

# How the CRAFT Approach Helps Family Members Help their Loved One with Addiction

With Dr. Dominique Simon-Levine and Laurie MacDougall from the Allies in Recovery Team

*2/26/22*

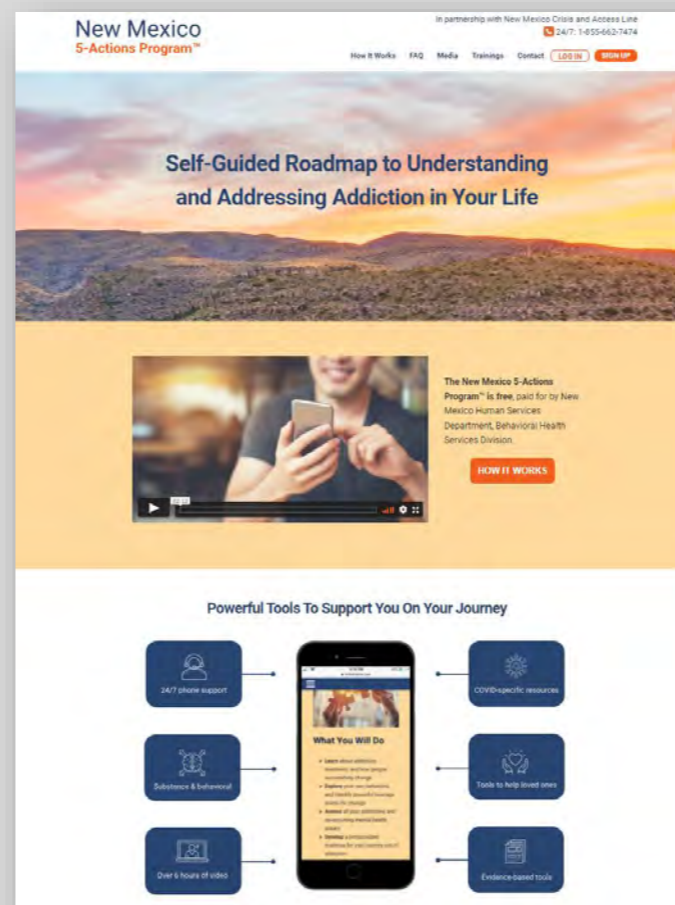
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## Agenda:

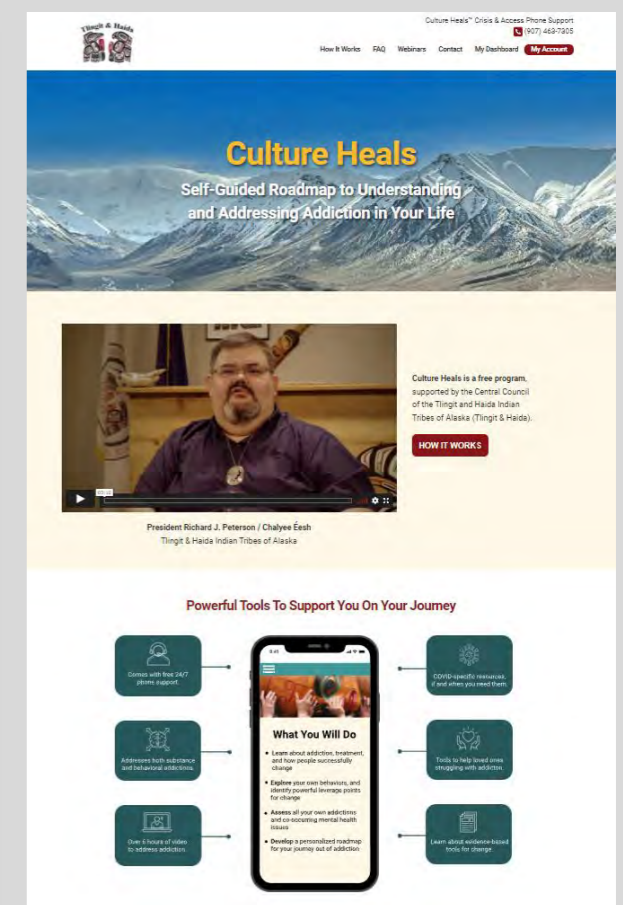
- Basics of the CRAFT approach
- How to influence your loved one's behavior by giving or withholding rewards
- When to Step Back and Allow Natural Consequences, and why
- Four likely responses to loss, trauma, and life-threatening stress
- Best practices for self-care and why it's a critical component of CRAFT
- Examples of how to be ready with treatment resources and when and how to offer them

# The 5-Actions Program™

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska!
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 100+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians



[www.NM5actions.com](http://www.NM5actions.com)



[www.cultureheals.com](http://www.cultureheals.com)

## 2022: 5-Actions Program™ Webinars

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

### Upcoming Topics

- Understanding and Addressing Mental Health Challenges Through a Transdiagnostic Emotion-Focused Lens
- Addressing Our Unprecedented Suicide Epidemic
- Remembering Who You Are: The Direct and Indirect Paths to Your True Self
- Helping a Loved One with Addiction Utilizing the Community Reinforcement and Family Training Approach (CRAFT)



When Love isn't enough

## Allies in Recovery

Dominique Simon-Levine, PhD, MPH

# Families Marginalized



- \* Family seen as part of the problem: enabler, codependent, victim.
- \* Limited contact in treatment
- \* Not consulted
- \* Can't make referral
- \* Seen as peripheral to care
- \* Evidence-based care not reimbursed by insurance
- \* Evidence-based care hard to find



# How Great is the Need: The Family

- \*Increased Depression
- \*Increased Anxiety
- \*Increased risk of harm at work
- \*Absenteeism
- \*Sleep and other stress-related illness
- \*Family problems
- \*Defacto untrained caregiver in fragmented system





# Families Care Deeply

- \* Marshal the energy, the loyalty, the power of love these individuals have and channel it towards ending addiction.
- \* Provide skills, the language, the information and resources to create the very best environment around the loved one with addiction.
- \* The family as an untapped but crucial resource -- is right in front of us.
- \* The behavioral science of what to do as a family member -- is also right in front of us.

# CRAFT

Community Reinforcement And Family Training



Robert J. Meyers  
Jane Ellen Smith  
William Miller



# What is CRAFT?

Teach about addiction, including harm reduction, moderation, recovery

Practice new skills:

- ABC – learn a practiced eye
- How to communicate
- How to de-escalate conflict
- How to stay safe
- How to respond and behave
- Cognitive Behavioral Therapy (CBT lite)
- How to recognize motivation to change (Change talk)
- How to intervene and engage into treatment



# Controlled Trial

130 family members assigned to 1 of 3 interventions (1999)

\*Al-Anon Facilitation therapy

\*Johnson Institute Intervention

\*CRAFT

Loved Ones are all alcoholic

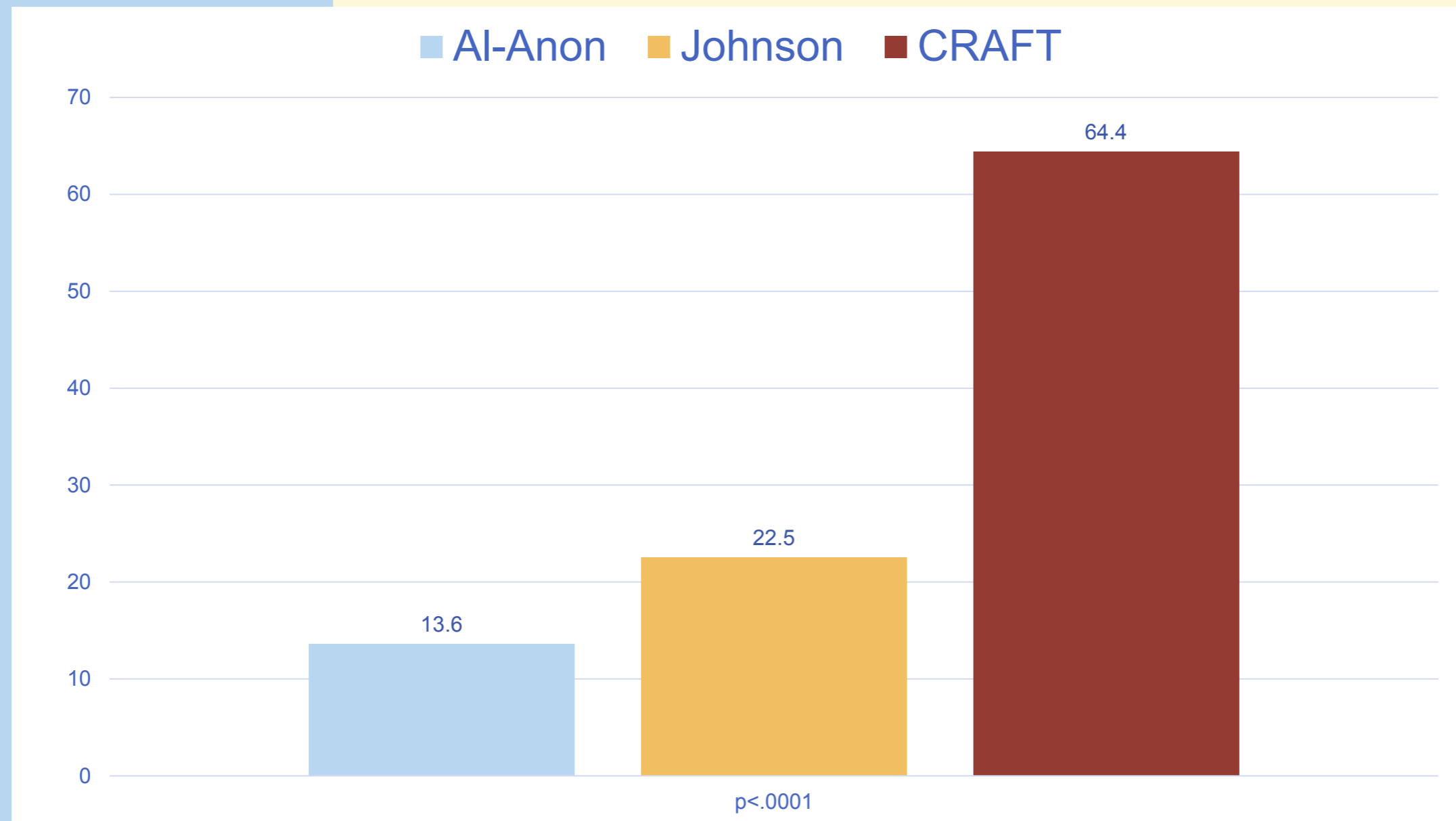


# Family Characteristics

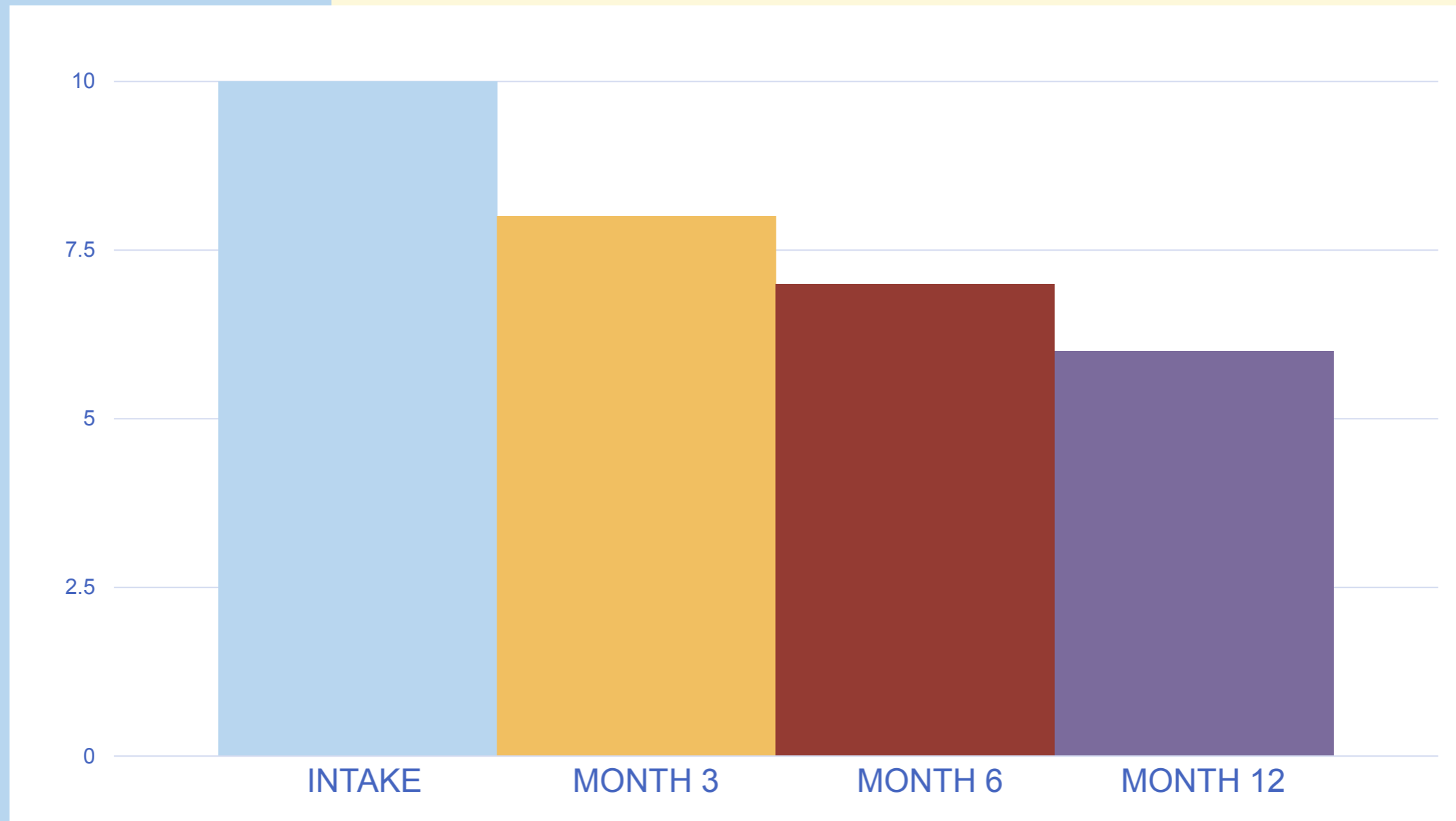


* Mean Age	47
* Education	14
* Females (%)	91
* Caucasian (%)	52
* Latino (%)	39

# Treatment Engagement Rates



# Family Member Depression (Becks)



# 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 <b>adolescent</b>	Dutcher, et al., 1999	Manual, et al., 2011 Group vs Self-Directed
14 Family	130 Family	32 Family 75% Anglo 23% AA	<b>62 Family</b> <b>80% Hispanic</b>	90 Family 49% Hispanic	42 Family 48% Hispanic	99 Family 59% Hispanic	40 Family 60% Anglo
Alcohol	Alcohol	<b>55% Cocaine</b> <b>22% opiates</b>	37% Coca 35% MJ 16% Stim 8% opiate	MJ Cocaine Stimulants	MJ Alcohol	Alcohol 90% Cocaine 7%	Drugs / Alcohol
<b>Randomized</b> (CRAFT vs 12 Step)	<b>Randomized</b> (CRAFT/JI /12-step)	<b>Randomized</b> (CRAFT vs 12-step)	Non- Randomized	<b>Randomized</b>	Non- <b>Randomized</b>	Non- <b>Randomized</b>	<b>Craft in Group</b> <b>vs Self-</b> <b>Directed</b>
<b>86% vs 0%</b>  Family Better	<b>64% vs 23%</b> <b>vs 13%</b>  Family Better	<b>74% vs 17%</b>  Family Better	<b>74%</b>  Family Better	<b>65.5% vs 29%</b>  Family Better	<b>71%</b>  Family Better	<b>55%-65%</b>  Family Better	<b>70% vs 40%</b>  Family Better



# Other Outcomes from Clinical Trials



- \*CRAFT-engaged Loved Ones most often attend 6 sessions of outpatient treatment as compared to NM state modal of 1
- \*Loved Ones reduce their use by 50% while family member is in CRAFT

# Family Health



- Family medical and psychiatric conditions are significantly greater than controls (Kaiser Permanente 2010, Weisner et al).
- The correlation is high: the more severe the addiction the more severe the medical conditions of the family.
- Family ill-health worse than families with other chronic conditions, such as asthma and diabetes.
- Depression in 2nd place as compared to controls in 5th.

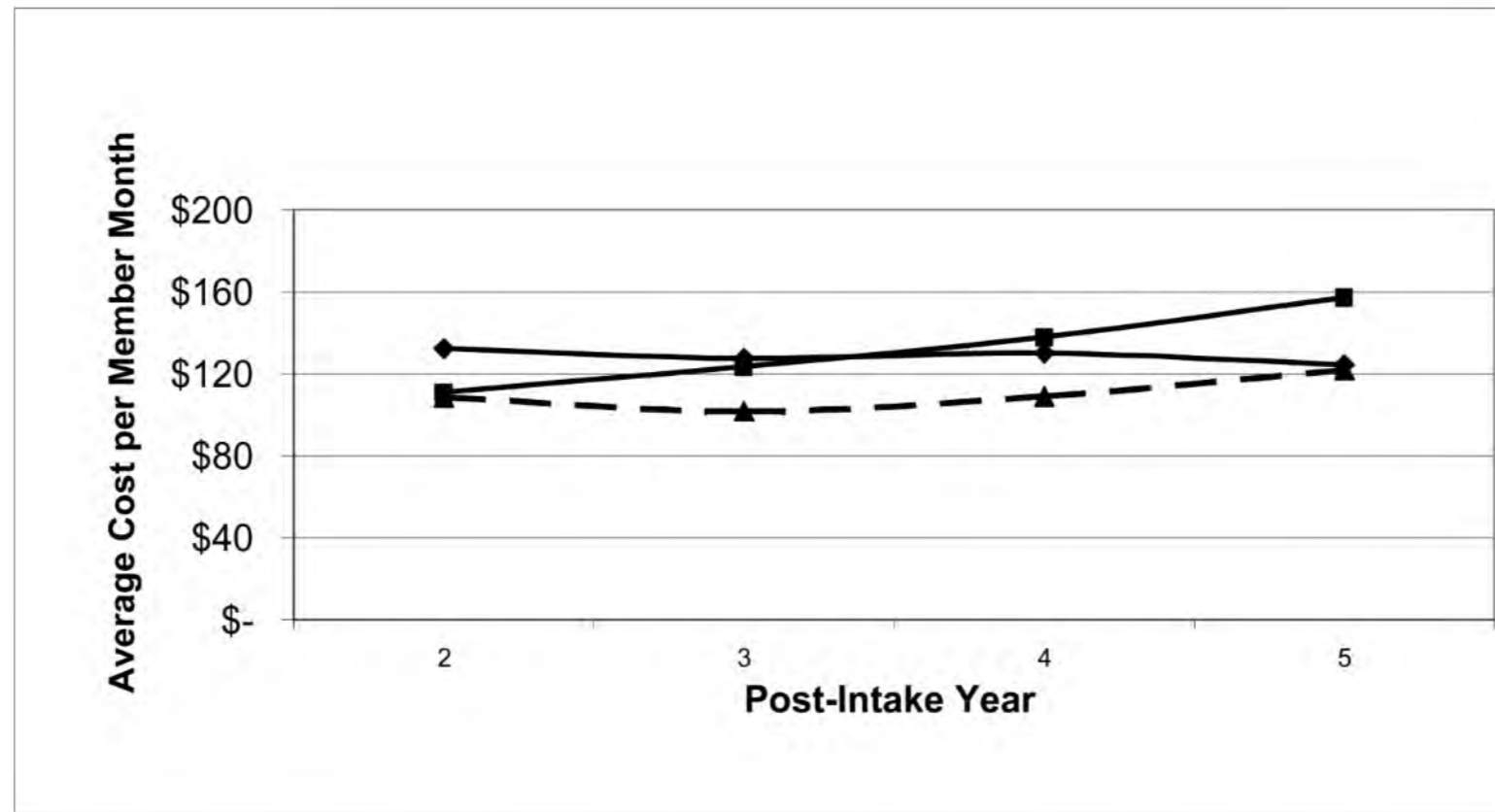




# Weisner et al. 2010

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**Figure 1.**  
Adjusted Average Medical Cost per Member Month (Excluding AOD and Psychiatry costs)  
—◆— Family members of abstinent AOD patients  
—■— Family members of non-abstinent AOD patients  
—▲— Family members of Controls

# How you can use the AlliesinRecovery.net site



- Private kiosk in waiting room
- Videos run on loop in waiting room TV
- Instant family program: download, print, use as group exercises, or homework. Watch a video in group and run a discussion afterwards.
- Instant curriculum for you and your clients who are family members.
- Facilitator training for groups