

## THE ROLE OF FAMILY SUPPORT

### Overview

Face It TOGETHER (FIT) provides peer-to-peer coaching in person or via technology (phone and video). All members complete a suite of assessments at baseline and every 30 days of engagement. Members with addiction show an average 8.7% increase in their overall wellbeing after 30 days of coaching. After 60 days, this increases to 9.9% change in overall wellbeing. The family support metrics, part of social capital, focus on a member's impression of their family's help, support, communication and impact. Individual family support metric scores range from zero to four, with an average baseline score of 2.8.

### Methodology

This analysis focused on the outcomes of 469 individuals with the disease of addiction who engaged in coaching between 1/1/16 and 7/12/2020. All 469 members scored no more than 75 out of 100 points in the family support sub-component of the Recovery Capital Index (RCI). Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree. This brief focuses on percent change in family support metrics from baseline scores to 30- and 60-day results.

### Results

Half (50.7%) of the members demonstrated a positive change in their overall family support score after just 30 days of engagement. After 60 days of engagement, members with a positive change in this area decreases to 44.6%. After 60 days, three of the five family support metrics show a decrease in percent change when compared to 30 days: has a positive impact on my health; is emotionally supportive; is helpful. The other metrics (is there for me to talk to; is willing to help with decisions) showed a significant increase in percent change from 30 days to 60 days.

### Discussion

A little more than half (60.7%) of FIT members during this time period struggle with family support. While FIT offers a coaching program for loved ones, the majority of members included in this analysis didn't have a loved one also enrolled in coaching while they were receiving support. Through a recent qualitative study, which is soon to be published, FIT found several key areas that were improved in family relationships when both the loved one and the person struggling engaged in peer coaching.

Improving family relationships is key for those who are struggling with alcohol and other drugs. FIT continues to use its data and ongoing discovery to help families improve their relationships, which have been negatively impacted by addiction.

**Figure 1:**  
Percent change in family support metric score from baseline to 30 days & 60 days

