

CRAFT Family Support Facilitator Training

CRAFT is an evidence-based, compassionate, and effective approach for engaging a reluctant loved one into treatment.

The CRAFT Model



The CRAFT (Community Reinforcement and Family Training) program is a compassionate, non-confrontational evidence-based intervention that **helps family and friends develop effective strategies for helping their loved one** who is struggling with a substance use disorder **and for feeling better themselves.**

The in-person or virtual 12-session CRAFT program teaches family and friends new skills in rapport building, positive reinforcement, communication, and problem solving, motivation techniques, how to analyze substance use patterns, how and when to intervene, safety precautions and more.

- Helps families move their loved one toward treatment
- Helps reduce the loved one's alcohol and drug use
- Improves the lives of the concerned family and friends
- 7 out of 10 loved ones enter into treatment as a result of CRAFT

CRAFT has the ability to engage **two-thirds of treatment-resistant** patients to attend treatment

3^x ENGAGEMENT
of Al-Anon or Nar-Anon
support groups

2^x ENGAGEMENT
of the Johnson Institute
intervention

4^x ENGAGEMENT
of 12-step programs



Addiction is a Family Disease

For everyone struggling with a substance use disorder there is a family suffering.

CRAFT is a group program that provides families with support, education, and tools to help themselves, their families and their affected loved one. CRAFT is a SAFE space where each member protects the confidentiality of fellow group members and where all treat one another with dignity and respect.

CRAFT Three Main Goals

1. Reduce the affected loved one's harmful substance misuse
2. Engage the loved one into treatment
3. Improve the family member and loved one's family functioning

Drs. Robert J. Meyers and Jane Ellen Smith of the University of New Mexico developed the CRAFT program to teach families, referred as Concerned Significant Others (CSOs), how to impact their Loved One (LO) while avoiding both detachment and confrontation.

During each of the 12 CRAFT group sessions, key principles are presented and discussed to help CSOs, consider how to better apply those principles in their life and with their addicted Loved One (LO). The CRAFT workbook provides activities to build upon the learning and skill acquisition.

CRAFT Facilitator Training

Training is provided through Overdose Lifeline, Inc. (www.overdoselifeline.org) a nonprofit dedicated to helping individuals, families, and communities affected by the disease of substance use disorder.

CRAFT facilitator training includes:

- Three prerequisite online, self-paced courses, approximately 3.0 hours
- CRAFT training (virtual): three, 4-hour virtual training sessions
- Facilitator Guide, CRAFT Workbook and Getting Your Loved One Sober book
- Access to Facilitator Resource Center and Technical Support

Facilitator Training: \$1,665/person

While other treatment approaches call for either confronting or detaching from a loved one who is a substance user, CRAFT shows how to change one's interactions with the addicted person to reduce or stop their substance use and encourage the person to move toward getting help.

Training provided by Overdose Lifeline, adapted from the USARA CRAFT program and integrates content from Center for Motivation & Change



For more information about CRAFT visit: www.overdoselifeline.org/craft-training