



**RESPONSIBLE
4RECOVERY**

Welcome to Responsible 4 Recovery

Find out why we created this app, some of our features, take a look at some screen shots and meet the team. Need more info? Email: info@responsible4recovery.com Want to find us on Social Media?

Instagram: [@responsible4recovery](https://www.instagram.com/responsible4recovery)

Facebook: [@responsible4recovery](https://www.facebook.com/responsible4recovery)

Twitter: [@R4R_app](https://twitter.com/R4R_app)

Why was Responsible 4 Recovery created?

Responsible 4 Recovery was created to provide an all-inclusive space to support the unique recovery journey. We found you needed a lot of individual apps to really take a comprehensive approach to recovery: one for mood tracking, one or more for meeting listings, one for tracking your day count, and yet another for motivation and inspiration. There was nothing full service that rewarded wins and provided support.

R4R has a long list of exciting, gratifying features to keep users motivated and enthusiastic to take responsibility for their recovery. We have attached a list of features in our first release, as well as some upcoming enhancements we have planned.

Responsible 4 Recovery Feature List

Release one features:

- "My Day" day counter with badges and trophies celebrating milestones
- Reminder of the users goal and why
- Commitment level check in with custom suggestions based on how committed the user is to their recovery that day
- A daily intention
- Morning and Evening check ins with custom feelings wheel and medication reminders if applicable
- Gratitude space for recording daily thoughts and feelings
- Online meeting listing of AA, NA, or both depending on settings with specific tags to filter and find the meeting the user needs
- Meeting reminders
- Takeaways from meetings attended
- Trigger Tracker, to track the people, places, and things that cause cravings
- "Recovery Spotlight" - a listing of a recovery based business, service, or product
- Resources including Podcasts, blogs, videos, books, distractions, and more
- Sharable badges and trophies to show off the important milestones
- Space for then and now selfies, to remind the user of how far they have come
- Reminder alerts on Apple Watch

Coming soon:

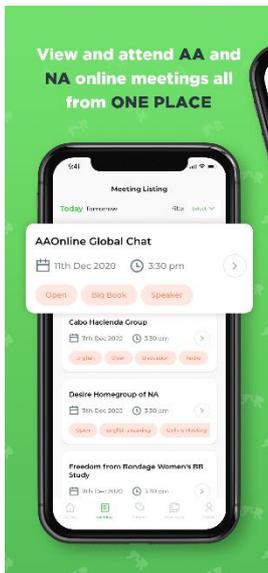
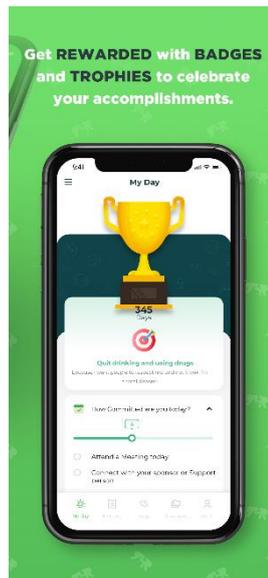
- My Recovery Story (formerly Doctor Download)



**RESPONSIBLE
4RECOVERY**

- Share the Message/Gift subscription to someone
- Android release
- Additional meeting types such as SMART Recovery, Alanon, CA, and more

App Images and Logos



**RESPONSIBLE
4RECOVERY**

Meet the Team

Alex Zorkin is a talented technical mind and leader who has worked on building successful software products for the last 10 years. In his role as CEO and Founder of Big Think Technologies Inc. he takes on the next challenge of building an app that can help people with their recovery and stay healthy when fighting addictions. Responsible 4 Recovery was an



**RESPONSIBLE
4RECOVERY**

opportunity for Alex to take what he has learned from the tech world and apply it to a meaningful human need, which in today's divisive landscape is needed now more than ever.

Stacey Goulet is a Business Analyst, User Experience enthusiast, and Scrum Master with over 12 years' experience helping teams create exciting products. She is the person who works diligently behind the scenes to make sure everything comes together. Stacey is excited to be a part of Responsible 4 Recovery as she has seen the damage addiction causes first hand and wants to be able to help as many people as possible manage their disease.

Nicole Davis is a creative mind with many years of active addiction who has found joy in recovery. Teaming up with the technical trio to develop R4R has been a rewarding way to give back to the recovery community. Nicole has been a dance and fitness studio owner for over 20 years and loves finding ways to apply her skills to a new industry.

Dan Goulet is a seasoned CTO, DevOps Engineer, Technical/System Architect, Developer, and Team Lead with over 25 years of direct experience in various roles within the IT industry. He keeps up to date in industry standard and leading-edge technologies. He is extremely passionate about the software industry and helping people improve their lives through technology.

What People Are Saying

Blog Post:

One of the main challenges in maintaining sobriety is a loss of motivation or purpose. When feeling hopeless and alone it's difficult to get much of anything done, let alone manage a struggle that afflicts over 76 million people around the world. The Responsible 4 Recovery app directly addresses these roadblocks by allowing you to set your goals to work towards, checking in with you every morning and evening to keep you on track, and records your incremental progress day by day. By turning a seemingly impossible objective into a tangible way forward, the R4R lets you get started on your unique journey to recovery no matter at what stage you currently are at. By using a data-driven approach, R4R allows you to monitor your efforts by flagging triggers, tracking progress, and helping you reach your objectives one step at a time. It's a digital partner to help you along your way.

But tech alone cannot replace the human connection in our lives, that's why R4R connects you to online communities that help you through your journey. Through the publishing of group meeting schedules, an entire support network is available to help you make real progress. It is common to feel emotionally and physically secluded from much of the world today, but, with the R4R app available you will not have to go it alone any longer. The social sharing of milestones and rewards keeps you feeling connected.

The journey ahead is not going to be easy, but R4R can help. The app lets you make clear where you want to be going and outlines a concrete path to help you get there, all while building a real community for sustained support. Check out the R4R app available on your phone's app store—connect to a clean and sober future.

Apple App Store Reviews:

[← Back](#)

Ratings & Reviews

Ratings & Reviews

4.9 
out of 5 13 Ratings

Tap to Rate: 

[Write a Review](#) [App Support](#)

Sort by Most Helpful 

- A noble cause** Sun
★★★★★ Papa Jare

Until you invest in yourself and take ownership of your situation, you're not going to go anywhere. Great app, great purpose.
- Download this app! You're worth it!!!** Jan 20
★★★★★ Lysathebff

As rehab becomes further and further out of reach for the average person, it's apps like R4R that will help make recovery possible for everyone! This app uses many proven techniques that will truly make recovery EASIER. Don't get me wrong, it will still be incredibly hard!! But you'll learn professional techniques that are proven to help without even realizing you're learning at all! You'll be building routine and habits by tracking your commitment and reinforcing that commitment with rewards (which studies show is proven to make the habit easier to build and maintain). You'll be setting goals which are proven to be easier to achieve when linking those goals to habits (such as the daily check-ins). You'll also have access to support with meetings making it easier to reach out when you need it. On top of all that, you'll be practicing being mindful by tracking your triggers and emotions which not only is beneficial because you'll naturally gain better insight into what/when/why you turn to that substance in the first place but also because studies show that the simple act of being mindful leads to you being more mindful. We cannot conquer our inner demons without being mindful and conquering those demons is necessary to be successful in recovery! Would love to see guided meditations/yoga nidra included in version 2!
- AMAZING** Jan 15
★★★★★ Thilkhaos

Best support ever! Honestly couldn't come from a better source 🙌 Recovery from all aspects ❤️
- Keeps me supporting myself** Jan 14
★★★★★ Alle_ykat

R4R is motivating and supportive. So nice to have everything I need in one app!
- Such a great tool for recovery** Jan 13
★★★★★ ashleyh*92

Trigger tracking, virtual meeting links, habit and mood tracking... a fantastic way to keep the recovery process going during the craziest and most stressful year ever
- 100% recommend** Jan 13
★★★★★ TayTay7399

This app is so amazing! Such a great idea!



RESPONSIBLE
4RECOVERY

Contact Information

For more information contact us at info@responsible4recovery.com

Find us on social media:

Instagram: [@responsible4recovery](https://www.instagram.com/responsible4recovery)

Facebook: [@responsible4recovery](https://www.facebook.com/responsible4recovery)

Twitter: [@R4R_app](https://twitter.com/R4R_app)