

## MENTAL & EMOTIONAL WELLBEING

### Overview

Face It TOGETHER (FIT) considers members' social, personal and cultural capital using the Recovery Capital Index (RCI) and risk factors that may impede progress through the Risk Assessment (RA). Mental and emotional wellbeing is one of many components of our members' lives we evaluate. In addition to struggles related to alcohol and other drugs, some members come to us with a clinical diagnosis of depression (58%); anxiety disorder (57%); ADHD (25%); and PTSD (23%). Most (79%) struggle with their mental and emotional wellbeing when they first enroll in FIT coaching.

### Methodology

We looked at 404 members who: were struggling with alcohol and other drugs; were engaged in coaching between 1/1/16 and 5/8/21; and completed outcome assessments at baseline and at least one follow-up. Of that group of members, 318 indicated some type of concern related to their mental and emotional wellbeing at baseline and were included in this analysis. This analysis focused on the baseline and final (regardless of timing) outcome assessments – RCI and RA – for these 318 individuals. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree and all metrics were scored from zero to four.

### Results

More than half (57%) of the members demonstrated a positive change in their mental and emotional wellbeing by the time they ended FIT coaching. After 30 days of coaching, 65% of those who were struggling at baseline demonstrated improvement to their wellbeing; 36% were more satisfied with their emotions and 38% with their mental health; and 23% felt less depressed. About a third (36%) indicated their emotions were less likely to interfere with their life; 32% had someone to turn to for emotional support; and 29% reduced impact of their PTSD-like symptoms. These same metrics are measured at 30-day intervals, which is illustrated in the figure below. Members demonstrated their most positive change in mental and emotional wellbeing at 90 to 120 days of engagement with a FIT coach.

### Discussion

Mental and emotional wellbeing is the second greatest concern (after financial wellbeing) for members when they first start engagement. Managing emotions and mental health is a primary focus of coaching. Members often spend the first several coaching sessions addressing the impacts of addiction to their wellbeing, including their relationships and daily activities (e.g., work).

Peer coaches are just that: peers. They serve as wellness partners and provide emotional support. Equally important, coaches help develop effective strategies and practical skills for members struggling with their wellbeing.

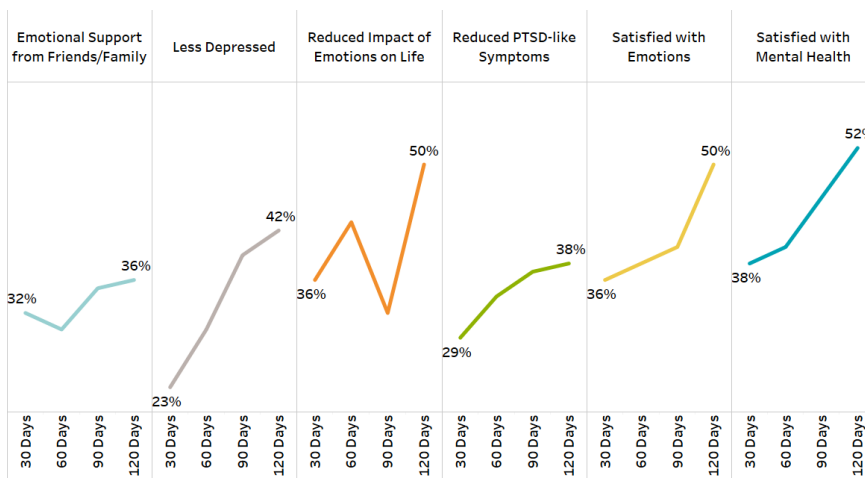


Figure 1: Percent improvement at 30-day intervals in mental & emotional wellbeing