



## The Phoenix 2021 Member Outcomes

The Phoenix believes, and our research affirms, that when individuals feel more connected, have a sense of hope, positive identity, meaning in life, and a sense of empowerment<sup>1</sup>, their recovery is enhanced, and they are more likely to live the lives they were meant to live. This approach is given the acronym CHIME (Connected, Hope, positive Identity, Meaning in life, sense of Empowerment). The Phoenix model and the way in which our meaningful activities and social events are designed, aim to improve these areas of an individual's life. This approach is also reflective of how we monitor individual outcomes to assess the impact of participation with The Phoenix.

Results show that an overwhelming majority of Phoenix members experience statistically significant change across each of these areas (statistical significance is defined below). In a year where in person programming was interrupted, The Phoenix continued to serve members both virtually and on demand – with the launch of our App playing a critical role in keeping our community connected. Noting significant change across these areas for both those new to recovery and those in long-term recovery, even when the pandemic necessitated a shift in program delivery, is extremely promising and further validates The Phoenix model<sup>2</sup>.

After three months of participation in The Phoenix, members are asked to report retrospectively on their sense of CHIME (when joining The Phoenix versus now). The figures below represent the percentage of individuals who report positive change across CHIME. Where the figure is marked with an \*, the change reported is of significance.

“Statistical significance helps quantify whether a result is likely due to chance or to some factor of interest. When a finding is significant, it simply means you can feel confident that it's real, not that you just got lucky (or unlucky) in choosing the sample”.

(Gallo, 2016)

As The Phoenix membership base has diversified, the CHIME analysis is now categorized into four subgroups, depending on how members self-identify upon joining The Phoenix<sup>3</sup>.

Subgroups of Phoenix Members	New to Recovery	Long Term Recovery	Allies and Supporters of those in Recovery <sup>4</sup>	Choose to Live a Sober Lifestyle
	(% who report an increase after 3 months of engagement) <sup>5</sup>			
<b>Connection</b>	71*	78*	44	33
<b>Hope</b>	78*	58*	33	20
<b>Identity</b>	67*	67*	68*	67
<b>Meaning</b>	72*	64*	78	33
<b>Empowerment</b>	72*	71*	78*	50

<sup>1</sup> The CHIME approach to recovery support is underpinned by the work of Leamy and colleagues (2011)

<sup>2</sup> See [The Phoenix White Paper](#) (Wyker & Hillios, 2020) for further detail on The Phoenix model.

<sup>3</sup> It is likely that due to MINOR CHANGES in data collection procedures, the analysis of data is affected.

<sup>4</sup> The CHIME framework originates from, and has only been applied to, individuals in recovery (from both substance use and mental health) so it is expected that outcomes for these two subgroups (allies and supporters of those in recovery AND those who choose to live a sober lifestyle) will differ. This will be used to help inform development of the outcome measures moving forward.

<sup>5</sup> For those interested in the effect size of these statistical tests, The Phoenix research team is happy to provide these on request.