeting the right support at the right time, Compris elevates prevention, supports sustained recovery, and helps each individual reach their full potential.

As Compris continues to expand in 2025, our mission remains clear: to make behavioral health care more human, more equitable, and more effective, one insight, one person, and one system at a time.

We invite you to join us on our mission.  
To schedule a demo or discuss a pilot, email us at  
[joyce@compriscare.com](mailto:joyce@compriscare.com) or call 847-831-1454

ANXIETY DEPRESSION PTSD OPIOIDS ALCOHOL NICOTINE OTHER DRUGS DENIAL



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