

CRAFT

Community Reinforcement and Family Training



How to get started:

- We propose that, instead of attempting to force a loved one to make big changes, family members and/or friends begin by seeking counseling on **how to react to the addicted individual**. By working with those who care about an afflicted individual, we aim to increase the chances of having their loved ones seek treatment, while offering substance abuse support for families and friends so that they can **maintain a caring and supportive relationship with the person**. **Our focus is on helping those who care find opportunities to reward their loved ones when positive change occurs**. We discourage the practice of shielding the person from the consequences of the addiction, and encourage the withdrawal of support when the person engages in addictive behavior. Once treatment has begun, we also coach friends and family on how to enhance the likelihood of maintaining progress

Community Reinforcement and Family Training (CRAFT)

- Developed at the University of New Mexico by [Robert Meyers, Ph.D.](#)
- CRAFT has been shown to be highly successful in getting addicted individuals to enter treatment, and is proven to be more successful than other approaches



CRAFT Compared to Al-Anon

- Many rehab programs suggest Al-Anon and similar support groups for loved ones. These groups are based on the 12 steps of Alcoholics Anonymous, and on the idea that others cannot change the behavior of the person with an addiction; only the person with the addiction can change.
- This runs counter to the well-documented findings of the research on CRAFT, which shows that **family members can indeed take steps to increase the odds of their loved one entering treatment.**
- Al-Anon is not designed to encourage anyone to enter treatment and focuses instead on acceptance of the problem and support for the well-being of the concerned family member or friend. It does accomplish this goal for many.
- **CRAFT, however, provides support for family members while increasing the likelihood that your loved one will seek treatment and recover**

CRAFT Compared to “Intervention”

- Many rehab facilities still espouse traditional interventions like the ones you see in movies and on popular TV shows. These stories often appear to have a “happy ending.”
- However, research shows that the much **less confrontational** CRAFT approach offers about a **70% chance** that their loved one will enter treatment.
- Traditional interventions carry a success rate of only 25 to 30%, in part because families often decide not to carry through on the intensely confrontational meeting that is the “intervention” itself.

CRAFT: An alternative to addiction “intervention”

- CRAFT is a **non-confrontational** approach to getting a loved one to enter addiction treatment
- It is an approach designed for the concerned other (spouse, family member, friend), who is seeking assistance in getting their loved one help.
- TV "interventions" may be harshly confrontational. They often involve some form of deception to trick the unsuspecting addicted person into attending such an unpleasant event. Thus, these interventions are certainly not voluntary. Therefore, they may be harmful rather than helpful.

Some CRAFT Acronyms to know:

- **IP** – “**Identified Patient**” - the individual with the substance abuse problem who is refusing treatment
- **CSO** – “**Concerned Significant Others**” - the relevant family members and friends of the IP

Some CRAFT Basic Principles:

- CRAFT is a **motivational model** of family therapy
- CRAFT is based on **positive reinforcement**
- CRAFT works to affect the substance users' behavior by **changing the way the family interacts with them**
- CRAFT works on the underlying principle of CRAFT is that **in order to change someone else's behavior, you must first change your own.**

Three Basic Goals of CRAFT

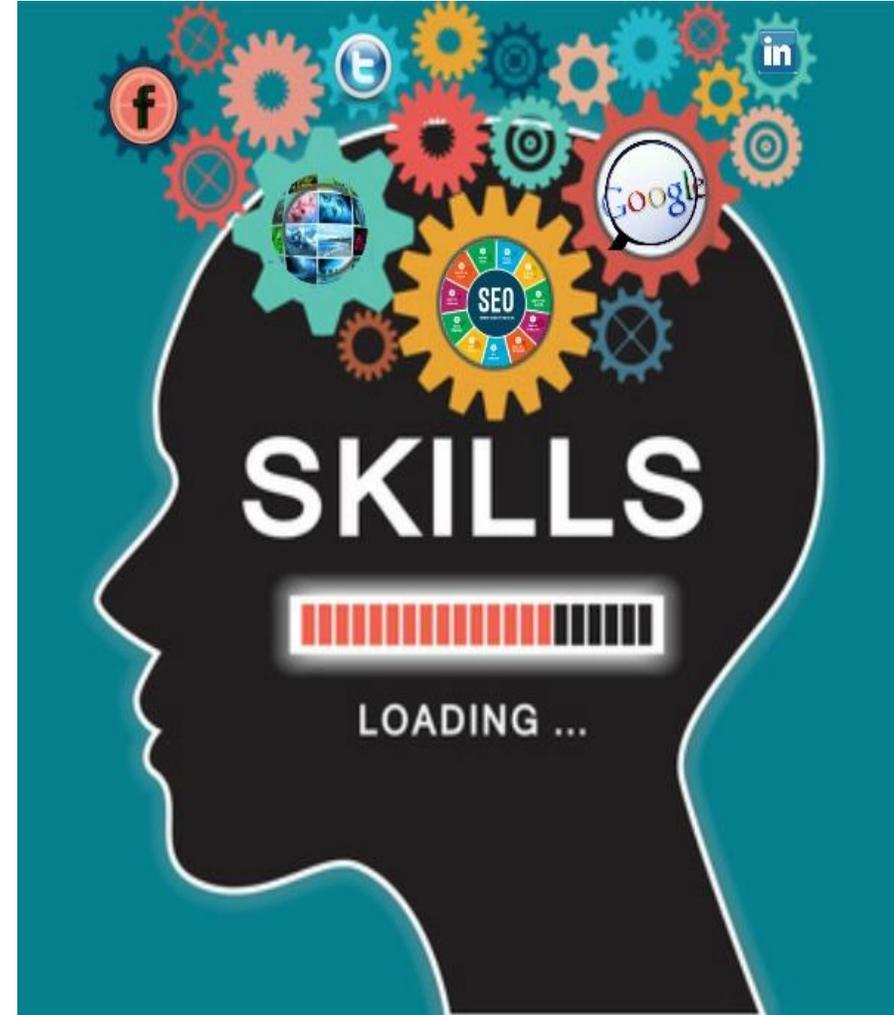
- When a loved one is abusing substances and refusing to get help, CRAFT is designed to help families learn practical and effective ways to accomplish these three goals:
 - 1. Move their loved one toward treatment,**
 - 2. Reduce their loved one's alcohol and drug use, and**
 - 3. Simultaneously improve their own lives.**

CRAFT Goals *(In more detail)*

- Increase the CSO's happiness, independent of whether or not the IP (Identified Patient) enters treatment
- Decrease the IP's substance use
- Get the IP into treatment
- CRAFT uses Positive Communication to improve the probability of the IP entering treatment. CSO's are encouraged, when talking to the loved one, to:
 - Be brief in describing concerns
 - Be positive and hopeful
 - Refer to specific behaviors ("I see" or "I hear.")
 - Describe their own feelings ("How I feel when this happens is...")
 - Offer an alternative for the future ("What I would like to happen is...")
 - (A quick way to remember the above is **"facts, feelings, future."**)

CRAFT Outcomes:

- New skills are taught to cope with old problems
- Finding out how to increase a loved one's sobriety
- Learning how to be safe
- Life improvement skills are taught thus improving quality of life for both IP and CSO
- An increase in the odds that a loved one will seek help



CRAFT – Other notable information

- CRAFT is especially useful for the CSO who has seen previous attempts to get a loved one into treatment fail, **who is tired of nagging, pleading, and threatening**, and who feels worn out. In addition, CRAFT is an appealing approach to those who are **turned off by harsh confrontational interventions**.
- CRAFT works within your **values and beliefs**. The process is based on the understanding that no one has better information about the behavior of the substance user than the Concerned Significant Other. CRAFT teaches you how to use the information in a motivational way to increase the chances of the substance user entering treatment.

More on - CRAFT

- The CRAFT method will coach families, in a very practical way, to discuss costs and benefits of their loved one's substance use. This is where the opportunity for change exists.
- CSO can play a powerful role in helping to engage the substance user who is in denial to submit to treatment.

CRAFT Assumptions

- 1) Non-drinking and non-using CSOs are viewed as a positive and active force for change within the family. CSOs are crucial collaborators in the treatment process.
- 2) CSOs develop specific skills to positively impact their substance abusing loved one. Therapists can increase the CSO's effectiveness to change the abuser's behaviors through their interventions (e.g., teaching skills).
- 3) CSO are also expected to learn skills necessary to enhance the pleasure of their own lives.
- 4) CRAFT participants are asked to participate actively in written exercises, homework assignments, role-plays, and other forms of behavioral training so that they are prepared to apply their learning to real life situations.
- 5) By establishing an upbeat and positive tone, facilitators convey a sense of hope, understanding, and opportunity.
- 6) The decision to use a particular CRAFT technique remains entirely up to the CSO. Clients proceed at their own pace, and therapists help the CSO decide when the time is right to try something new.

CRAFT Strategies

- This program uses specific behavioral principles to achieve specific goals in treatment that have direct benefit to individuals with substance abuse problems and their CSOs.
- 1) Take domestic violence precautions during the transition to new ways of responding.
- 2) Develop an understanding of what leads to substance abuse episodes (functional analysis).
- 3) Learn behavioral skills including communication skills.
- 4) Use positive reinforcement for nondrinking/using behavior.

Strategies continued

- 5) Use time out from positive reinforcement for drinking/using behavior.
- 6) Allow natural consequences for drinking/using.
- 7) Develop reinforcers for themselves and their partners.
- 8) Learn how to give effective suggestions of treatment/self-help group involvement for the drinker or drug user if he/she relapses.
- 9) Cope with relapse by accessing rapid intake procedures when motivation for treatment emerges.

(CRAFT) is derived from CRA that "works through family members".

- The following CRA procedures and descriptions are from Meyers, Roozen, and Smith for the substance user:

Functional Analysis of Substance –

- Explore the antecedents of a client's substance use.
- Explore the positive and negative consequences of a client's substance use.

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Sobriety Sampling -

- A gentle movement toward long-term abstinence that begins with a client's agreement to sample a time-limited period of abstinence.

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CRA Treatment Plan

- Establish meaningful, objective goals in client-selected areas.
- Establish highly specified methods for obtaining those goals.
- Tools: Happiness Scale, and Goals of Counseling form.

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Behavior Skills Training

- Teach three basic skills through instruction and role-playing:
- Problem-solving
 - Break overwhelming problems into smaller ones.
 - Address smaller problems.
- Communication skills
 - A positive interaction style
- Drink/drug refusal training
 - Identify high-risk situations.
 - Teach assertiveness.

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Job Skills Training

- Provide basic steps for obtaining and keeping a valued job

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Social and Recreational Counseling

- Provide opportunities to sample new social and recreational activities.

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Relapse Prevention

- Teach clients how to identify high-risk situations.
- Teach clients how to anticipate and cope with a relapse.

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- The following CRA procedures and descriptions are from Meyers, Roozen, and Smith for the substance user:

Relationship Counseling

- Improve the interaction between the client and his or her partner.

Expectations

- Specifically, during the CRAFT sessions, the therapist will use or model the behavioral principles that they are teaching to the participants. Therapists will be expected to:
 - 1. Model constructive interpersonal behavior, e.g. giving positive reinforcement. It is not too much to say that the therapist will be the “cheerleader” throughout the CRAFT-SP. Constantly reinforce CSOs’ efforts in positive terms, e.g. “You guys are so loyal...so tough...so courageous...so willing to stick to it...have so much perseverance.”

Expectations

- Specifically, during the CRAFT sessions, the therapist will use or model the behavioral principles that they are teaching to the participants. Therapists will be expected to:
 - 2. Shape behavior progressively over time. The most effective way the therapist can do this is by sandwiching, i.e. putting advice or correction between two positive statements. The therapist makes a positive statement, then gives directions on how the participant can do the target behavior more effectively, and follows this with another positive statement. An example of this follows: “You are really working hard at this, Donna. Try it again and this time only talk about how much you enjoy spending time with him while he is sober. You are really making progress!”

Expectations

- Specifically, during the CRAFT sessions, the therapist will use or model the behavioral principles that they are teaching to the participants. Therapists will be expected to:
 - 3. Spend time in session doing role-plays. Participants develop the specific skills they need to successfully interact with their loved ones through practical, hands-on experience.

Expectations

- Specifically, during the CRAFT sessions, the therapist will use or model the behavioral principles that they are teaching to the participants. Therapists will be expected to:
 - 4. Let participants know when you are modeling. For example, “Betty, that was a great job! I just gave you positive reinforcement. We are showing you how to give positive reinforcement and giving you a chance to practice it here so you can do it with your loved one at home.” Another way to model is to say “Betty, now I am going to demonstrate how to ask Henry to help with the dishes” (the behavior is then modeled to make sure Betty understands)

Each session will be structured as follows:

- 1) Session Goals** - Each session will begin by clearly stating the 2-3 goals that will be the focus for that specific time period.
- 2) Session Content** - 1-3 specific content areas / topics with a recommended time allotted for each topic.
- 3) Closing Comments** - Each session will end with brief closing / summary statements. Ending the session in a positively reinforcing manner reminds CSO what they have learned and accomplished in the training. This praise is also important for building self-efficacy, self-esteem, and for helping CSOs stay engaged in training. Always end with praise and positive reinforcement!
- 4) Handouts** - Each Handout is specifically labeled in the session text in Bold and on top of the handout itself. Please use each handout when it is advised to do so in the session.

Frequency and duration of sessions:

- CRAFT-SP can be used in a weekly format or in an all day format. Each session lasts one hour, though the first session usually takes 1-1/2 hours.

Video – 4 minutes with Robert Myers

- <https://addictionthenextstep.com/blog/learning-communicate-craft/>

CRAFT – SP Manual is Available on line free

- https://www.mirecc.va.gov/visn16/docs/craft-sp_final.pdf
- **Check out the manual it is almost 100 pages of practical material, easy to follow**
- **“SP” Stands for SUPPORT and PREVENTION**
- **Lots of activities – Plenty of tools and education for skill building with families**