

# FIT @ Work Quarterly Report

October 2019

## Testimonial

*"Face It TOGETHER has been a very important part in me becoming sober... I will recommend Face It TOGETHER to everybody who is looking for a better life."*

– Mona Anderson, coaching member

## Data

We help people in ways that go far beyond abstinence. Here are just a few data points from the quarter.



**76%** improve their family support



**84%** strongly recommend FIT to others



**654** remote coaching sessions this year



**52%** improve their general health

## Partners

You're in good company. Here are a few of our employer partners.



HOUSING & BUILDING  
ASSOCIATION  
OF COLORADO SPRINGS



WORKPLACE  
RESOURCE



**ASSOCIATED  
GENERAL  
CONTRACTORS**

## Content

See how we're making a difference in workplaces, communities and members' lives with the following links.

- [Overcoming trauma and addiction with peer support](#)
- [Feeling understood in addiction](#)
- [Vulnerability, patience and connection: Parker's recovery story](#)
- [First-time ironman racer honors 'unbreakable' father](#)

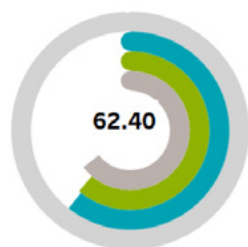
## Average RCI Scores: @ Work Members

The Recovery Capital Index® (RCI) is a multidimensional score, from 1 to 100, measuring an individual's addiction wellness. You can find more information about the RCI [here](#).

Highs and lows on the path to addiction wellness are normal. Those impacted by the disease, including loved ones, have many obstacles to overcome. As shown below, levels of personal, social and cultural recovery capital fluctuate over time. We'll continue to monitor these changes in score to better understand the challenges our members face, and how we can help them achieve their longterm wellness goals.

### Persons with Disease

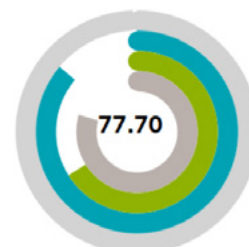
■ Personal ■ Social ■ Cultural



**Initial Assessment:** Cultural capital scores are slightly higher.



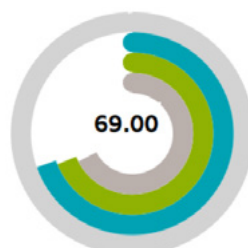
**30-Day Assessment:** Reduction in total score due to a decrease in personal capital.



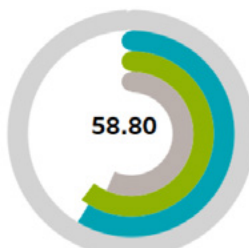
**90-Day Assessment:** Slight reduction in total score due to change in social capital.

### Loved Ones

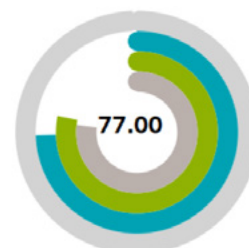
■ Personal ■ Social ■ Cultural



**Initial Assessment:** Personal, social and cultural capital scores are similar.



**30-Day Assessment:** Slight decrease across all capitals.



**90-Day Assessment:** Highest score across all time periods. Greatest growth in social capital.

## Average Risk Scores: @ Work Members

The Risk Assessment (RA) is designed to identify issues that may contribute to the health and wellness of those impacted addiction, including loved ones. It's scored from 0 to 52 – the higher the score, the higher the risk for negative addiction-related consequences.

■ Initial  
■ 30 days  
■ 60 days



**Persons with Disease:** Initial risk is moderate. Greatest decrease in risk happens at 30 days, with additional decrease continuing into 60 days.



**Loved Ones:** Initial risk is moderate. There is a continual slight decrease in risk at 30 and 60 days of engagement.