

# Community Reinforcement and Family Training (CRAFT)

## What is CRAFT?

The CRAFT approach is a system for helping family members change the way that they interact with a drug user or someone who is drinking too much. The aim of CRAFT is to help that person get into treatment and on the road to recovery from drugs and alcohol.

The amazing thing about family members is that they know **a ton** about their drug or alcohol using family member. They know when the person drinks, what he or she is like when using drugs or alcohol, what the person's moods are when they drink, and what the person is like when he or she sobers up. The family member has tons of information, but doesn't know what to do with it. *That's where CRAFT comes in.* CRAFT provides a comprehensive strategy for how to interact with drinking and drugging family members in a way that has been shown to work to get their loved ones into treatment and to get their lives back from addiction.

CRAFT (Community Reinforcement Approach to Family Training) originated at the University of New Mexico and was developed by [Robert Meyers, Ph.D.](#) and colleagues. [Research on CRAFT](#) shows that about 70% of families who receive CRAFT are able to get their loved ones into treatment within a year (Miller, Meyers, & Tonigan, 1999). CRAFT also helps family members improve their own lives, whether their loved one ends up seeking treatment or not.

CRAFT teaches family members to do the following:

1. Identify their loved one's triggers for and results of their use.
2. Break the patterns that lead to or increase a loved one's drinking or using.
3. Develop and improve communication skills to more effectively express their needs and requests.
4. Help their loved one access effective addiction treatment resources when he/she expresses interest in treatment.
5. Learn or re-learn how to take care of themselves and reconnect with their values, so that regardless of their loved one's use, they can still lead a life that is centered on their values and not their loved one's drug/alcohol use.
6. If violence or the potential for violence exists, help family members identify triggers for violence and develop plans to keep themselves (and their children) safe.