

Community Reinforcement and Family Training (CRAFT Model) Trainer of Trainers is an evidence-based model that teaches participants how to have conversations with loved ones about finding support for substance use disorder. CRAFT provides a comprehensive strategy for how to interact with family members who struggle with substances. The CRAFT model has been shown to work to get loved ones the support they need to get them started on a life in long term recovery.

CRAFT training focuses on:

1. Addiction Science and Education
2. Strategies to Influence Motivation and Behavior Change
3. Positive Communication Skills
4. Self-Care
5. Helping the Peer Get Help.

The CRAFT model 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 how to:

- Identify their loved one's motivation for and results of use.
- Break the patterns that lead to or increase a loved one's drinking or using.
- Develop and improve communication skills to more effectively express their needs and requests.
- Help their loved one access effective addiction treatment resources when they express interest in treatment.
- 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.
- 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.