

RECOVERY CAPITAL INDEX

Overview

The Recovery Capital Index® (RCI), developed by Face It TOGETHER (FIT), measures addiction wellness using 3 domains and 22 components, providing a comprehensive baseline and assessment of intervention effectiveness to allow for the tracking of client progress and to tailor support. The RCI is a holistic, person-centered metric irrespective of a person's treatment modality, recovery or wellness pathway.

Methodology

One of FIT's goals is that people will get well and stay well. This quantitative evaluation activity focused on understanding the positive change clients demonstrate in their personal, social and cultural wellbeing while engaged through peer addiction management coaching. Evaluation cohort included all FIT clients with the disease of addiction that completed both a baseline and at least one follow-up RCI from January 1, 2016 to May 25, 2017.

- 579 RCIs completed by 321 unique clients overall
- 132 clients and their corresponding baseline and follow-up RCIs qualified for the cohort

Results

Clients demonstrated an 8.5% change in RCI total score from baseline to 30 days following. Clients continued to demonstrate growth in RCI total score as they continued their engagement with a FIT peer addiction management coach. After 91 days of peer coaching, FIT clients demonstrated a 17.0% change in total RCI score; 17.8% change in personal score; 16.5% change in social score; and 17.6% change in cultural score.

Figure 1:
RCI Scores By
Engagement
Length

