

## 2026 Overdose Prevention Summit

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Before the presentation begins:

1. Scan the QR code with your phone.
2. Hit send when your text message opens.
3. In the same text thread, type and send: RCI36
4. You'll get a link to the RCI 36 survey
5. Complete the survey to see what RCI is all about and the questions we'll be discussing today!

Thank you for participating and helping us redefine recovery together!





# REDEFINING RECOVERY: Measuring Hope and Healing in Recovery Support

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2026 Overdose Prevention Summit

*Commonly***WELL**  
Recovery  
Capital Index®







# REDEFINING RECOVERY:

## Measuring Hope and Healing in Recovery Support

2026 Overdose Prevention Summit

Presented by Young People in Recovery (YPR)



### PANELISTS:

Billy O'Bryan – YPR KY Program Director

Chelsea Craycraft – YPR National Program Director

RCI36



## OVERVIEW

- Redefining success in recovery:
  - Traditional measures focus on abstinence or relapse
- YPR and Commonly Well introduce holistic metrics reflecting real life outcomes:
  - Life Satisfaction (Cantril Scale)
  - Recovery Capital (Recovery Capital Index – RCI)
- 2025 YPR Impact Report shows clear, measurable improvements in both





## ABOUT YPR

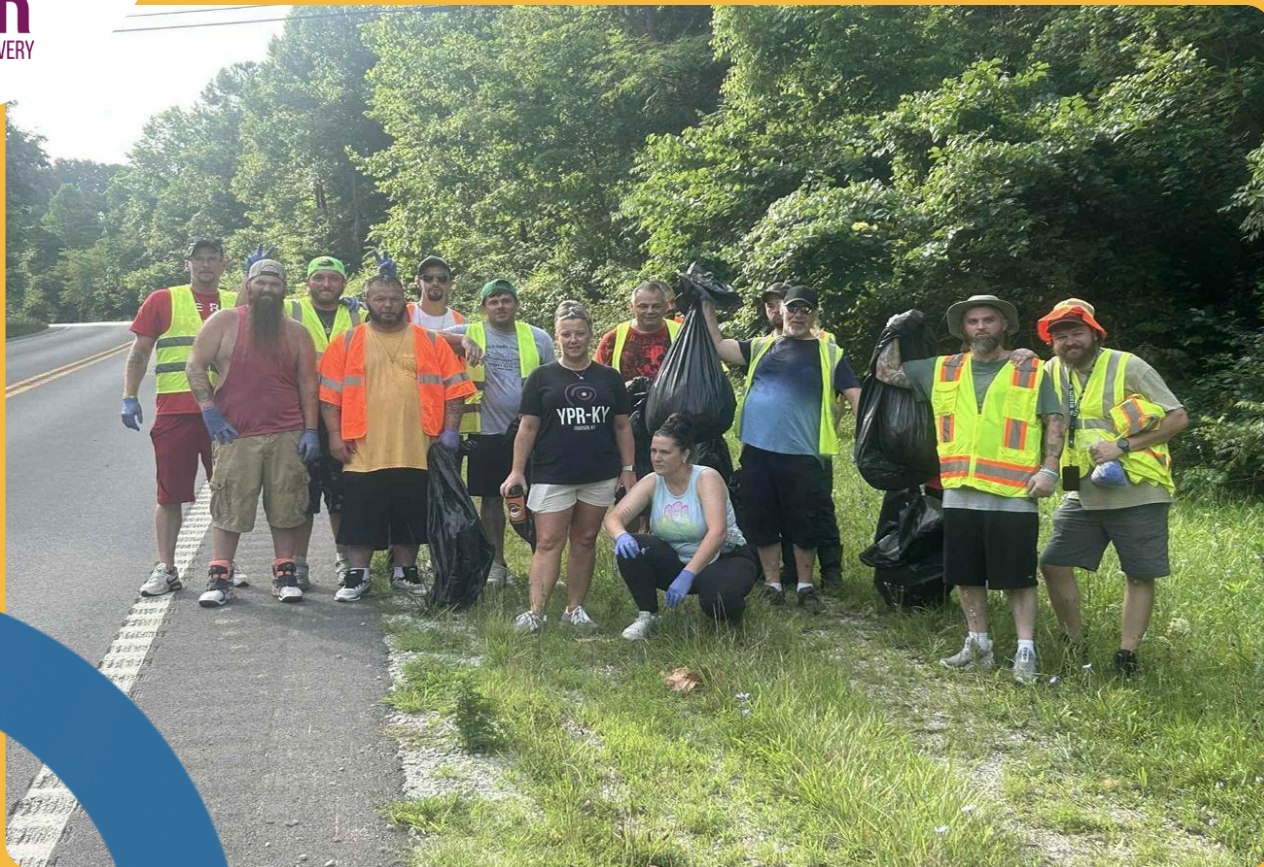
- **National**, peer-led recovery organization
- **Vision:** YPR envisions a world where all young people have the resources they need to thrive in recovery from addiction to drugs and alcohol
- **Mission:** YPR's mission is to provide the life skills and peer support to help young people recover from substance use disorder and reach their full potential
- **Programs include:**
  - Peer-led support groups
  - Leadership development
  - Employment and skills training
  - Pro-social activities building belonging and hope



# THE 2025 IMPACT STUDY

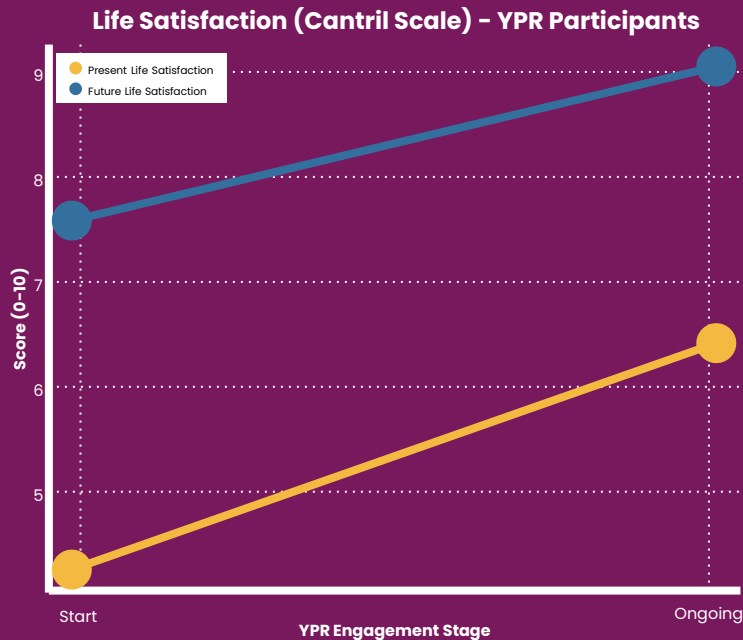


- Evaluation by Commonly Well (March 2025)
- 180 responses; 157 valid
- 165 RCI completions
- Data: Jan 2023 – Mar 2025
- Tools:
  - Cantril Self-Anchoring Scale – Life Satisfaction
  - Recovery Capital Index (RCI) – Personal, Social, Cultural capital
- Focus: life satisfaction, recovery capital, and connection to YPR engagement



## KEY FINDING #1: LIFE SATISFACTION

- YPR participation significantly improves life satisfaction:
- Before YPR: 76% in Struggling/Suffering
- After YPR: 70% now Thriving (Gallup classification)
- Average Cantril scores:
  - Present life: 4.3 → 6.4
  - Future life: 7.6 → 9.0
- Participants show higher hopefulness and optimism for the future

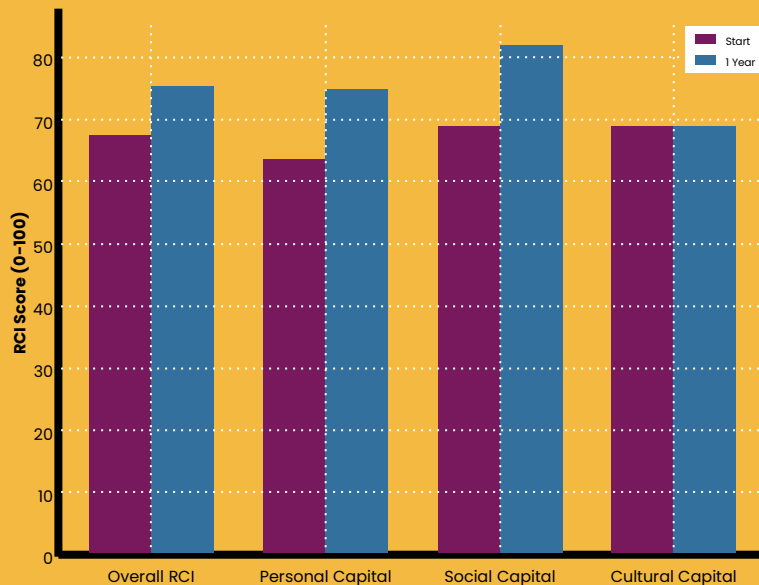




## KEY FINDING #2: RECOVERY CAPITAL GROWTH

- Recovery Capital Index (RCI) gains over time:
- Average RCI: 67.7 → 75.7 after 1 year (+8 pts)
- Personal Capital: +11.1 pts
- Social Capital: +12.9 pts
- Cultural Capital stable (identity in progress)
- 30% saw measurable growth
- 95% completed RCI within 30 days of joining YPR

Recovery Capital Growth (RCI) - 1 Year Change





# WHAT THE DATA MEANS

- Recovery isn't just abstinence — it's growth, belonging, and purpose
- YPR's peer-led, community-based approach builds:
  - Social connection
  - Self-efficacy
  - Future orientation and resilience
- Hope and connection are measurable outcomes



## TOOLS & FRAMEWORKS

- Holistic Evaluation in Action:
  - Recovery Capital Index (RCI): measures internal and external assets
  - Cantril Scale: global well-being indicator
- Together, they provide:
  - Longitudinal insight into recovery growth
  - Evidence for program impact
  - Tools adaptable to peer/youth recovery programs





# IMPLEMENTATION STRATEGIES

- Integrate RCI into recovery organizations
- Train peer leaders in reflective measurement
- Use data to:
  - Improve programming
  - Demonstrate outcomes to funders
  - Advocate for equitable, non-clinical recovery supports



# POLICY & PRACTICE IMPLICATIONS

- Moving from 'symptom reduction' to 'life restoration':
  - Funders should include life satisfaction and recovery capital metrics
  - Center lived experience as data
  - Recognize peer recovery support as validated intervention
  - Align policy with whole-person recovery frameworks



# RCI In Action

Each question in the RCI measures subjective experience across the three domains:

- Personal Capital: Health, knowledge/skills, and basic human needs
- Social Capital: Family/home, social networks, and healthy environments
- Cultural Capital: Values, spirituality, and community connectedness

## Sample RCI Question (Personal Capital – Health & Wellness)

**In the past 30 days, how would you rate your overall physical health?**

- **Excellent**
- **Good**
- **Fair**
- **Poor**

## Sample RCI Question (Social Capital – Family & Home)

**I feel supported by the people I live with or consider family.**

- **Strongly Agree**
- **Agree**
- **Disagree**
- **Strongly Disagree**

# Sample RCI Question (Cultural Capital – Sense of Purpose)

**I feel that my life has purpose and meaning.**

- **Always**
- **Often**
- **Sometimes**
- **Rarely**



# RCI



Audience Feedback and Reflection



## KEY TAKEAWAYS



Evidence: improved life satisfaction  
& recovery capital



Holistic tools like RCI  
redefine measurement



Hope, identity, and connection  
sustain recovery



Policy must evolve to fund peer-  
driven models





# THANK YOU

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