

## MEASURE OF SUCCESS

### Overview

Face It TOGETHER (FIT) focuses on all aspects of members' lives. We do not focus on sobriety only, as is typical within the field of addiction wellness. Instead, we consider our members' social, personal and cultural capital using our Recovery Capital Index (RCI). Members complete the RCI at baseline and every 30 days of engagement. They typically stay engaged with a coach for more than 90 days. Members with addiction show an average 8.6% increase in their overall wellbeing (RCI total score) after 90 days of coaching. FIT uses a 10% change in total score from baseline to follow-up RCI as one metric of member success.

### Methodology

This analysis focused on 120 individuals with the disease of addiction who engaged in coaching between 1/1/16 and 8/14/2020 and completed an RCI at baseline and every 30 days for four consecutive months. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree. This brief focuses on change in RCI total score when comparing baseline results to the 60-day, 90-day and 120-day RCI.

### Results

After 90 days of engagement, 77% of the eligible members demonstrate a positive change in total score when compared to their baseline. Almost half (41%) had a minimum 10% change from baseline to their 90-day RCI. Less members (33%) achieve the 10% or greater overall change at 60 days. After 120 days, 43% of members achieve 10% or greater overall change. It is at 90 days that our members with addiction show the greatest change in overall score (8.6%). The maximum percent change from baseline to 90 days is 53.7%; minimum is -29.4%; median is 7%.

### Discussion

Too often, the world has one data point for addiction wellness: sobriety. The RCI metrics focus on a person's life through a variety of personal, social and cultural aspects. While we ask about current level of use, it is not a critical factor in determining whether or not members are well. Our peer coaches set members up for long term success by addressing areas in their lives that are impacting their overall wellness.

Length of engagement with a FIT coach is one factor associated with the overall success for our members. Typically, members show an improvement at 30 days, a decline in all areas at 60 days and continue to see an increase from 90 days on. While not all our members reach a 10% or greater increase in their score after 90 days, most (77%) achieve a positive change overall.

Figure 1: Percent change metrics at 30, 60, 90 and 120 days

	+ Change - % Members	>10% Change - % Members	Average % Change	Median % Change
30 Days	77.1%	36.1%	8.0%	7.4%
60 Days	68.3%	33.3%	6.6%	5.2%
90 Days	76.7%	40.8%	8.6%	7.0%
120 Days	74.1%	42.6%	7.7%	7.3%