

CRAFT

Community Reinforcement and Family Training

*Supporting Clients
that have
Loved Ones who are
Experiencing Substance
Use Disorder*



Objectives:

- Identify which clients may benefit from CRAFT interventions
- Learn about how the CRAFT approach differs from traditional supports
- Identify resources to become CRAFT informed

Dr. Robert J. Meyers, Founder CRAFT Therapeutic Model

Over 40 years experience in SUD, University of New Mexico

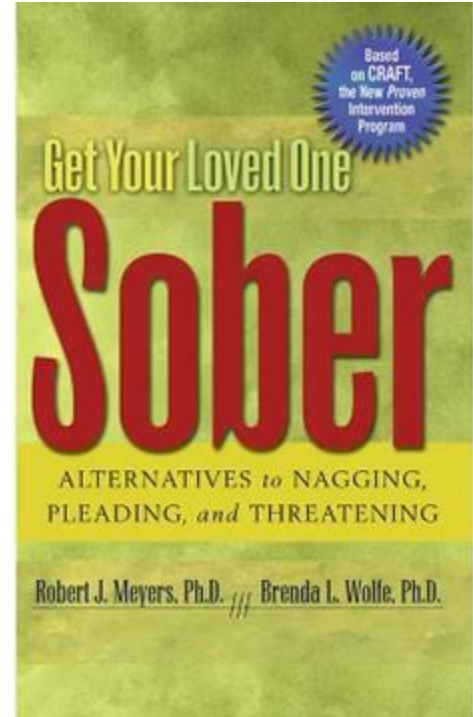
Known for developing:

- Community Reinforcement Approach (CRA)
- Community Reinforcement and Family Training (CRAFT)
- Adolescent Community Reinforcement Approach (A-CRA)

Motivational Interviewing and Skills-Based origins

Research, Academics, Books

Side note: CRAFT is a **big** component of SMART Recovery Family & Friends Support group materials



Brief Acronym Tutorial

CRAFT: Community Reinforcement and Family Training

CSO: Concerned Significant Other

LO: Loved One *or* **IP:** Identified Person



The language we use matters!



Codependent

Enabler

Addict

Drunk

Clean

Dirty

I use CRAFT because...

My own work experience

Efficacy

Ease of Use

Collaborative Nature

EMPOWERING clients

Instill Hope



Why use CRAFT?

- Empowers the Concerned Significant Other (CSO)
- Builds skills
 - Communication
 - Boundaries
 - Problem Solving, etc
- Collaborative
- Client sets the goals
- Increases motivation
- Plans for treatment entry + relapse
- Improves the relationship

Who might benefit from the CRAFT approach?

Parents

Siblings

Grandparents

Friends

Coworkers

...Who else?



CSOs are experts when it comes to the IP/LO

Who could possibly know the person with addictive behavior better than those who live with them?



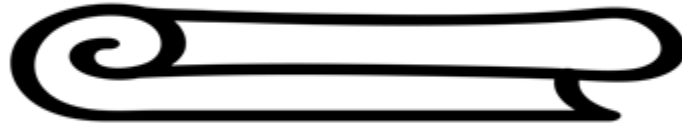
CRAFT helps our clients and their loved ones

With CRAFT, we...

Improve client wellbeing and functioning

Increase connection in their relationship

Influence a decrease in their loved one's substance use and
increase in willingness to engage in treatment



CRAFT helps our clients and their loved ones



This intervention is:

Short term

Long lasting

Proven effective

Statistically reliable



CRAFT *is* a helpful intervention



- CRAFT has been studied in at least 10 well controlled clinical trials and achieves reliable results
- 7 out of 10 people enter treatment with CRAFT vs without
- 46% of Americans have someone struggling with addiction

More Data

- CRAFT produced three times more patient engagement than AI-Anon/Nar-Anon
- CRAFT encouraged approximately two-thirds of treatment-resistant patients to attend treatment, typically for four to six CRAFT sessions
- CSOs showed marked psychosocial and physical improvements within the 6-month treatment window
- CRAFT has been found to be superior in engaging treatment-resistant substance-abusing individuals compared with traditional programs

Roizen, et al (2010)

Community Reinforcement and Family Training

Sessions cover the following:

- Interpersonal Violence
- Motivational Induction
- CSOs Deserve to Thrive
- Communication
- Functional Analysis
- Positive Reinforcement
- Problem Solving
- Withdrawing Rewards
- Natural Consequences
- Treatment Entry
- Relapse & Recovery
- Positive Progress

From: We the Village. SESSION GUIDE BOOKLET. A COMPILATION OF
13 SESSION GUIDES FOR COMMUNITY REINFORCEMENT AND
FAMILY TRAINING (CRAFT) PROCEDURES.

CRAFT Session Tasks

- Review of Homework
 - Outcome
 - Modifications
 - Reinforcement
- Rationale for Session Skill
- Instructions for Practicing Skill
- Exploring Skill
- Role Play & Practice
- Explore barriers or obstacles
- Build confidence
- Goal Setting
- Homework for between sessions
- The therapist is
 - Warm and Understanding
 - Non-Judgemental
 - Maintains Session Focus
 - Appropriately Active

How can I learn CRAFT?

<https://www.wethevillage.co>

Become CRAFT Informed or go the distance and become formally certified in CRAFT with quality online training

Materials/resources provided with the training

Options include:

- On Demand
- Trainer Led Online
- CRAFT Certification

We the Village is a NAADAC & NASW approved education provider

Other avenues to learn more about CRAFT:

- [RJM & Associates \(Dr. Robert J. Meyers\)](#): As the creator of CRAFT, his site offers 2-day intensive workshops, on-demand individual training, and a formal clinician certification process.
- [Overdose Lifeline](#): Provides a 12-session curriculum training for facilitators.
- [Partnership to End Addiction](#): Offers extensive resources and training options for professionals and families.
- Read and Recommend GYLOS book

Resources:

Hendrik G. Roozen, Hendrik G, de Waart, Ranne, & van der Kroft, Petra. *Community reinforcement and family training: an effective option to engage treatment-resistant substance-abusing individuals in treatment-resistant substance-abusing individuals in treatment*. *Addiction*, 105, 1729–1738. (2010) doi:10.1111/j.1360-0443.2010.03016.x

Meyers, Robert J. & Wolfe, Brenda L. *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening*. Hazelden Publishing, 2004.

<https://psychwire.com/profiles/u8samc/robert-meyers>

We The Village <https://www.wethevillage.co/>

We the Village. *SESSION GUIDE BOOKLET. A COMPILATION OF 13 SESSION GUIDES FOR COMMUNITY REINFORCEMENT AND FAMILY TRAINING (CRAFT) PROCEDURES.*

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