

POSITIVE CHANGES IN FAMILIAL SUPPORT OVER TIME

Overview

There are many common behavioral symptoms of addiction, including significant harm to meaningful relationships. It can be difficult having a close, intimate relationship with someone who is exhibiting addiction symptoms. Despite this, most loved ones (LO) of those with the disease of addiction (PWD) are willing to help and want to be equal partners in the wellness journey. Face It TOGETHER (FIT) recognizes that having an informed, healthy and engaged LO has long been undervalued in the addiction wellness process. We believe a healthy LO is incredibly important to the wellness process of PWDs. When LOs build strength, they increase their capacity to accept what they can't change and change what they can, including the communication within the family structure. FIT measures members' relationships and community connectedness through social capital, along with personal and cultural capital, using the Recovery Capital Index (RCI). The RCI is used to customize coaching support and to track progress in all areas, including our members' familial relationships.

Methodology

Many of our members (33.5% of LOs; 42.4% of PWDs) begin their engagement with FIT indicating concerns with their overall family support structure. This analysis looked at change over time regarding four metrics on family supports: 1) willingness to help; 2) emotional support; 3) communication; and 4) decision-making help. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree.

Results

Most of our members (91% of LOs; 73% of PWDs) that were struggling with family supports when they started coaching demonstrated a positive change after 75 to 90 days. Most of our members report they are more likely to have family members that are willing to help when they need it. We also see improvements in communication, which has a direct impact on family relationships overall. Of our LO members, 89% report receiving increased emotional support from family members. For most of our members, family make up the most meaningful and important relationships in their lives. Our peer coaches understand that rebuilding and strengthening these family relationships is often crucial to members' wellness journeys.

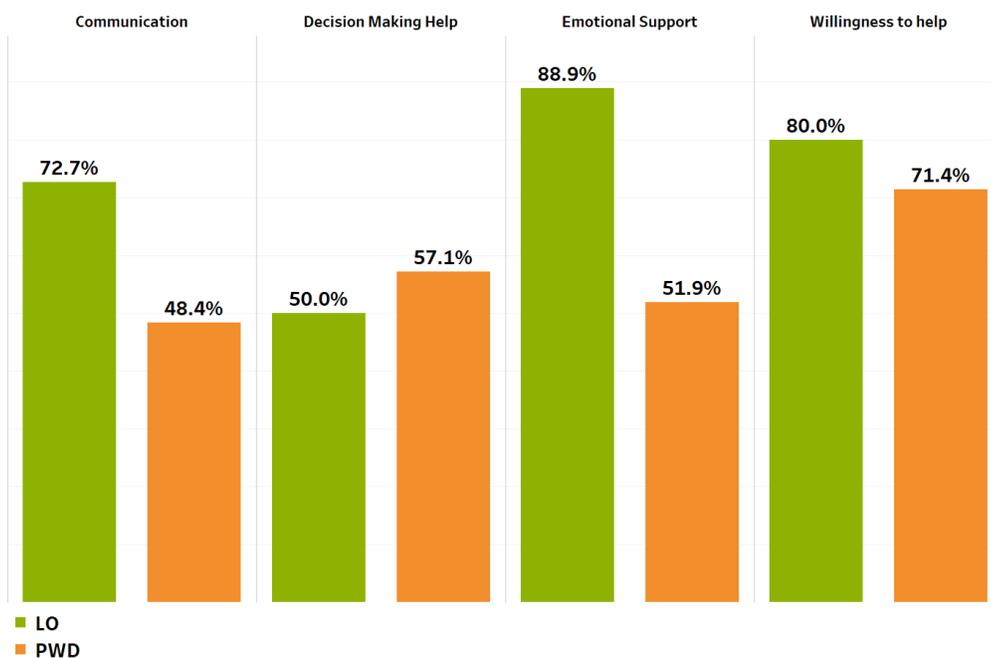


Figure 1: FIT members with positive change in family support, baseline to 75-90 days of engagement