

CRAFT FAMILY SUPPORT PROGRAM

(Community Reinforcement and Family Training)



Program Overview

CRAFT is a compassionate, nonconfrontational evidence-based intervention that helps family and friends develop effective strategies for helping their loved one who is struggling with a substance use disorder and for feeling better themselves.

Drs. Robert J. Meyers and Jane Ellen Smith of the University of New Mexico developed the CRAFT program to teach families, how to impact their Loved One (LO) while avoiding both detachment and confrontation.

While other treatment approaches call for either confronting or detaching from a loved one affected by substance use, CRAFT shows how to change one's interactions with the loved one to reduce or stop their substance use and encourage the person to move toward getting help.

- Reduce the affected loved one's harmful substance use.
- Engage the loved one into treatment
- Improve the family member and loved one's family functioning

CRAFT has the ability to engage 2/3rds of treatment-resistant patients to attend treatment.

Roozen, et al, Addiction, 10/2010

3^x ENGAGEMENT
of Al-Anon or Nar-Anon
support groups

2^x ENGAGEMENT
of the Johnson Institute
intervention

4^x ENGAGEMENT
of 12-step programs



This CRAFT MODEL

The CRAFT Family Support program is a group education and support model that uses a book by Drs. Robert J. Meyers and Jane Ellen Smith, a workbook, and a 12-session structure easily implemented by a trained facilitator.

The 12-session CRAFT program teaches family and friends new skills in rapport building, positive reinforcement, communication and problem solving, motivation techniques, how to analyze substance use patterns, how and when to intervene, safety precautions and more.

Family and Social Connections KEY in the Recovery Process

An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

CRAFT Strengthens Recovery Capital and Helps Families Heal

Family and social connections are one of the four areas of one's Recovery Capital. Recovery Capital is the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery. (Granfield & Cloud, 1999; Cloud & Granfield)

Recovery capital can help encourage the individual to seek treatment, maintain / stay engaged in treatment, sustain recovery and reduce the risks of returning to use by increasing a person's support system.

CRAFT Facilitator Training: \$1,050/person

Overdose Lifeline's (ODL) CRAFT Facilitator Training is an enhanced adaption of the USARA CRAFT group program. ODL developed and provides additional facilitator tools/support and integrated content from the Center for Motivation and Change (CMC). Facilitator training includes:

- Three prerequisite online, self-paced courses, approximately 4-5 hours
- CRAFT training (virtual), approximately 10 hours.
- Facilitator Guide, CRAFT Workbook, and Getting Your Loved One Sober book
- Access to Facilitator Resource Center, Programming, and Technical Support

Budget for group attendee materials: Each attendee receives a copy of the Get Your Loved One Sober book (\$12-16) and Workbook (\$8-14).

Overdose Lifeline, Inc. is a nonprofit dedicated to helping individuals, families, and communities affected by the disease of substance use disorder. ODL works with partners in 46+ U.S. States providing substance use and overdose prevention, education, and support programs.

CRAFT is a motivational model of help based on research that consistently finds motivational treatments to be superior to confrontational ones.

CRAFT shows family/friends how to develop their loved one's motivation to change by helping to figure out how to appropriately reward healthy behavior.



overdoselifeline.org/craft-training

Have Questions?

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