

CRAFT for Families



CRAFT: An evidence-based approach

- CRAFT = **Community Reinforcement and Family Training**
- *Created & Developed by Robert J. Meyers*

Interventions?



"It's some new thing called an intervention."

What is CRAFT?

In the CRAFT model, concerned significant others (CSOs) are the focus of the therapy instead of the substance abuser. CSOs receive training to change their interactions with the substance using person, reducing their enabling behaviors and improving their communications strategies.

Ten Basic Messages for CSOs

1. Research has shown that family members can successfully learn techniques to engage their substance-abusing loved ones into treatment.
We cannot emphasize this enough!

Ten Basic Messages for CSOs

2. You are not alone.

As isolated as you may feel as you cope with your loved one's substance abuse, the fact is that you are not alone. Millions of families are at this very moment suffering from problems just like yours. Although knowing that others suffer certainly doesn't lessen your pain, you may take hope from knowing that many have "solved" their problems and learned to live more satisfying lives.

Ten Basic Messages for CSOs

3. You can catch more flies with honey than vinegar.

Research has shown that it is easier to get your loved one to listen to loving words than to criticism. So choose ways to discuss about *what you do like about him or her and what positive changes please you.*

Ten Basic Messages for CSOs

4. You have as many tries as you want.

Relationships are a *process*; they exist over time. One event or discussion rarely defines an entire relationship, so you have as many tries at improving your relationship as you wish to take. CRAFT is designed move at the pace you choose, you are in control.

People can be helped at any time.

Ten Basic Messages for CSOs

5. You can live a happier life whether or not your loved one becomes abstinent.

An important part of CRAFT is learning to take care of yourself, regardless of your loved one's behavior. *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening* (Meyers & Wolfe, 2004) teaches you how to do that and feel good about it.

Helping Yourself Helps.

6. When you help yourself you help your family.

You become a positive role-model for the whole family.

Your resilience upbeat and healthy attitude can be infectious, in a good way.

Ten Basic Messages for CSOs

- 7. Neither you or your loved one are crazy. All people have problems and substance misuse is just that a problem.
- You did not cause it, your loved one did not set out to be an abuser, and problems have solutions.

Ten Basic Messages for CSOs

8. The world is not black and white. Most problems vary in degree and difficulty. One should think of changing a bad habit in successive approximations. Change may be easier for an individual if they have more than one option.

Labels do more harm than good

9. Scientific studies have shown that labels (Addict, Alcoholic) are a major barrier to people seeking help for substance use.

10. You have nothing to lose and a lot to gain by getting involved.

Basic Questions to Consider

- CSO's most successful past engagement attempts?
- Best time/place/day to approach the IP with requests in general?
- Most likely reason the IP would enter treatment (for the relationship, the kids, to keep his/her job)?
- Most influential person to talk with the IP about treatment?