Bridge to 100 Network

Finding Freedom - NC

https://bridgeto100.org/



ASPIRE

Acknowledging **S**piritual **P**urpose **I**n **R**ecovery **E**ffectiveness

ASPIRE is a multidimensional assessment tool that helps people overcome barriers to well-being, achieve goals, and activate their full potential.

ASPIRE MEASURES 6 DIMENSIONS OF WELL-BEING

- Income & Employment
- Education & Culture
- Housing
- Organization & Participation
- Health & Environment
- Motivation & Goals



- **TECHNOLOGY BASED**
- **VISUALLY ENGAGING**
- **COLOR CODED RESPONSES**

- **UNDERSTANDABLE**
- **ACHIEVABLE**
- **ASPIRATIONAL**

- **PERSONALIZED LIFE MAP**
- **DATA COLLECTION**
- **VISUALIZATION**

- **BASED ON THE POVERTY STOPLIGHT METHODOLOGY DEVELOPED BY FUNDACIÓN PARAGUAYA (KNOWN AS THRIVE LIGHTS IN THE USA)**

CHRISTIAN RECOVERY CENTERS INC

CRCI Community Aspirations HUB - Bridge to 100 Network

ACTUAL RECOVERY PARTICIPANT LIFE MAP

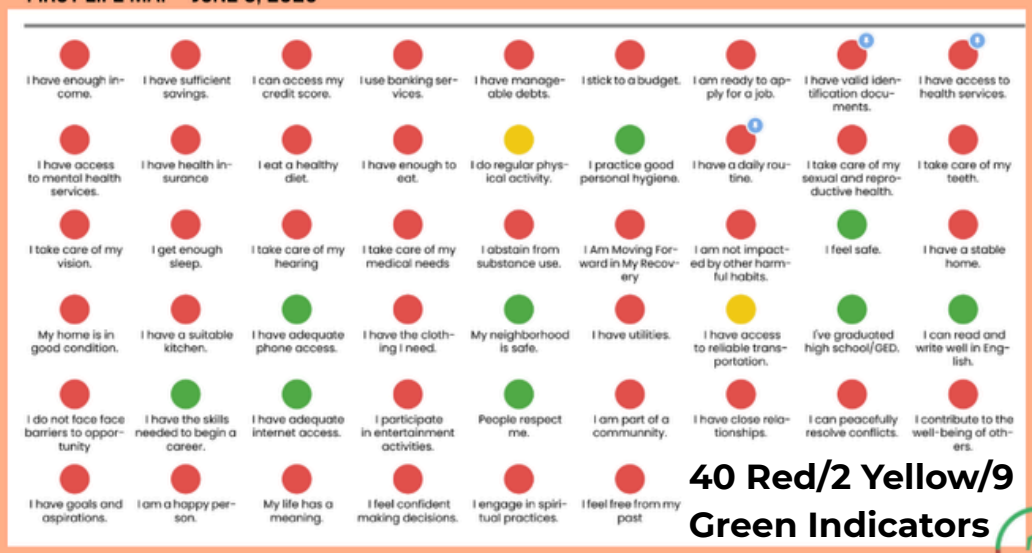
https://bridgeto100.org/

SUFFERING

STRUGGLING

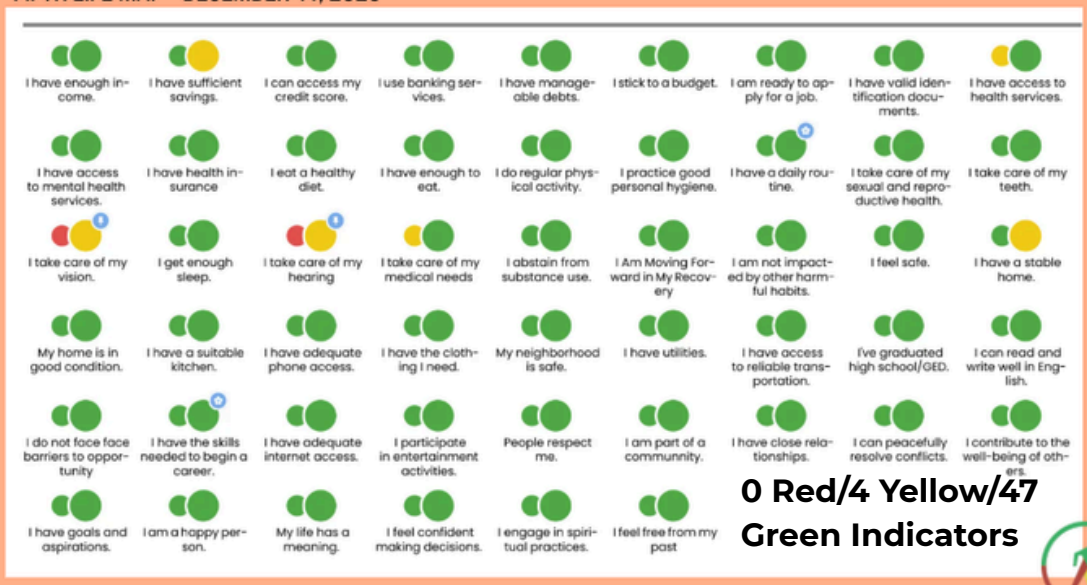
THRIVING

FIRST LIFE MAP - JUNE 8, 2025



40 Red/2 Yellow/9 Green Indicators

FIFTH LIFE MAP - DECEMBER 11, 2025



0 Red/4 Yellow/47 Green Indicators

HOW ASPIRE WORKS

1. **COMPLETED AT ADMISSION TO ESTABLISH BASELINE**
2. **RE-ADMINISTERED DURING TREATMENT TO TRACK PROGRESS**
3. **USED NEAR DISCHARGE FOR TRANSITION PLANNING**
4. **POST-GRADUATE FOLLOW-UP TO MEASURE SUSTAINED RECOVERY**

ASPIRE QUANTITATIVE DATA

01 Organization Progress

Stoplights

1,815 Stoplights

873 Baseline surveys

942 Follow-up surveys

02 Demographics

873 families

Including 2645 people

3 average members

872 Men

395 Women

3 Other

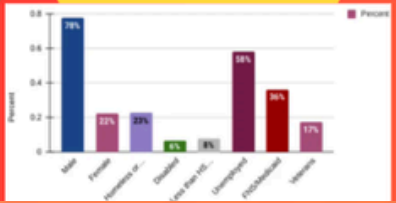
Top countries of birth

5670 United States 100%

4 Mexico 0%

1 Panama 0%

03 Population Served



04 Performance Tracking



aspire /əˈspī(ə)r/
“to breathe life into”

https://bridgeto100.org/

- RESTORES SELF-GOVERNANCE
- INCREASES INDIVIDUAL SENSE OF AGENCY
- PROMOTES PERSONAL RESPONSIBILITY
- MEASURES SOCIAL & HEALTH DETERMINANTS
- ADDRESSES WHOLE-PERSON CARE
- FOSTERS RECIPRICAL ALTRUISM
- STRENGTHENS LOCAL COMMUNITIES



ASPIRE

KEY AREAS OF IMPROVEMENT

MAY 2025 TO MAY 2026 - % OF RECOVERY PARTICIPANTS 'THRIVING' (GREEN) LEVEL, BASELINE TO FOLLOW-UP, N=873; 942 FOLLOW-UP.

Well-Being

- Emotional Well-Being - 36% to 79%
- Helping Others - 30% to 80%
- Part of Community - 34% to 86%
- Beliefs and Faith - 40% to 90%
- Purpose in Life - 58% to 88%
- Activities with Children - 36% to 75%

Socioeconomic

- Employment Readiness - 42% to 65%
- Ability to Plan & Budget - 15% to 47%
- Family Savings - 8% to 26%
- Credit - 21% to 48%
- Debt - 33% to 53%
- Stable Housing - 41% to 68%
- Food Quality - 30% to 65%
- Food Security - 56% to 87%

Physical & Mental Health

- Mental Health Services - 57% to 89%
- Health Insurance - 61% to 88%
- Health Services - 43% to 63%
- Dental - 25% to 48%
- Addiction - 53% to 83%
- Rest - 34% to 53%

Success

- Individuals Define & Achieve What Success Looks Like to Them
- Quality Care Facilitation

Purpose

- Guides Individuals to Their Purpose
- Inspires Self-Sufficiency

Mentorship

- Builds Social Capital
- Altruism
- Belonging

Community

- Builds Strong Community Engagement & Networks

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