

THE RECOVERY CAPITAL INDEX[®]

– How we measure addiction wellness –

Sobriety alone doesn't tell us much about changes in a person's whole wellbeing.

Our measurement tool gives our members a true picture of their addiction wellness – in more than 26 areas covering emotional, mental and physical health.



- Face It TOGETHER's proprietary tool for measuring changes in addiction health.



- Has been **externally validated** and published in a peer-reviewed medical journal as an effective measure of addiction wellness, regardless of a person's treatment modality, recovery pathway or substance.

- Captures multiple domains of physical, mental and emotional wellness.

- A multi-dimensional score, from 1 to 100.



- Tracks progress and informs **customized coaching support**.

- Used for those with the disease and loved ones.



– A true picture of wellness –

The RCI is a holistic, person-centered metric that tracks wellness of the whole person.

Social capital	Personal capital	Cultural capital
Family support Significant other Social support Social mobility Healthy lifestyle Access to healthcare Safety	General health Mental wellbeing Nutrition Employment Education Financial wellbeing Housing situation Transportation Clothing	Beliefs Spirituality Sense of purpose Cultural relevance Sense of community Values

Face It TOGETHER developed the RCI to provide more useful information about **changes in the wellbeing** of our members as they work with our coaches. The RCI tracks changes in three primary areas shown to play a key role in someone's ability to get well from addiction: personal, social and cultural capital.

There are few effective measures for recovery from drug and alcohol addiction - most narrowly focus only on sobriety. The RCI is administered every 30 days and is used to measure member progress, **inform individualized care** and prove outcomes.