

# Coaching Outcomes

2016-2019

**10,272 coaching sessions**

of those,  
**3,466 were remote coaching sessions**

(phone & video)



## Member demographics

### PRIMARY ADDICTION

Of our members who struggle with the disease of addiction, 7% indicate they struggle with more than one substance. Below are the substances our members with addiction struggle with most often.

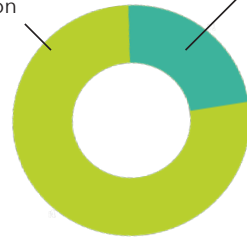
*Note: Excluding members who opted not to disclose.*

- **57%** alcohol
- **22%** meth
- **10%** opioids
- **7%** marijuana
- **1%** cocaine

### MEMBER TYPE

**1,536**  
people with  
addiction

**461**  
loved ones



### GENDER

people with addiction

**46% FEMALE**

**54% MALE**

loved ones

**80% FEMALE**

**20% MALE**

We continue to learn how our members' recovery capital is impacted by peer coaching.

Our most recent data shows members' total scores increase the most after 90 days, the same time they see their greatest personal capital. Cultural capital is at its highest after 120 days and social capital stays consistent throughout most time periods.

### 30 DAYS



### 60 DAYS



### 90 DAYS



### 120 DAYS

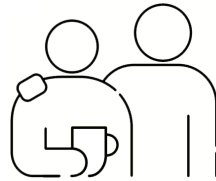


- total score
- cultural capital
- social capital
- personal capital

# Member outcomes

## LOVED ONES

- 63% are less likely to feel the impact of **past trauma**
- 60% no longer participate in unhealthy enabling
- 68% feel like addiction is no longer interfering with unhealthy decision-making
- 80% have **wellness plans** that reflect their values
- 86% no longer feel depressed
- 90% are supported in **healthy lifestyles**
- 83% have goals for their future
- 63% are less likely to have addiction negatively impact their employment
- 91% feel better overall
- 67% are **supported emotionally** by their loved ones



## AT 90 DAYS:

**73%** of all members show reduced negative impact to employment

## PEOPLE WITH ADDICTION

- 77% reduce involvement with criminal justice system because of addiction-related issues
- 63% feel better in their **overall health**
- 65% reduce their use of healthcare because of addiction-related issues
- 67% have **goals and hopes** for their future
- 73% are more clear on their personal values
- 70% reduce their intake of alcohol
- 71% no longer feel depressed
- 76% reduce their intake of illicit drugs
- 80% are supported in **healthy lifestyles**
- 72% reduce their cravings to use
- 84% reduce negative impact to their employment
- 74% **meaningfully participate** in their communities
- 77% have wellness plans that reflect their values