



Our mission is to get people with addiction and their loved ones well.



Face It TOGETHER[®]

Addiction wellness via peer coaching: A focus on families

About us

- Face It TOGETHER was established in 2009 in Sioux Falls.
- We provide effective, science-based peer coaching for people impacted by addiction, including loved ones by phone, video or in-person.
- We serve members in more than 46 states.

Coaching overview

- The power of the peer
- Somewhere between counselors and sponsors
- Extensive coach training and Quality Assurance process
- All coaches are employees

Coaching overview

- Emphasizes shared lived experiences
- Member placement for best match
- No set treatment plan

Recovery pathways

- Completely member-led
- Variety of coach experiences to call upon
- Harm reduction
- Navigation services

Loved ones

- Communication, boundaries, modeling behavior change
- Compassionate approaches
- Help is available, regardless if their PAR wants to get better

Data philosophy

A group of people are gathered around a table, looking at a laptop screen and papers. The laptop screen displays a dashboard with various charts and graphs. One person is pointing at the screen, while another is writing on a piece of paper. The scene is dimly lit, suggesting an indoor setting like a conference room or office.

We focus on all aspects of our members' lives, not just their use.

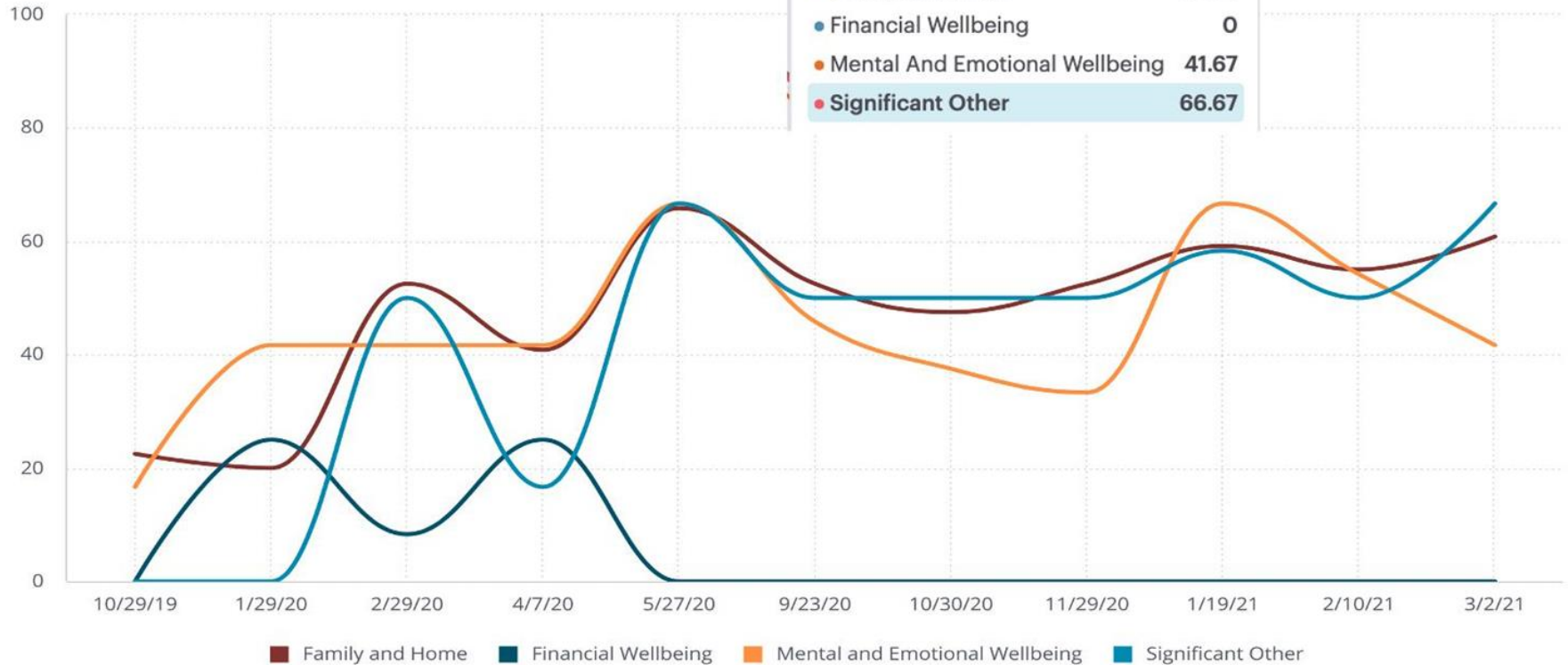
Recovery Capital

PERSONAL CAPITAL	SOCIAL CAPITAL	CULTURAL CAPITAL
<ul style="list-style-type: none">• General Health• Mental/Emotional Wellbeing• Nutrition• Employment• Education• Financial Wellbeing• Housing & Living Situation• Transportation• Clothing	<ul style="list-style-type: none">• Family Support• Significant Other• Social Support• Social Mobility• Healthy Lifestyle• Access to Healthcare• Safety	<ul style="list-style-type: none">• Beliefs• Values• Spirituality• Sense of Purpose• Cultural Relevance• Sense of Community

Filters Patient dae8ec9d-a6b7-44b1-bd82-553c9bad2683

[1 more...](#)

Recovery Capital Index



AT 60 DAYS OF COACHING:



89%

reduce the negative impact on their employment



79%

reduce involvement with criminal justice system because of addiction-related issues

AT 90 DAYS OF COACHING:



75%

reduce their healthcare usage because of addiction-related issues



75%

are now seeing a primary care physician

AT 120 DAYS OF COACHING:



83%

have more meaningful participation in their community

Loved ones

AT 30 DAYS OF COACHING:



33% have more meaningful participation in their community

AT 60 DAYS OF COACHING:



38% now have people in their community that look to them for support

AT 90 DAYS OF COACHING:



69% are less likely to have addiction negatively impacting their employment

Myths debunked

- **MYTH:** Tough love, interventions and ultimatums are how we should deal with addiction.
- **REALITY:** Compassionate, non-confrontational methods work better.

Myths debunked

- **MYTH:** Any help I give to the person in my life with addiction is enabling them.
- **REALITY:** Some forms of helping are good and some are less constructive.

Myths debunked

- **MYTH:** People have to hit "rock bottom" before getting well.
- **REALITY:** The sooner someone gets help, the better.

Myths debunked

- **MYTH:** The only way to recover from addiction is abstinence.
- **REALITY:** Harm reduction is a valuable option for many people.

Myths debunked

- **MYTH:** The person with addiction needs the help, not me.
- **REALITY:** A healthy, empowered loved one is more likely to motivate change in their person at risk.

One mother's story



Get started

- Reach out to us at **605-274-2262** or via our website at **Get Started**
- Onboarding process via phone and email assessments
- Grants and sponsorships available
- Generally, in the first coaching session within 4-5 days

Face it better, together.

WeFaceItTogether.Org

Live chat with a coach
care@wefaceittogether.org
855.539.9375 (call or text)



Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Wanda Russell – 800.274.7603 x342063

Kari Mack – 800.274.7603 x1034994

Jordan Nielsen – 800.274.7603 x382620