



Recovery. Together.



**LET'S GET YOU BACK  
TO YOUR ROOTS.**

Roots is an all-inclusive recovery platform that fosters improvement through connection, accountability, and ease. It focuses on healthy (non-toxic) encouragement to inspire its users to not travel down the road of addiction any more.

Any addiction – whether that be drugs, alcohol, pornography, or something else – can have a detrimental effect someone's life, stunting their full potential if they do not change things. Addiction is a serious and difficult problem to take on, but with the right resources, it can be beaten.

Example welcome sequence.

WELCOME TO



Recovery. Together.

**BEGIN MY JOURNEY**

# WE'RE HAPPY YOU'RE JOINING US!

STEP 1 IS SIMPLE: JUST SELECT THE COMMUNITY  
THAT YOU WOULD LIKE TO JOIN!

**JOIN COMMUNITY**



Every community is monitored to ensure safety for all users. By continuing, you are agreeing to our [Terms of Service](#)

# NOW, ADD A SUPPORTER

FIND A TRUSTED FRIEND OR FAMILY MEMBER THAT CAN HELP KEEP YOU ACCOUNTABLE IN YOUR JOURNEY.

**ADD SUPPORTER(S)**

Need help finding a supporter? [Click here](#) and Roots will find one for you.

# FIND A SUPPORT MATCH (SUMA)

WHEN YOU HELP OTHERS, YOU HELP YOURSELF. THE SUMA PROGRAM WILL MATCH YOU WITH SOMEONE WHO IS AT A SIMILAR PLACE IN THEIR RECOVERY JOURNEY, AND TOGETHER YOU WILL WORK TO MOTIVATE AND STRENGTHEN EACH OTHER.

[FIND MY SUMA](#)

This program is optional. [Click here](#) to continue without a SuMa.

# Non-Toxic Encouragement

ROOTS

Today is a new day! You got this!

ROOTS

Close your eyes and take a breath. You're okay.

It is important that Roots doesn't negatively impact its users through ill-timed and/or overly-positive messages. Notifications will evolve based on the user's daily check-ins and Supporter feedback. Users should feel safe and empowered with Roots. They should never feel afraid to log a bad day or ask for help.

For every day that a user holds their streak, their roots grow deeper and their tree grows a bit taller. Missing a day or two does not shrink the tree or chop it down, but just stalls its growth for the day. If a streak is lost for several days, the tree will begin to die. As soon as a user gets at least a day-long streak, the tree will begin to grow again.

Customization options for trees are only available when certain goals are met. Options include different kinds of trees, critters, bird boxes, tree houses, and more.





ROOTS

Hey Tom, how are you doing today? Tap here to check-in and keep your streak!

ROOTS

Tom just completed his check-in and he might need some encouragement. Tap here to view.

Users will be asked to complete a check-in each day.

Roots will notify Supporters when their partner checks in, and the system's AI will inform them if they should view the check-in right away.

## Home

Users can see their progress since joining Roots, find motivation, enter their daily check-in, create a goal, and more.

## Messages

Users can message with their supporters, councilors, and Support Matches (SuMas)

## Community

Users can connect with other community members that are struggling with a similar addiction, as well as connect you with trusted groups near you.



## Emergency Help

Users can press this button at any time and Roots will immediately connect them with a live counselor to help them however needed.

## General Settings

# User Manual (Pt. 1)



Welcome! In this user manual, you will find everything you need to know about using Roots!

## General Information

- Thanks to our powerful AI, you can be sure that anyone you interact with on Roots is a safe (and real) person. Breaking our community guidelines can result in a temporary ban from any/all community features including SuMa, Messages, and the Community tab.
- No technology can replace genuine, human contact. We recommend finding a real-life support group through the Communities tab in addition to using Roots.
- Roots should adapt to you. Consult your Supporter or message our team to customize your recovery plan.
- You can choose remain anonymous in the Community tab, but to join the Support Match program you must use your real name.



# User Manual



## Features (in order of appearance)

- **Community:** When you choose your community, you are declaring what addiction you are going to overcome. Everyone in that community has or had the same addiction as you, and they are ready to help you beat yours as well. Under the Community tab, you can post motivation, ask for help, or view other's posts.
- **Supporters:** They are the guides of your journey and will be there for you every step of the way. Every Supporter goes through a brief training on how to be a good Supporter, and resources will be available to them to guide them through virtually any scenario.
- **Check-ins:** Daily check-ins help monitor your emotional and relapse patterns, as well as gives a sense of your general mental health. Each check-in will include a short survey and a box to write, record, or draw how you're feeling that day.



# User Manual



## Features (in order of appearance)

- Support Matches: An optional program where you are matched with another user struggling with the same addiction. Having a partner other than your Supporter who is in the same shoes as you can be immensely helpful, especially in rougher times. As you help your SuMa, you may find that you are becoming stronger as well.
- Streak Tree: A tree that grows for every day that you keep your streak! If you miss a day, your tree will just pause in its growth. However, after two days it will begin to wither. The longer your sobriety streak or check-in streak, the more customization options get access to!
- Emergency Help: [Not for cases of medical emergency] This feature can be pressed at any time to connect you with a live counselor. There is no shame in pressing the button, and it should be used whenever you are worried about a relapse, having a relapse, just had a relapse, or even just need to talk.

