

## IMPACT OF COACHING ON TRAUMATIC MEMORIES & THOUGHTS

### Overview

The Risk Assessment (RA), developed by Face It TOGETHER (FIT), assesses the risk for recurrence of addiction symptoms or issues that affect a member's wellbeing. RA metrics focus on overall health (stress, hopefulness), external factors (employment, criminal justice activity, healthcare utilization), connectedness (activities, relationships) and addiction status. The RA is administered at enrollment and every 30 days of coaching.

Anxiety and/or post-traumatic stress disorder (PTSD) are commonly comorbid with addiction. Additionally, stress, negative memories and moods are often associated with the recurrence of addiction symptoms. Reducing our members' risk of repeated, disturbing memories, thoughts or images is critical on their journeys to wellness.

### Methodology

This quantitative evaluation analysis focused on 257 members with the disease of addiction who met with a FIT peer coach between 1/1/16 and 11/27/18. All members completed a baseline RA and at least one follow-up. This analysis focused on the metric: "I have repeated, disturbing memories, thoughts or images of a stressful experience from the past." Responses were on a five-point Likert scale (strongly agree, agree, neutral, disagree, strongly disagree). This analysis focused on the response change across time periods of engagement (baseline, 60 days).

### Results

After 60 days of engagement with a FIT peer coach, more than half (59.8%) of our members experience a decrease in the occurrence of repeated, disturbing memories from the past. Within that same period, three members indicate an increase in these types of memories, thoughts or images, while the remaining members (37.3%) report no change. This level of change remains consistent as members continue their engagement with an addiction management coach.

We have a number of FIT peer coaches who specialize in working with members impacted by trauma and anxiety. Coaches help members work through these challenges and remind them that they're not alone.

**Figure 1:**  
Percent change, from baseline to 60 days, in repeated, disturbing memories, thoughts or images among FIT coaching members.

