

## IMPACT OF COACHING ON MENTAL HEALTH

### Overview

Sobriety alone doesn't tell us much about changes in a person's overall wellbeing. We measure addiction wellness through the Recovery Capital Index (RCI), an externally validated instrument that captures multiple domains of physical, mental and emotional wellness. Each person enrolled in addiction management coaching with a Face It TOGETHER (FIT) peer coach is given the RCI at baseline and every 30 days of engagement. Clients receive a multi-dimensional score, from 1 to 100, which is used to track their progress and to inform customized coaching support.

### Methodology

This quantitative evaluation analysis focused on 265 clients with the disease of addiction that engaged with a FIT peer coach between 1/1/16 and 6/30/18. All clients completed a baseline RCI and at least one follow-up. This analysis focused on the metric: "I am satisfied with my mental or psychological health." Responses were on a 5-point Likert scale (strongly agree, agree, neutral, disagree, strongly disagree); this analysis focused on the response change across time periods of engagement (baseline, 30 days, 60 days, 90 days, 120 days).

### Results

In the first 30 days of engagement with a FIT peer coach, half (50%) of the individuals who completed an RCI in this period reported a positive change in satisfaction of their mental health, while 11% have a negative change. At 60 days, close to a third (29.8%) reported a positive change from their baseline response. This drop is evident in most of the client outcomes tracked by FIT. Our analysis of the self-reported data shows that this period of intense positive change in the first 30 days is due to several factors, including the increase in hope our clients feel after talking with someone who has a similar life experience. The drop at 60 days is a testament to the hard work our clients are engaged in with their FIT coach. At 90 days, clients report a positive change (40.4%) again in satisfaction of their mental health, and this growth continues into the 120-day window (45.2%).

**Figure 1:**  
Percent change, from baseline, in client responses

