

GENERAL HEALTH

Overview

Using our Recovery Capital Index (RCI), we have a holistic view of our members' lives. Members with addiction complete the RCI at baseline and every 30 days of engagement; they typically stay engaged with a peer coach for more than 90 days. Many (68%) members report poor general health at baseline. Half (50%) of those members report an improvement in their general health when they end their coaching engagement.

Methodology

This analysis focused on 537 individuals struggling with alcohol or other drugs. All participants engaged in coaching between 1/1/16 and 9/12/2020 and also completed an RCI at baseline and at least one follow-up. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree. The RCI is comprised of 22 sub-components. Scores in each sub-component range from 1 to 100. This brief focuses on change in RCI general health score, one of the sub-components, when comparing baseline results to the 120-day RCI.

Results

After 120 days of engagement, 57% of the participants report a positive change in their general health when compared to their baseline. Out of the 537 individuals, the maximum percent change in general health from baseline to 120 days is 200%; minimum is -79%; average is 15.8%; median is 9%. Almost half (42%) feel better overall with an average 25.7% change from baseline to 120 days. Members are also asked about their health fears – 37% are less fearful after 120 days. Some members (36%) feel more rested and 22% are less likely to be bothered by physical pain. The general health sub-component is one of nine that comprise the RCI Personal Capital.

Discussion

Problematic alcohol and other drug use can often lead to physical issues (e.g., insomnia, liver disease, heart disease). Management of addiction usually requires significant changes in lifestyle and behavior, such as diet and exercise. Face It TOGETHER (FIT) peer coaches help members address the areas in their lives that hinder wellness. Length of engagement is one factor associated with overall success for our members. Typically, members show an improvement after 30 days, a decline in all areas at 60 days and continue to see an increase at 90 days and on.

FIT looks at 22 different areas of a member's life while evaluating their wellness journey. General health is just one of these areas, but it can easily impact other parts of a member's life if not addressed. Members with addiction typically come to us with other critical areas of concern (e.g., employment, financial wellbeing, etc.). These more critical areas are the immediate focus of the coaching process; however, general health is discussed throughout the entire time of engagement. Peer coaches use the results of the RCI, among other assessments, to help members continue their progress.

Figure 1: General health metrics: percent members improve at 120 days

