OverdoseLifeline

CRAFT FAMILY SUPPORT FACILITATOR PROGRAM

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

Program Overview

The program provides training, curriculum, and materials to facilitate a CRAFT family support group.

The CRAFT (Community Reinforcement and Family Training) program is a compassionate, non-confrontational, and evidence-based approach that empowers family members and friends to support a loved one struggling with substance use disorder—while also improving their own well-being.

- Reduce the affected loved one's harmful substance use.
- Engage the loved one into treatment.
- Improve the family member and loved one's family functioning.

Developed by Drs. Robert J. Meyers and Jane Ellen Smith at the University of New Mexico, the CRAFT model teaches families how to positively influence their Loved One (LO) without resorting to detachment or confrontation. While other approaches may focus on confrontation or detachment, CRAFT teaches families how to change their interactions in supportive, effective ways that can reduce or stop a loved one's substance use and motivate them to seek help.

CRAFT has the ability to engage 2/3rds of treatment-resistant patients to attend treatment.

Roozen, et al, Addiction, 10/2010

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

2x ENGAGEMENT
Johnson Institute intervention

4x ENGAGEMENT
of 12-step programs

overdoselifeline.org

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Family and Social Connections
KEY in the Recovery Process

A key factor in the recovery process is the presence and involvement of people who believe in their loved one's ability to recover—those who offer hope, support, encouragement, and practical strategies for change.

CRAFT (Community Reinforcement and Family Training) strengthens these essential supports by enhancing Recovery Capital—the internal and external resources a person can draw upon to initiate and sustain recovery (Granfield & Cloud, 1999; Cloud & Granfield).

Family and social connections are one of the four core components of Recovery Capital. By building a strong support system, Recovery Capital helps individuals take the first step toward treatment, stay engaged in care, sustain long-term recovery, and reduce the risk of returning to use

CRAFT is a motivational model of help based on research that consistently finds motivational treatments to be superior to confrontational ones.

CRAFT shows family/friends how to develop their loved one's motivation to change by helping to figure out how to appropriately reward healthy behavior.

This Model of CRAFT

The CRAFT Family Support Program is a group education and support model that is based on the work of Drs. Robert J. Meyers and Jane Ellen Smith and includes the Get Your Loved One Sober book, a companion workbook, and a 12-session curriculum facilitated by a trained leader.

Over the course of 12 sessions, participants learn and practice skills such as building rapport, using positive reinforcement, improving communication, setting healthy boundaries, increasing motivation for change, identifying patterns in substance use, knowing when and how to intervene, and more.

CRAFT Facilitator Training: $1,050/person

An enhanced adaptation of the USARA CRAFT group model, Overdose Lifeline's program builds upon the original framework with expanded facilitator tools, integrated content from the Center for Motivation and Change (CMC), and ongoing support to ensure successful implementation.

The facilitator training includes:

- Three prerequisite online, self-paced courses (approx. 4-5 hours total)
- Live virtual CRAFT training (approx. 10 hours over 2 days)
- Facilitator Guide and copy of the *CRAFT Participant Workbook* and *Get Your Loved One Sober* book
- Ongoing access to the Facilitator Resource Center, programming materials, and technical support

Additional Budget Considerations:
Budget for participant materials *Get Your Loved One Sober* ($10–$12) and the *CRAFT Workbook* ($8–$12).

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