

## ENJOYING LIFE & GETTING WELL

### Overview

The Risk Assessment (RA), developed by Face It TOGETHER (FIT), assesses the risk for recurrence of addiction symptoms or issues that impact a client's wellbeing. RA metrics focus on overall health, external factors, connectedness and use. Greater enjoyment of life has been correlated with reduction in illness, including a lower risk of death, even after accounting for factors such as depression and health behaviors\*. While suffering from the disease of addiction, people remove themselves from activities, such as hobbies, that bring them joy and relaxation. FIT addiction management coaches work closely with clients to identify activities they enjoy and encourage clients to engage in them. This has a direct impact on reducing the client's risk of a recurrence of symptoms.

### Methodology

This evaluation activity focused on looking closer at clients' increased participation in activities that are important or interesting to them. Evaluation cohort included all FIT clients with the disease of addiction, coached for at least 120 days (January 1, 2016 to December 31, 2017) and completed a baseline and follow-up RA. There were 86 clients that qualified for this analysis.

### Results

After at least 120 days of addiction management coaching with a peer, there was a 94% increase in the number of people disagreeing that they are cutting back on activities that are important or interesting to them. Of those that were less likely to cut back on enjoyable activities, 53% are considered at a low risk for recurrence of symptoms after 120 days of coaching. It is important to note that involvement in enjoyable activities is just one of many factors related to reducing that risk.

*I have given up or cut back on activities that are important or interesting to me.*

**Figure 1:**  
After at least 120 days of FIT coaching, people are more likely to be involved in activities they enjoy

