

## RETURNING TO VALUED HOBBIES

### Overview

Participation in activities that are important to an individual may seem easy. But for someone struggling with addiction, it can become extremely difficult. Many of these activities already have some connection to substance use, from drinking at family events to getting high while attending a concert. The activity may require cash that the person no longer has readily available because of their addiction. Other activities may require the person to be at the top of their game, mentally or physically, and the early process of getting well is typically very draining.

At Face It TOGETHER (FIT), we measure our coaching members' sense of participating in important activities using a Risk Assessment (RA). The RA is used to customize coaching support and to track progress in all areas, including our members' participation in areas of their lives that are most important.

### Methodology

This analysis looked at change over time for activity participation using the RA for persons struggling with addiction-related issues. This metric is designed to understand if our members have either reduced or have stopped their valued hobbies. Of the members who met with a FIT peer coach between 1/1/16 and 12/4/19, 65% (857) of FIT members with the disease of addiction expressed concerns, at the start of their coaching, that they often missed out on those activities. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree.

### Results

After engagement with a coach, our members with addiction report reduction in all risk areas, including a tendency to isolate and not engage in things they truly enjoy. As early as 30 days of engagement with a peer coach, 30% of our members express they are more likely to engage in hobbies and other activities they enjoy. This continues to improve as our members are engaged – after 90 days of coaching, 52% report improvement in this area. At the same time, our members are demonstrating improvements in family and social relationships, physical and mental health and connections within their communities. All of these areas greatly impact their ability and desire to participate in those valued activities.

**Figure 1:**  
Member change over time: Important activity participation

