



# A Brief Overview of the Community Reinforcement and Family Training Approach (CRAFT)

Kamilla L. Venner, Ph.D.

Assistant Professor

UNM Department of Psychology

CASAA

# Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.



# Abbreviations

- ◆ CRAFT - Community Reinforcement Approach and Family Training
- ◆ CRA - Community Reinforcement Approach
- ◆ CSO - Concerned Significant Other
- ◆ IP - Identified Patient
- ◆ Engagement - Entering Treatment

# The Clients of CRAFT are CSOs (not IPs)



## Who are CSOs?

- ❖ Spouses
- ❖ Parents
- ❖ Family Members
- ❖ Employers
- ❖ Friends
- ❖ Etc



# Other family interventions

- ▶ 12-Step Programs (Al-Anon, Nar-Anon)
  - ▶ Loving detachment
  - ▶ Acceptance of CSOs inability to control IP's behavior

 **ALATEEN**

*Hope and Help for Young People who are the relatives  
and Friends of a Problem Drinker*



Al-Anon  
Family Groups

- ▶ Johnson Institute Intervention
  - ▶ Participants receive pre-confrontation training to set boundaries, urge the person into treatment and more
  - ▶ The Intervention is a "surprise party"



## Conclusions for CSO's

- ▶ CSO functioning improved from all three approaches
- ▶ CRAFT yielded a threefold higher rate of IP engagement
- ▶ The primary reason for failure of the Johnson Institute approach was unwillingness of the family to proceed with the confrontation

Is CRAFT effective?  
Does it work?

# USA CRAFT Studies

Sisson & Azrin 1986	Miller, Meyers, et al., 1999	Kirby, et al., 1999	Meyers, Miller, et al., 1999	Meyers, Miller, et al., 2002	Waldron, et. al., 2007 adolescent	Dutcher, et al., 2009	Manual, et al., 2011 Group vs Self-Directed
14 CSOs	130 CSOs	32 CSOs 75% Anglo 23% AA	62 CSOs 80% Hispanic	90 CSOs 49% Hispanic	42 CSOs 48% Hispanic	99 CSOs 59% Hispanic	40 CSOs 60% Anglo
Alcohol	Alcohol	55% Cocaine 22% opiates	37% Coca 35% MJ 16% Stim 8% opiate	MJ Cocaine Stimulants	MJ Alcohol	Alcohol 90% Cocaine 7%	Drugs/Alcohol
Randomized (CRAFT vs 12 Step)	Randomized (CRAFT/JI /12-step)	Randomized (CRAFT vs 12-step)	Non-Randomized	Randomized	Non-Randomized	Non-Randomized	Craft in Group vs Self-Directed
86% vs 0% CSOs Better	64% vs 23% vs 13% CSOs Better	74% vs 17% CSOs Better	74% CSOs Better	65.5% vs 29% CSOs Better	71% CSOs Better	55%-65% CSOs Better	60% -71% Vs 40% Better



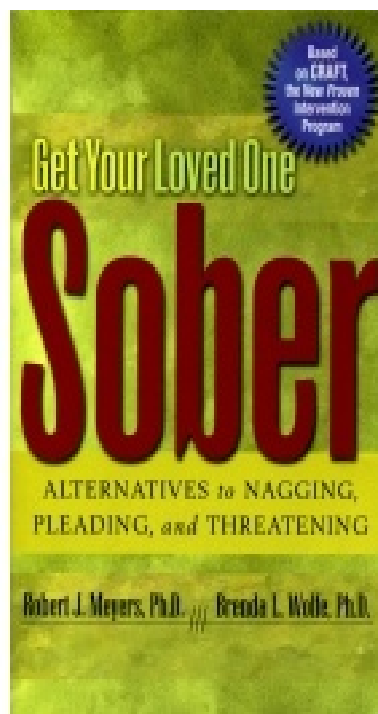


# Conclusions from research

- ▶ Problem drinkers who are initially unmotivated for change can be engaged in treatment through unilateral family therapy with concerned significant others
- ▶ Parents of adult children are particularly effective, and may be an overlooked resource for engaging problem drinkers

# Community Reinforcement Approach and Family Training (CRAFT)

- ▶ Treats significant others and family members in the hopes of engaging them into treatment



# What is the goal of CRAFT?



To teach family and friends effective strategies for coping with and helping a loved one with alcohol or drug problems

1. CRAFT helps improve CSO's well being
2. CRAFT helps CSO's influence IPs to seek help
3. CRAFT helps IP improve even if IP does not enter treatment

# How does CRAFT help?

- ▶ We focus on...
  - ▶ Building healthy life skills
  - ▶ Understanding what leads to IP substance use
  - ▶ Focusing on consequences of IP substance use
  - ▶ Increasing CSO positive rewarding activities



# CRAFT Skills (continued)

- ▶ Improving communication skills
- ▶ Planning to ask IP to seek help
- ▶ Safety Planning
- ▶ Teaching CSO to reward sober behavior
- ▶ Problem-solving



# Getting into the CSO role

# Requirements for CSO's using CRAFT



- ▶ Empathy
- ▶ Committed to relationship with IP
- ▶ Willing to develop a partnership with IP
- ▶ Spend time together at least talking
- ▶ Attend CRAFT training
- ▶ Use cognitive-behavioral approach or at least not a confrontational one

# Functional analysis



# Functional Analysis

- ▶ Helps us to examine the antecedents and consequences of a behavior
- ▶ For drinking/other drug use



Focus on the positive



# Reinforcer List

- ▶ Could add culturally relevant items
  - ▶ Beading
  - ▶ Crafts
  - ▶ Jewelry making
  - ▶ Ceremonies
  - ▶ Spending time with elders
  - ▶ Learning cultural language and ways



# Why Positive Reinforcers for IP

- ▶ We want to reward sober behavior!
- ▶ Why?
- ▶ Also, we want the IP's sober life to be good and rewarding
- ▶ Why?

# Use of Positive Reinforcement (with the IP)

- ▶ Identify pleasurable reinforcers to introduce when a loved one is sober
- ▶ Verbally linking a reward with sober behavior
- ▶ Encourage CSO to “sample” new behavior
- ▶ Can CSO recognize when loved one is sober/drinking?

# Setting Goals

Happiness scale  
Goals sheet

# Happiness Scale

This scale is intended to estimate your current happiness with your life on each of the eleven areas listed. You are to circle one of the numbers (1-10) beside each area. Numbers toward the left end of the ten-unit scale indicate various degrees of unhappiness, while numbers toward the right end of the scale reflect increasing levels of happiness. Ask yourself this question as you rate each life area: "How happy am I with this area of my life?" In other words, state according to the numerical scale (1-10) exactly how you feel today. Try to exclude all feelings yesterday and concentrate only on the feelings of today in each of the life area. Also try not to allow one category to influence the results of the other categories.

- 1 = Completely Unhappy (can't get any worse)
- 5 = Neutral (not unhappy, not happy either)
- 10 = Completely Happy (can't get any better)

		Unhappy			Neutral				Happy		
	Happiness with:										
1.	Alcohol										
	Drinking	1	2	3	4	5	6	7	8	9	10
	Sobriety	1	2	3	4	5	6	7	8	9	10
2.	Happiness with:										
	Job	1	2	3	4	5	6	7	8	9	10
	Education	1	2	3	4	5	6	7	8	9	10
3.	Money Management	1	2	3	4	5	6	7	8	9	10
4.	Social Life	1	2	3	4	5	6	7	8	9	10
5.	Personal Habits	1	2	3	4	5	6	7	8	9	10
6.	Happiness with:										
	Marriage	1	2	3	4	5	6	7	8	9	10
	Family	1	2	3	4	5	6	7	8	9	10
	Other	1	2	3	4	5	6	7	8	9	10
7.	Legal Issues	1	2	3	4	5	6	7	8	9	10
8.	Emotional Life	1	2	3	4	5	6	7	8	9	10
9.	Communication	1	2	3	4	5	6	7	8	9	10
10.	Spirituality	1	2	3	4	5	6	7	8	9	10
11.	General Happiness	1	2	3	4	5	6	7	8	9	10

Name \_\_\_\_\_ ID \_\_\_\_\_ Date \_\_\_\_\_



# A Note on Enabling

- ▶ CSOs often hear “stop being an enabler!”
- ▶ CRAFT works off the principle of rewarding NON-USE, and...
- ▶ Withdrawing positive reinforcers when using
- ▶ The goal is to use carefully planned and systematically executed rewarding acts for non-using behavior





# Communication Training

## ► Why work on communication?

- ☑ More likely to get what you want
- ☑ Positive communication is “contagious”
- ☑ Will open door to more satisfaction in other life areas as well (social support)
- ☑ Positive communication is the foundation for other CRAFT procedures



# Things that Don't Work

- ▶ nagging
- ▶ pleading
- ▶ threatening
- ▶ yelling
- ▶ lecturing
- ▶ pouring alcohol down the drain
- ▶ getting drunk (show drinker what it's like)



## Examples of Positive from Negative Talk

When you're drunk our time together is miserable.	I enjoy spending time with you when you are sober.
You make it impossible to keep track of our checking account.	I really appreciate your help in keeping the checking account balanced.
You always leave your dirty clothes all over the place.	Thanks for putting your clothes in the hamper. (peck)

# What to do when IP is using substances



# Time Out from Positive Reinforcement

- ▶ Withdrawing positive reinforcement when love one is drinking
- ▶ Identify safe reinforcers to withdraw
- ▶ Will the loved one miss the withheld reinforcer?
- ▶ What is the best way for you (CSO) to communicate the rationale?



# Natural Consequences for Using

- ▶ Explore CSO's unintentional support of the drinking
- ▶ Refer to F.A. (consequences) if necessary
- ▶ Offer common examples:
  - ← reheating dinner
  - ← calling in sick for a loved one
  - ← making excuses to family/friends

# Inviting IP to seek help

# Inviting the IP to Treatment

## What the CSO needs to know



- ▶ Being able to identify times of higher IP motivation for treatment
- ▶ Has capability of using the positive communication skills
- ▶ At least 1 viable treatment option has been arranged in advance
- ▶ The need for CSO continuing support





# Inviting the IP to Treatment Windows of Opportunity

- ▶ IP remorse over using incident
- ▶ Other's remarks about IP's use
- ▶ Inquiry about CSO involvement in CRAFT
- ▶ CSO behavior change



# What might you try first?

What surprised you most about CRAFT?

What do you think you want to learn more about?



Tsin'aen (thank you!)