

# CRAFT

## Community Reinforcement and Family Training

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# Alphabet Soup

CRAFT

Community Reinforcement  
and Family Training

CSO

Concerned Significant Other  
Or the family member seeking  
help

Engagement

Entering Treatment



# Rationale for Working with The Family

- Substance abusers often report that family pressure prompted treatment seeking
- You can influence substance abusers' family behavior due to extensive contact
- CRA has always viewed Family as crucial collaborators



# Rationale for Working with Families (cont'd)

Families also need help (victims of violence, verbal assaults, \$ problems, marital conflict, (etc. etc. etc.).

We have a history of excluding family members in treatment!

Few if any research was developed to family member until the 1990's.



- A common theme shared by many families is that, at some point, it feels as though every possible solution has been tried, but nothing seems to have a lasting, positive impact for both the person struggling with substance misuse *and* their family.



- The recovery process is different for everyone and there are few certainties along the way, which can only increase the fear, isolation, and anger people experience. While there is little about recovery that is written in stone, clinical research conducted with thousands of families struggling with substance abuse revealed opportunities for positive change.



For decades I have devoted my professional life to the study and treatment of substance abuse. As you might expect, my interest in this field comes from personal experience.

I grew up in a household that was dominated by alcohol abuse. In my home, it was my father who drank. As far back as I can remember, our family life revolved around his alcohol misuse and my mother's efforts to get him sober. As you can imagine, life was chaos. I watched my mother suffer; she yelled, nagged, pleaded, and threatened—all to no avail. My dad continued to drink, and I escaped by joining the navy at seventeen. Sadly, when my mother died at the young age of forty-five, my dad was still drinking. She never realized her dream of a "normal" life with him. I have always felt that his drinking somehow contributed to her early death.



- My goal as a scientist, clinician and son is to help other families avoid the pain that mine has suffered. My mother was never able to achieve her most cherished goals of getting my father *into treatment* and getting him to *stay sober*. It is to her, and the millions of other families that are tortured by substance abuse, that my work is dedicated.



# What is CRAFT?

**CRAFT can work through the Concerned Family Member to help change the families environment such that a non-substance using lifestyle is more rewarding than one focused on using alcohol or other drugs.**



# What is CRAFT?

- **Family members are the focus of your help, to then help the substance user.**
- **Help the family member learn about enabling behaviors, new ways to communicate & solve problems, & that timing is crucial when approaching the substance user.**



# Ten Basic Messages for Family members

1. Research has shown that family members can successfully learn techniques to engage their substance-abusing loved ones into treatment.

We cannot emphasize this enough!!!



# Ten Basic Messages for Family Members

## 2. You are not alone.

As isolated as you may feel as you cope with your loved one's substance abuse, the fact is that you are not alone. Millions of families are at this very moment suffering from problems just like yours. Although knowing that others suffer certainly doesn't lessen your pain, you may take hope from knowing that many have "solved" their problems and learned to live more satisfying lives.



# Ten Basic Messages for Family Members

## 3. You can catch more flies with honey than vinegar.

Research has shown that it is easier to get your loved one to listen to loving words than to criticism. So choose ways to discuss about *what you do like about him or her and what positive changes please you.*



# Ten Basic Messages for Family Member

4. You have as many tries as you want.  
Relationships are a *process*; they exist over time. One event or discussion rarely defines an entire relationship, so you have as many tries at improving your relationship as you wish to take. CRAFT is designed move at the pace you choose.

People can be helped at any time.



# Ten Basic Messages for Family Members

5. You can live a happier life whether or not your loved one becomes abstinent.

An important part of CRAFT is learning to take care of yourself, regardless of your loved one's behavior. *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening* (Meyers & Wolfe, 2004) teaches you how to do that and feel good about it.



# Helping Yourself Helps.

6. When you help yourself you help your family.  
You become a positive role-model for the whole family.

Your resilience upbeat and healthy attitude can be infectious, in a good way.



# Ten Basic Messages for Family Members

7. Neither you or your loved one are crazy. All people have problems and substance misuse is just that a problem.

You did not cause it, your loved one did not set out to be an abuser, and problems have solutions.



# Ten Basic Messages for Family Members

- 8. The world is not black and white. Most problems vary in degree and difficulty. One should think of changing a bad habit in successive approximations. Change may be easier for an individual if they have more than one option.



# Labels do more harm than good

9. Scientific studies have shown that labels (Addict, Alcoholic) are a major barrier to people seeking help for substance use.

10. You have nothing to lose and a lot to gain by getting involved.



# Tell Family Members before you start:

1. You have alternatives. No matter the nature of the problem, it can only go one of three ways. It can get worse, it can stay the same, or it can get better.
2. Small steps carry you long distances.
3. Emotions are fluid. When you're frustrated, hurt, angry, & exhausted, remember that these feelings are responses to current situations. When you change the way you interact with your loved one, the situations will change.



4. Asking for help is a good thing. We thrive best when we work together and share our experiences and our abilities.
5. Patience pays. Family/substance use problems usually do not develop overnight and seldom go away in a single day. Take small steps and remind yourself that change takes time.



# CRAFT'S 3 MAJOR GOALS

- Reduce loved one's harmful substance use
- Engage the user into treatment
- Improve the functioning of family health (emotional, physical, relationships)



# New CRAFT Adaptations

- CRAFT in Groups
- CRAFT with Gambling Problems
- CRAFT with family member who is currently in treatment
- CRAFT with returning war veterans with PTSD & SUD
- Online Parent CRAFT by Cadence company



	Not an important goal			A very important goal	
to help your loved one get clean and sober	1	2	3	4	5
to decrease the risk of violence in the family	1	2	3	4	5
to relieve your own emotional distress	1	2	3	4	5
to get your loved one into treatment	1	2	3	4	5
to learn how to support your loved one's sobriety and treatment	1	2	3	4	5
to increase your loved one's motivation for change	1	2	3	4	5



# CRAFT Procedures: Overview

- Positive Focus
- Functional Analysis of IP's Using Behavior
- Domestic Violence Precautions
- Communication Training
- Use of Positive Reinforcement



# CRAFT Procedures: Overview (cont'd)

- Time Out from Positive Reinforcement
- Natural Consequences for Using
- Reinforcers for the Family member
- Suggestion of Treatment to the User
- Rapid Intake



# **The CRAFT Process Teach family members new skills to help their substance abuser.**

- **Positive Communications skills**
- **Know when to walk away nicely, no arguments**
- **The use of Positive Reinforcement**
- **Discuss barriers of getting someone into treatment**
- **Safety issues – Domestic Violence**
- **Problem solving**
- **Inoculate them for failure**
- **Why Timing is so important**
- **When do you approach him**
- **Where do you approach him**
- **Do you approach him/her alone or with others**
- **Discuss Past failed attempts**
- **Did you practice what to say to the user**
- **Is the Rapid Intake ready**



# CRAFT Induction

- Stay client focused
- Let the family member express frustration
- Begin to identify problem areas
- Use positive reinforcement
- Describe goals clearly
- Describe how you expect them to help you
- Begin to establish families “reinforcers”



# The three things rule:

1. Things with your life can get better.
2. Things in your life can stay the same.
3. Things in your life can get worse.

The choice is yours!



# CIGNA BEHAVIORAL HEALTH AWARENESS

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact me:

**Amy Papageorge, MS, LPC**  
**888.244.6293, extension 341894**  
**Cigna**

