

IMPACT OF COACHING ON COMMUNITY CONNECTIONS

Overview

The Risk Assessment (RA), developed by Face It TOGETHER (FIT), gauges the risk for recurrence of addiction symptoms or issues that affect an individual's wellbeing, including connectedness. Addiction wellness is measured through the Recovery Capital Index (RCI), an externally validated instrument that captures multiple domains, including those focusing on connections and relationships. Each person enrolled in FIT's addiction management coaching completes both of these assessments at baseline and every 30 days of engagement.

Building connections with others, through close relationships and community involvement, is an important part of the work FIT coaches do with members. Johann Hari, a British journalist and author, says it best when he concludes that the opposite of addiction isn't sobriety, it's connection. FIT embraces this on all levels, including what we call individuals who engage with us for coaching: members. Our members are part of an extended ecosystem of activation, support, motivation, health, strength, connection and wellness.

Methodology

This analysis looked at change over time regarding four metrics focusing on the connections our members have with their communities: 1) Support to others; 2) Importance of service to others; 3) Level of community connection; and 4) Sense of connectedness. Of the members who met with a FIT peer coach between 1/1/16 and 2/28/19, 293 members with the disease of addiction expressed concern with their sense of connectedness when they first started coaching. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree.

Results

After 30 days of FIT coaching, 71% of the cohort noted a positive change in their view of service to others. At 60 days, 81% expressed a deeper sense of connection to their communities. After 90 days, 92% felt their sense of connection was improved; and at 120 days 66% noted that others in their communities looked to them for support. FIT addiction management coaching positively impacted the ways members with the disease of addiction connect with others, including their community-at-large.

Isolation is a very serious issue for those impacted by addiction. Individuals often withdraw from their families, friends and coworkers due to the shame that comes with the disease. By improving their feelings of connectedness, members receive valuable support and are more empowered to effect change in their lives.

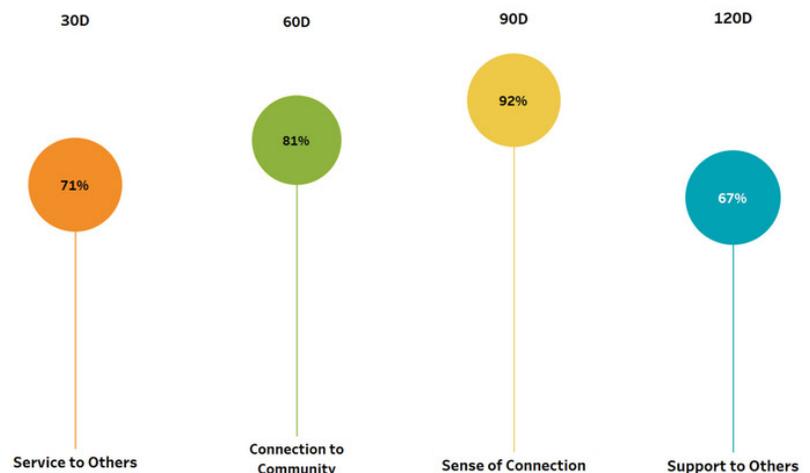


Figure 1: Percentage of members improving aspects of connections over length of engagement with a FIT peer coach.