

SOCIAL MOBILITY

Overview

At Face It TOGETHER (FIT), we focus on all aspects of our members' lives. When we think of success, we don't focus on sobriety alone. Instead, we consider our members' social, personal and cultural capitals using the Recovery Capital Index (RCI). Under social capital, FIT looks at members' social mobility, or the change in their social or professional networks. Many (70%) report concerns related to social mobility at baseline. Over half (59%) of those with concerns report greater satisfaction in social mobility after coaching, regardless of how long they stayed engaged.

Methodology

FIT looked at 561 members who met the following criteria: struggled with alcohol and other drugs, were coached between 1/1/16 and 11/7/2020 and completed an RCI at baseline and at least one follow-up. Of those, 392 (70%) indicated concerns related to social mobility. To focus this brief, the 120-day RCI results were selected and 91 members (23% of those that were struggling at baseline) were included in the analysis. The analysis looked at the change in RCI social mobility metrics, comparing baseline results to the 120-day results. Baseline and follow-up responses were on an ordinal scale from strongly agree to strongly disagree and all metrics were scored from zero to four.

Results

After 120 days of engagement, 65% (60/92) of identified members report a positive change in social mobility compared to baseline. The average percent change, for all 92 identified members, in social mobility from baseline to 120 days is 38.5% and the median is 19.9%. Social mobility, one of seven sub-components in the RCI social capital, explores the potential for change in social or professional networks, impact of current networks on life goals and feelings of being unaccepted by peers. Only 13% (19/92) of the identified members indicated positive change in the three metrics that make up social mobility: 35% felt the potential for change was improved, 39% were more positive about their networks' potential impact on goals; and 46% felt their addiction was less of a hindrance to being accepted. Average percent change in metrics from baseline to 120 days ranged from 25% to 50% (see figure).

Discussion

Addiction often impacts the way someone views their future. It can also affect the way others view that individual. Additionally, it's common for problematic use to have a negative impact on relationships with others, the ability to obtain income to reach life goals and the potential for growth in education and/or professions. Combined together, someone with addiction is very likely to struggle with social and professional networks. Management of addiction requires significant changes in lifestyle and behavior. Effective support systems need to address all areas of someone's life in order to ensure longterm success, including the development of social and professional networks. This process can take time, which is why this analysis focused on individuals who were coached for at least 120 days.

Figure 1: Social mobility metrics, percent change from baseline to 120 days

