

Helping Families Help: How families can encourage a path towards recovery through CRAFT

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What is CRAFT?

- Evidence-based approach of working with families who have a loved one struggling with addiction.
- Teaches families how to interact with their loved one in a way that is respectful, collaborative, non-confrontational, motivational, effective, and practical.
- Focus on positive behavior change within the family, increased connection, and increased self-care.
- Can be used with families who have a loved one who is resistant to treatment as well as those who are actively in recovery. Research done on various substances, cultures, and family relationships.
- Three goals for CRAFT
 - Loved one (LO) enter into treatment
 - Decrease LO substance use over time
 - Increased family well being

Why is CRAFT needed?

- According to 2016 numbers from SAMHSA, National Survey on Drug Use and Health, an estimated 9.39% of Oregonians used drugs or alcohol in a manner that met criteria for a substance use disorder.
- According to the Center for Motivation and Change, for every one person struggling with use there are four people close to them who are negatively impacted.
- The most common resource provided for families who have a LO struggling is Al-Anon.
 - Al-Anon/Nar-Anon can be very helpful for decreasing isolation and shame and increasing support, but they were never intended as a way to encourage a LO into treatment or to decrease use and do not provide skills and practice towards changing family dynamics.
- One-size doesn't fit all...for recovery or families. We need more options and CRAFT provides a strong evidence-based approach that is effective towards its goals.

- By teaching the families specific perspectives and skills within CRAFT, we empower families to navigate this difficult experience in a way that often improves the overall family dynamics and increases family well being...as well as encourage treatment and reduction of use in the LO.
- With so many people negatively impacted by substance use, the potential benefits for making CRAFT available to families is staggering.

What do we actually do in CRAFT?

- CRAFT as created by Meyers and associates:
 - Motivate family to engage in treatment & identify unhelpful family response
 - Make sense of LO behaviors by exploring function of use
 - Safety planning (CRAFT not indicated for active presence of violence in the home)
 - Teach and practice:
 - Communication skills
 - Positive reinforcement
 - Setting and maintaining boundaries
 - Natural Consequences
 - Problem Solving
 - Plan for Self-Care and reinvestment into their own life
 - Inviting the LO to treatment: preparation & conversation
- Other CRAFT-based perspectives:
 - Invitation to Change approach
 - Created by the Center for Motivation and Change
 - Combination of CRAFT, motivational interviewing and acceptance and commitment therapy
 - motivationandchange.com
 - SMART Recovery Family & Friends
 - Combination of CRAFT and rational emotive behavior therapy
 - smartrecovery.org/family

How can I learn more?

- Resources for Families and Friends
 - Websites
 - Center for Motivation and Change (CMC)
 - motivationandchange.com
 - Offers a newsletter, blogs, and podcasts along with links to entire 20-Minute Guide content for free

- Information on Invitation to Change Approach (ITC), which weaves together CRAFT, motivational interviewing (MI), and acceptance and commitment therapy (ACT)
 - Sober Families
 - soberfamilies.com
 - Local resources in PNW, including recommendations for of ITC/CRAFT clinicians, podcasts, and a blog.
 - Addiction The Next Step Crisis Toolkit
 - addictionthenextstep.com/interactive-guide/
 - Series of videos for parents or partner that teach CRAFT skills as applied to some common questions from parents and partners.
 - SMART Recovery Family & Friends
 - smartrecovery.org/family/
- Books
 - Get Your Loved One Sober by Dr. Robert Meyers and Dr. Brenda Wolfe
 - First book written for families on CRAFT
 - “Beyond Addiction: How Science and Kindness Help People Change”
 - By the Center for Motivation and Change. A phenomenal resource that offers both practical skills as well as insight into other people's life experience on how it is to love someone engaged in an addictive cycle.
 - “The 20 Minute Guide”
 - By the Center for Motivation and Change. There are two versions of the guide, one for Parents and the other for Partners. Both offer a more hands-on way to practice the skills offered in Beyond Addiction but are also comprehensive enough to stand on their own.
 - Listening Well by Dr. William Miller
 - Specifically about Motivational Interviewing, this thin paperback provides a wealth of information and skills practice on connecting with others through accurate empathy.
- Support
 - Parent-to-parent coaching by the Partnership for Drug-Free Kids
 - Open to parents with a child who is struggling with addictive behaviors. After a screening, families are paired with a volunteer parent-coach who has been trained in CMC's Invitation to Change Approach. Families are provided about 5 phone calls over 6 weeks to gain support and guidance.
 - drugfree.org or call the Helpline at 855-378-4373

- SMART Recovery Family & Friends
 - smartrecovery.org/family/
 - Family and Friends meetings both online and in person
 - Handbook for Family & Friends available on their online shop or through Amazon
 - Cathy Taughinbaugh
 - cathytaughinbaugh.com
 - Fee-based parent coaching program.
 - Allies In Recovery
 - alliesinrecovery.net
 - Fee-based program that provides video modules and online community support
- Resources for Clinicians and Professionals
 - Books
 - “Motivating Substance Abusers to Enter Treatment” by Drs. Jane Smith and Robert Meyers
 - Trainings & Certifications
 - Dr. Robert Meyers on CRAFT
 - robertjmeyersphd.com
 - Provides training and certification in CRAFT
 - Center for Motivation and Change:Foundation for Change offers trainings on the Invitation to Change approach
 - cmcffc.org/events
 - A mailing list available to be notified of new events
 - Cordelia Kraus, LPC
 - cordeliakraus.com
 - Presentations on Invitation to Change or CRAFT
 - CRAFT/ITC Peer Consult Group
 - Currently meets monthly in inner SE Portland.
 - Join the listserve to hear about upcoming meetings, articles, training opportunities, etc
 - cordeliakraus.com/for-clinicians
 - Other research
 - APA Intervention synopsis: Excellent brief summary of CRAFT related research

- <https://www.apa.org/pi/about/publications/caregivers/practice-settings/intervention/community-reinforcement.aspx>
 - Listing of Dr. Robert Meyers CRAFT related research from his website.
 - robertjmeyersphd.com/publications.html
 - NCBI article on CRAFT, specifically with parents of treatment-resistant adolescents, with additional links to related studies on left hand side
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4394369/>
 - Listing of other helpful readings and link to research
 - cordeliakraus.com/for-clinicians/
 - For More information discussing the empirical base, check out chapter 10 of Motivating Substance Abusers to Enter Treatment
- CPOSUS Presentation-specific links
 - 2016-2017 SAMHSA state prevalence estimates
 - <https://www.samhsa.gov/data/report/2016-2017-nsduh-state-prevalence-estimates>
 - CRAFT for treatment retention: Brigham et.al., 2014
 - <https://www.ncbi.nlm.nih.gov/pubmed/24656054>
 - “Engaging the unmotivated...”: Miller et.al., 1999
 - <https://www.ncbi.nlm.nih.gov/pubmed/10535235>

Want more information? Interested in getting trained? Have questions?
 Connection is vital...let's keep this conversation going!

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