



CRAFT Family Support

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

Welcome to CRAFT



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 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 — 7 out of 10 loved ones enter into treatment as a result of CRAFT
- Helps reduce the loved one's alcohol and drug use
- Empowers you to influence change — trains you in behavior change skills
- Improves the lives of the concerned family and friends

As you participate in CRAFT group session and go through the healing process please remember:

- Small steps carry you long distances.
- Emotions are fluid. When you are frustrated, hurt, angry and exhausted remember that these feelings are responses to current situations. When you change the way you interact with your Loved One (LO), the situations will change.
- Asking for help is a good thing. People tend to thrive when they work together, sharing experiences and abilities.
- Patience pays. Family substance use problems usually do not develop overnight and seldom go away in a single day.

