

RECOVERY CAPITAL INDEX AND USE

Overview

The Recovery Capital Index® (RCI), developed by Face It TOGETHER, 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. In addition, Face It TOGETHER queries clients regarding their use of a substance since their prior addiction management coaching session. FIT is interested in understanding the impact of applying relevant interventions to maximize the growth of recovery capital on the client's quality of life and their use or non-use of substances.

Methodology

One of FIT's goals is that people will get well and stay well. This quantitative evaluation activity examined clients' reduction in use between their visits with an addiction management coach and the increase in their RCI scores. Evaluation cohort included all FIT clients with the disease of addiction, participating in in-person coaching, that completed at least one RCI and answered at least one check-in question regarding use from January 1, 2016 to September 13, 2017. There were 161 clients that qualified for this analysis.

Results

Clients with a higher RCI score were more likely to report not using since their last in-person coaching session. The most significant change is noted when clients increase their RCI scores from the 40s to the 50s. The RCI measures individual progress over time, identifying and measuring the increase or decrease of recovery capital – internal and external resources or assets – in the person's life. The RCI has been validated as an instrument to measure addiction wellness, of which use or non-use is just one of many symptoms of the disease of addiction.

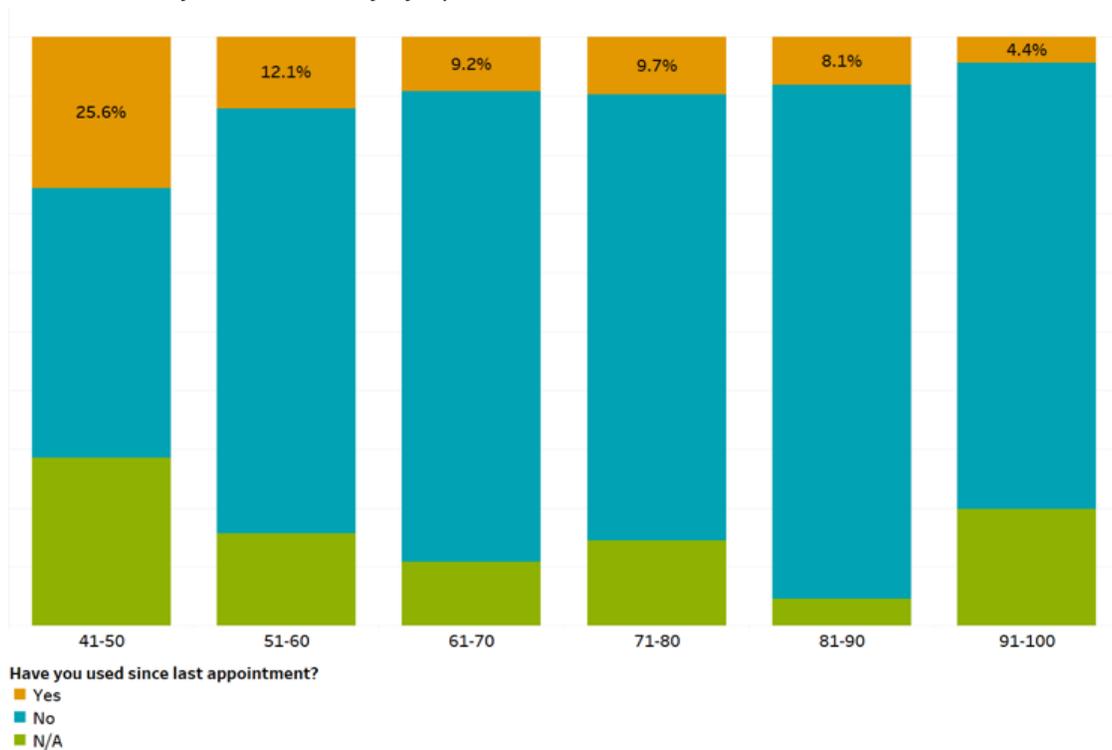


Figure 1:
Use Since Last Visit
Compared to RCI Score