

# What's New

in the

## 5-Actions Program™

Live Webinars Supporting  
5-Actions Programs™

6/24/22

**John Fitzgerald, PhD, LPC, CAS**

Clinical Instructor, Department of Psychiatry, OHSU  
Adjunct Faculty, Systems Science Graduate Program, PSU  
Principal, Digital Therapeutics Group, LLC

## Agenda:

- Briefly Review the origins and purpose of the 5-Actions Program™
- Review what's new in version 2 and how to make the most of the updates
- Learn how to customize your own journey out of addiction using the Personalized Roadmap Tool
- Discuss enhanced support for those looking to help a loved one with addiction

# Introduction

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- Clinical Instructor in the Department of Psychiatry at Oregon Health & Sciences University since 1998, Adjunct Faculty in the Systems Science Graduate Program at Portland State University since 2007
- Licensed Professional Counselor since 2001, and a Certified Addiction Specialist since 2006
- Practicing clinician in Lake Oswego, Oregon
- Enjoy travel, photography, and writing in free time



# Introduction

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## **TEAM EFFORT**

**Videographers**

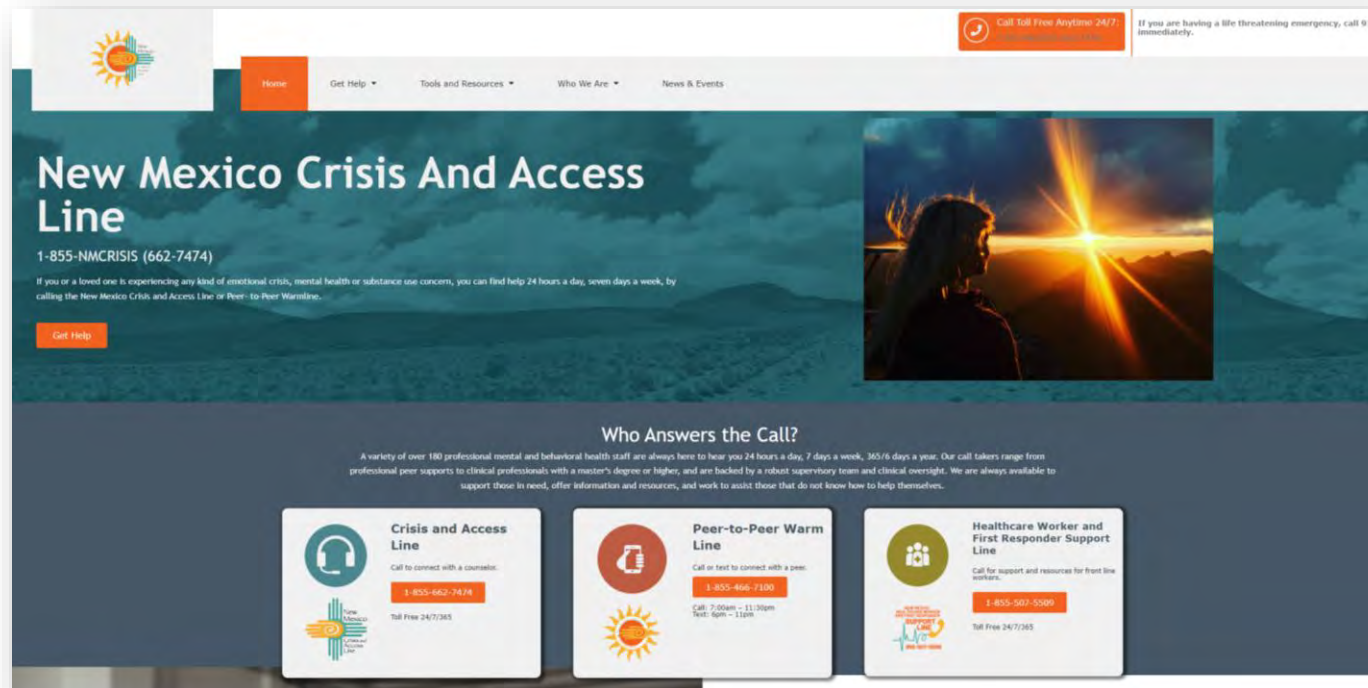
**Website Developer**

**Communications Director (Erin)**

**New Mexico Crisis & Access Line (Wendy)**



# NM 5-Actions Program and NMCAL



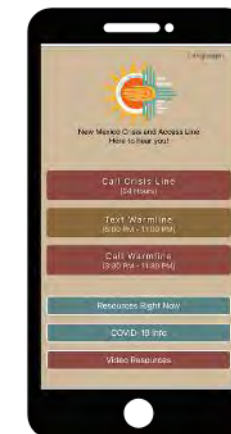
The screenshot shows the homepage of the New Mexico Crisis and Access Line website. At the top, there is a navigation bar with links for Home, Get Help, Tools and Resources, Who We Are, and News & Events. A prominent banner features the text "New Mexico Crisis And Access Line" with the phone number "1-855-NMCRISIS (662-7474)". Below this, a section titled "Who Answers the Call?" describes the services provided by over 180 professional mental and behavioral health staff. Three service cards are displayed: "Crisis and Access Line" (1-855-662-7474), "Peer-to-Peer Warm Line" (1-855-662-7180), and "Healthcare Worker and First Responder Support Line" (1-855-567-5509).

**New Mexico Crisis And Access Line**  
1-855-NMCRISIS (662-7474)

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer-to-Peer Warmline.

**Who Answers the Call?**  
A variety of over 180 professional mental and behavioral health staff are always here to hear you 24 hours a day, 7 days a week, 365/6 days a year. Our call takers range from professional peer supports to clinical professionals with a master's degree or higher, and are backed by a robust supervisory team and clinical oversight. We are always available to support those in need, offer information and resources, and work to assist those that do not know how to help themselves.

- Crisis and Access Line**  
Call or text to connect with a counselor.  
1-855-662-7474  
Toll Free 24/7/365
- Peer-to-Peer Warm Line**  
Call or text to connect with a peer.  
1-855-662-7180  
Call: 7:00am - 11:30pm  
Text: 9pm - 11pm
- Healthcare Worker and First Responder Support Line**  
Call for support and resources for front line workers.  
1-855-567-5509  
Toll Free 24/7/365



# Origins of the Program

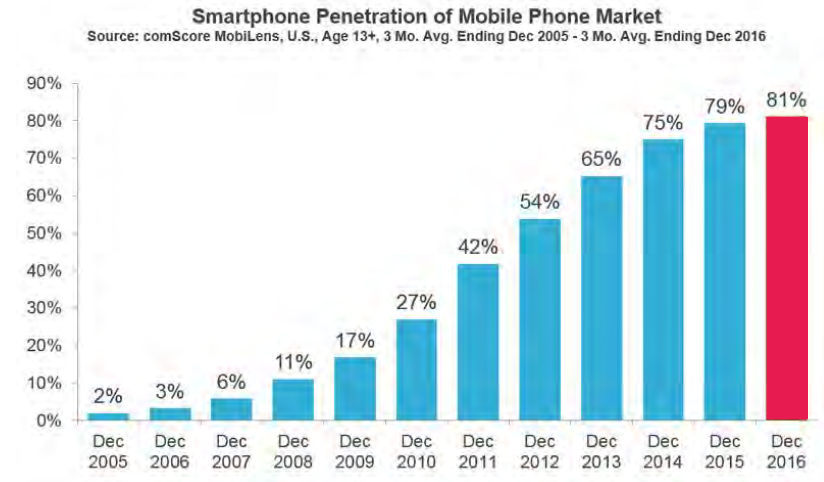
**1997-2004:** Began exploring how best to optimize addiction treatment and long-term outcomes

**2005-2014:** Researching abuse of Rx drugs in U.S.

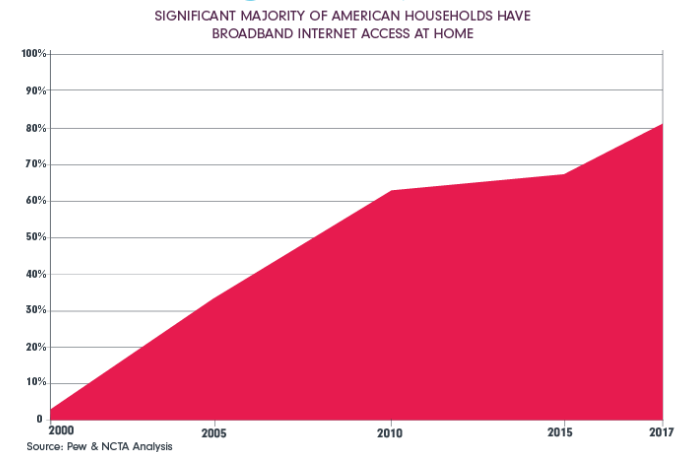
**2015-2019:** Development of the 5-Actions Program™

**2020:** Launched the 5-Actions Program™ in New Mexico

**2022:** Launched Culture Heals for Tlingit & Haida Tribes



## BROADBAND ADOPTION OVER TIME



# Gap in Need

## New Mexico Substance Use Disorder Treatment Gap Analysis



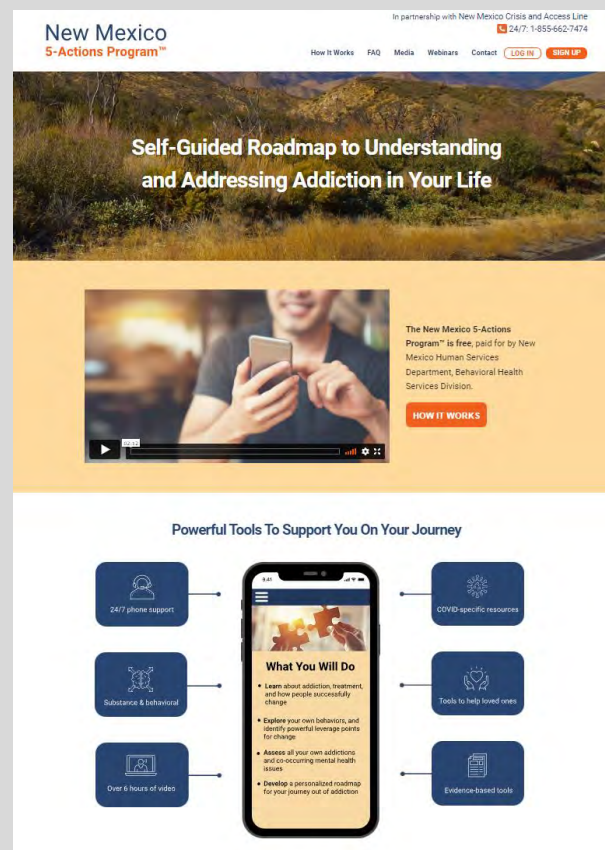
Substance Type	People Living with SUD	People Who Received Treatment	People Needing Treatment	People Who May Enter Treatment
Alcohol	101,012	27,834	73,178	7,318
Opioids	38,989	33,415	5,574	557
Stimulants (Methamphetamine)	21,694	12,834	8,860	886
Benzodiazepines	15,987	1,769	14,218	1,422
Cannabis	17,776	10,580	7,196	720
<b>Total</b>	<b>204,681</b>	<b>70,303</b>	<b>134,378</b>	<b>13,438</b>



# 5-Actions Programs™

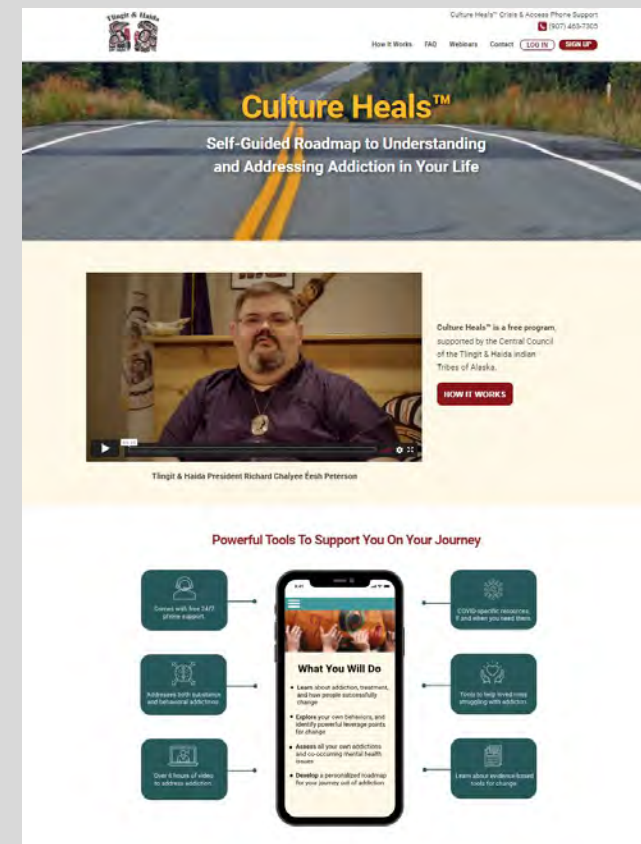
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

## New Mexico



[www.nm5actions.com](http://www.nm5actions.com)

## Alaska



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

# Live 5-Actions Webinars

## Webinars on Demand – Watch Now

A select number of our webinars and online trainings are available to watch at your convenience.

To enter fullscreen mode, click (or tap) on the four outward pointing arrows on the bottom right hand corner of the Vimeo toolbar. To exit, press (or tap) the "Esc" button on your keyboard.

### 2022 Webinars



#### Zero Suicide and the Role CAMS Can Play

Learn how CAMS can play a role in the Zero Suicide initiative.

**Agenda:**

- Introduction to the Zero Suicide initiative and its goals
- The role of CAMS in the Zero Suicide initiative
- How CAMS can be used to support individuals at risk of suicide
- The role of CAMS in the Zero Suicide initiative
- How CAMS can be used to support individuals at risk of suicide



#### What's New in Treating Alcohol Use Disorders

Learn about the latest research and treatment options for Alcohol Use Disorders.

**Agenda:**

- Introduction to the latest research and treatment options for Alcohol Use Disorders
- The role of CAMS in the treatment of Alcohol Use Disorders
- How CAMS can be used to support individuals with Alcohol Use Disorders
- The role of CAMS in the treatment of Alcohol Use Disorders
- How CAMS can be used to support individuals with Alcohol Use Disorders



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

Learn about the CRAFT approach and how it can help family members support their loved ones with addiction.

**Agenda:**

- Introduction to the CRAFT approach and its goals
- The role of family members in the CRAFT approach
- How the CRAFT approach can be used to support individuals with addiction
- The role of family members in the CRAFT approach
- How the CRAFT approach can be used to support individuals with addiction



#### Coping with Pandemic Fatigue: Workplace Stress, Parental Exhaustion, and an Uncertain Future

Learn about the challenges of pandemic fatigue and how to cope with workplace stress, parental exhaustion, and an uncertain future.

**Agenda:**

- Introduction to the challenges of pandemic fatigue and its effects
- The role of workplace stress, parental exhaustion, and an uncertain future
- How to cope with pandemic fatigue and its effects
- The role of workplace stress, parental exhaustion, and an uncertain future
- How to cope with pandemic fatigue and its effects

- **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/>



# What is unique about the program?

- **Developed in collaboration** with local New Mexicans and Tlingit & Haida people, including over a dozen customized learning videos.
- Comprehensive video-based digital health intervention **combined with 24/7** phone support
- **Addresses all addictions** (substance and behavioral), as well as underlying drivers of addiction (insecure attachment, ACEs, trauma, and other co-occurring mental health disorders)
- Interventions of successful behavior change **organized into five action categories**: motivate, evaluate, resolve, manage and create (5-Actions)
- Built upon two **evidence-based theories of change**: Contextual Model and Self-Determination Theory
- Provides tools to **help a loved one** with addiction



# Is it evidence-based?

## The Contextual Model

(Wampold & Imel, 2015)

### Initial Therapeutic Bond



### Three Change Pathways

1. Real (Healing) Relationship
2. Expectations (Problem-Solution)
3. Tasks/Goals/Intervention Actions

### Good Outcomes

Symptom Reduction

Better Quality of Life

# Outcome: Symptom Reduction

## Abstinence

No Substance Use or Addictive Behavior

## Harm Reduction

Decreased Substance Use or Addictive Behavior

## Managed

Controlled Use/Behavior (Moderate or Low-Risk)

## Resolve

Suicide Ideation

Homelessness

Basic Needs

Psychosis

Safety

Medical Conditions

Dental Conditions

## Manage

Chronic Medical

Serious Mental Illness

Relapse/Cravings

Emotions

Relationships

Career

Recovery

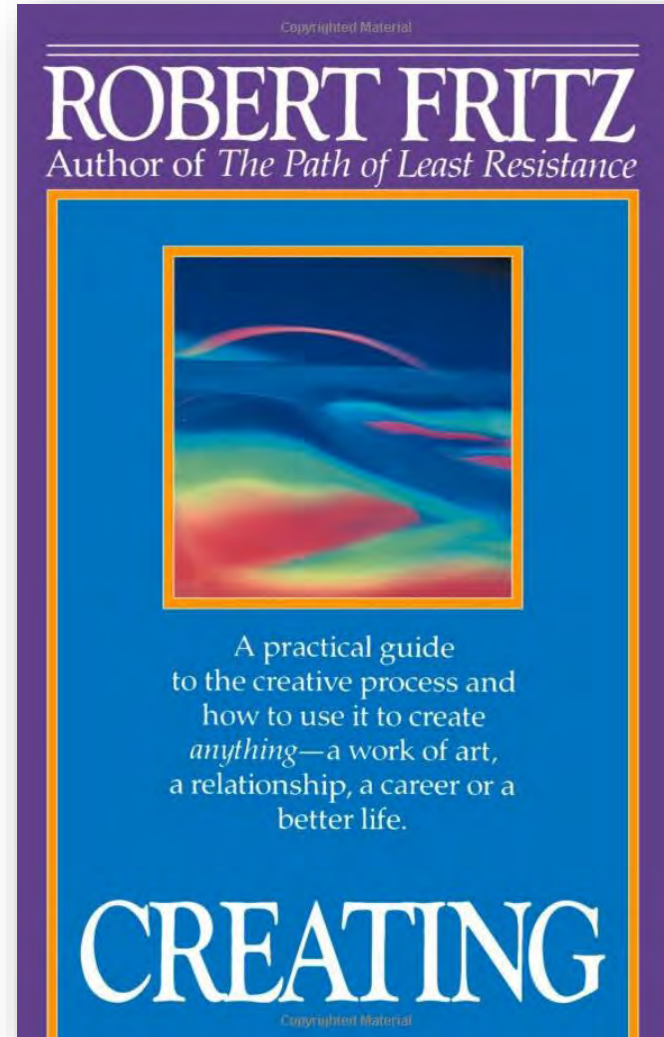


# Outcome: Better Quality of Life



**Good relationships keep us  
happy and healthier. Period.**

*Robert Waldinger*



## Outcome: Better Quality of Life



**Good relationships keep us  
happy and healthier. Period.**

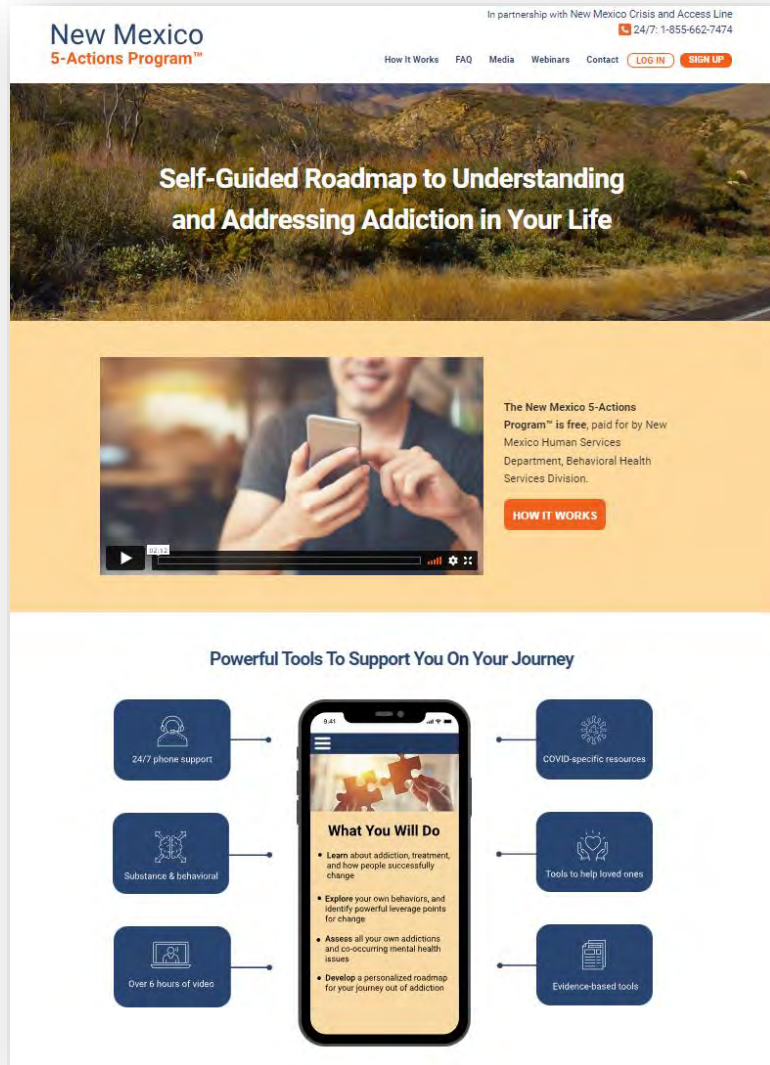
*Robert Waldinger*

Creating is not designed to heal you,  
fix you, or satisfy you, but a  
way in which you can bring your  
talents, energies, actions, imagination,  
reason, intuition, and yes, even love  
to the creation you desire...

**Love** is what creating is all about.

*Creating, Robert Fritz*

# What's New: External Homepage



- **Purpose of the external site**  
To encourage people to sign-up for the program
- **New emphasis on alcohol on the homepage**  
Given New Mexico leads the nation in alcohol-related deaths
- **Link to new 5-Actions Webinars site**  
Developed new site – [www.5actionswebinars.com](http://www.5actionswebinars.com) – where you can access all past content
- **Updated Media Resources**  
Downloadable flyers, media interview, and reports



# What's New: Media Resources

## New Mexico 5-Actions Program™

In partnership with New Mexico Crisis and Access Line

24/7: 1-855-662-7474

[How It Works](#) [FAQ](#) [Media](#) [Webinars](#) [Contact](#) [My Dashboard](#) [My Account](#)



## Media Center

Our Media Center includes downloadable program materials, news stories and releases. The Reports & Resources section contains links to up-to-date data on alcohol and drug use in New Mexico. If you're interested in doing a story about us, we'd love to speak with you.

## Media Contacts



5-Actions Program™

[info@nm5actions.com](mailto:info@nm5actions.com)

New Mexico Crisis and Access Line

[info@nmcrisisline.com](mailto:info@nmcrisisline.com)

## New Mexico 5-Actions Program™ Flyers



Healthcare and social service professionals  
[Download here >](#)



Community and those interested in utilizing the program  
[Download here >](#)



Medical Professionals who prescribe addiction medications  
[Download here >](#)



Help a loved one through Allies in Recovery (CRAFT)  
[Download here >](#)

# Assessment at Sign-up

## New Mexico 5-Actions Program™

Thank you for signing up for the NM 5-Actions Program.  
Please answer a few questions to get started.

**How did you learn about this program? \***

Friend or family member ▾

**How will you use this program? \***

For myself (address my addiction, determine if I have an addiction, su ▾

**NEXT**

How did you learn about this program? \*

Friend or family member ▾

Friend or family member

New Mexico Crisis and Access Line (NMCAL) - phone, email or text

NMConnect app

By attending a 5-Actions Program live webinar

Employer

Healthcare professional (counselor, social worker, physician)

Treatment Program (Hospital, Residential, Intensive Outpatient, Outpatient)

Justice System (Judge, Probation, Parole, Corrections/Law Enforcement Officer, Treatment Court)

Searching the internet

How will you use this program? \*

For myself (address my addiction, determine if I have an addiction, su ▾

For myself (address my addiction, determine if I have an addiction, support my change/recovery)

To help a loved one or friend struggling with addiction

As a healthcare professional (counselor, physician, social worker) working with clients

As a justice system professional (judge, parole or probation officer, corrections officer, courts official) working with clients

Other (student, public service, health educator, community advocate)

# Assessment at Sign-up

For Myself	1	2	3	4	5
To what degree does addiction (or present behavior) impact your life today? (Alcohol, drugs, gambling, sex, food, technology)	None	Very mild	Mild	Moderate	Severe
To what degree do mental health issues impact your life today? (Depression, anxiety, trauma, sleep, mood)	None	Very mild	Mild	Moderate	Severe
How would rate the overall quality of relationships in your life today? (Consider those you interact with on a regular basis)	Very poor	Poor	Fair	Good	Excellent
How would rate the overall quality of your life today?	Very poor	Poor	Fair	Good	Excellent
Are you currently engaged in some form of treatment? (addiction/mental health program, private practice, medication provider)	No	Yes			

Loved One	1	2	3	4	5
To what degree does your loved one's (or friend) addiction impact the quality of <u>your</u> life today?	None	Very mild	Mild	Moderate	Severe
Have you used the Community Reinforcement Approach and Family Training (CRAFT) educational program?	No	Yes			



# Assessment at Sign-up

Healthcare Professional					
What is your profession? <ul style="list-style-type: none"> <li>• Behavioral Health Counselor or Therapist</li> <li>• Social Worker</li> <li>• Psychologist</li> <li>• Psychiatrist</li> <li>• Physician (non-psychiatry)</li> <li>• Peer Recovery Coach/Mentor</li> <li>• Case Manager</li> <li>• Medical Director</li> <li>• Other</li> </ul>					
Where do you primarily practice? <ul style="list-style-type: none"> <li>• Hospital</li> <li>• Residential/Inpatient (addiction primarily)</li> <li>• Residential/Inpatient (mental health primarily)</li> <li>• Outpatient (addiction primarily)</li> <li>• Outpatient (mental health primarily)</li> <li>• Private Practice</li> <li>• Social Service Agency</li> <li>• Indian Health Services/Tribal Clinic</li> <li>• Military or Veteran's Health Facility</li> <li>• Student Health Center</li> <li>• Other</li> </ul>					
How familiar are you with the nature of addiction and its treatments?	Not at all familiar	Slightly familiar	Moderately familiar	Very familiar	Extremely familiar
Do you prescribe addiction medications?	No	Yes			

# Assessment at Sign-up

Justice System Professional					
What is your profession? <ul style="list-style-type: none"><li>• Judge</li><li>• Parole, Probation, Pre-trial, or Compliance Officer</li><li>• Corrections Officer</li><li>• Law Enforcement Officer</li><li>• Specialty Court Staff (treatment, mental health, drug, DWI, family)</li><li>• District Attorney or Public Defender Staff</li><li>• Other</li></ul>					
How familiar are you with the nature of addiction and its treatments?	Not at all familiar	Slightly familiar	Moderately familiar	Very familiar	Extremely familiar

# Internal Site: Original Dashboard

## New Mexico 5-Actions Program™

In partnership with New Mexico Crisis and Access Line

📞 24/7: 1-855-662-7474

[How It Works](#)[FAQ](#)[Media](#)[Trainings](#)[Contact](#)[My Dashboard](#)[My Account](#)[MY DASHBOARD](#)[GET STARTED](#)[CULTURAL CONSIDERATIONS](#)[LEARN](#)[MOTIVATE CHANGE \(ACTION 1\)](#)[EVALUATE MY BEHAVIOR \(ACTION 2\)](#)[CHANGE MY BEHAVIOR \(ACTIONS 3-5\)](#)[HELP FOR LOVED ONE OR FRIEND](#)[RESOURCES](#)[CRISIS & ACCESS PHONE SUPPORT](#)[WARMLINE PEER PHONE SUPPORT](#)[MY ACCOUNT](#)[LOG OUT](#)

## Welcome!

My Dashboard is where you will find all the resources and tools of the program. On the left is the main menu to help you navigate to the content you most need each time you login. And on the right, are signs that will get you to specific content in the program.

Each time you login you decide which direction to head...there are no wrong paths.

If at anytime to you get stuck, overwhelmed, or just need to talk with someone, the New Mexico Crisis and Access Line is available to help. Call anytime at 1-855-NMCRISIS (662-7474).



Explore these featured topic areas  
by clicking on each sign.



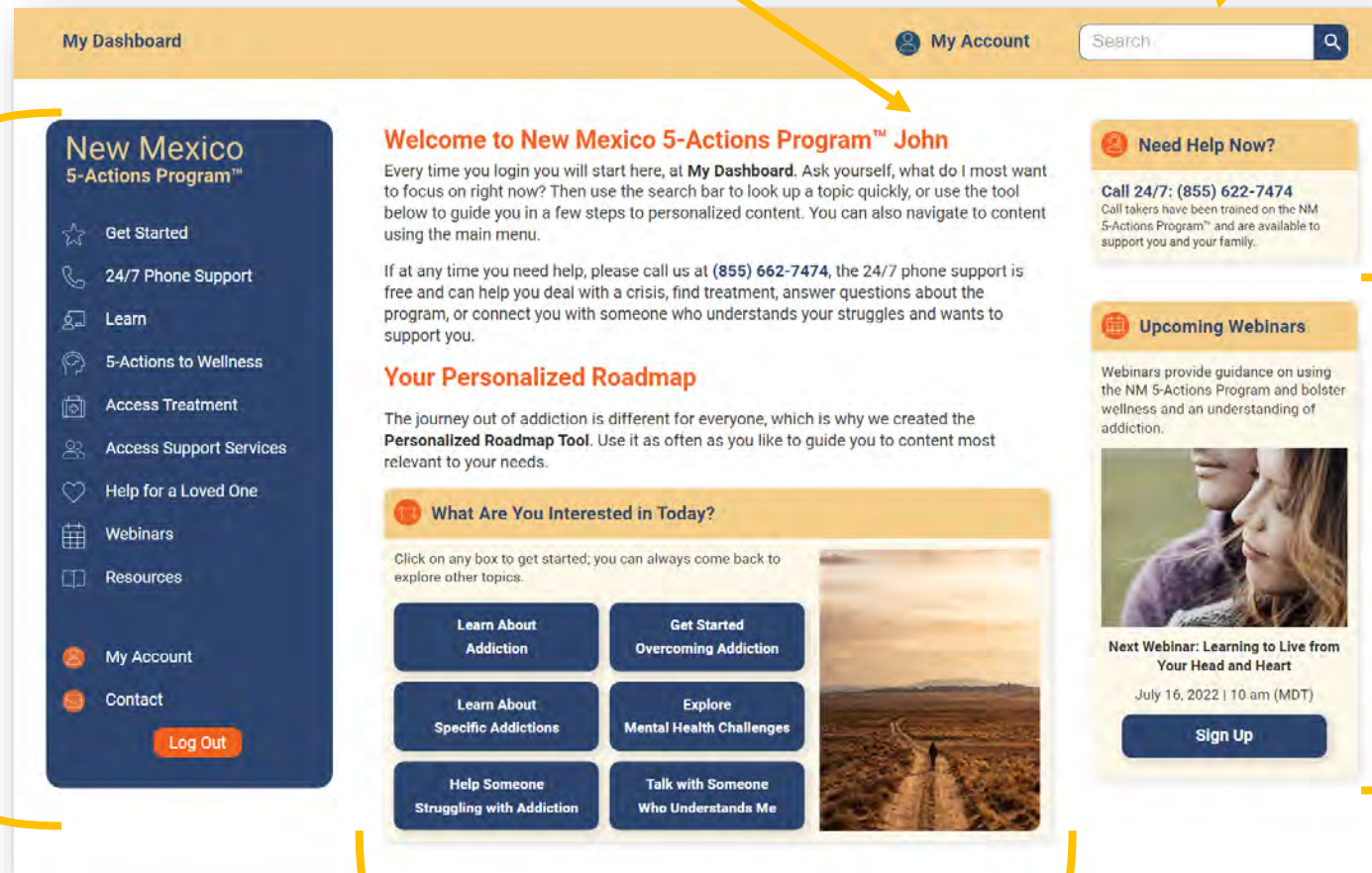
# Internal Site: Improved Dashboard

Embedded Username

Added Search Functionality

Improved  
Menu

Added Upcoming  
Webinars to Dashboard



Personalized Roadmap Tool

# Personalized Roadmap Tool

## Your Personalized Roadmap

The journey out of addiction is different for everyone, which is why we created the **Personalized Roadmap Tool**. Use it as often as you like to guide you to content most relevant to your needs.

### What Are You Interested in Today?

Click on any box to get started; you can always come back to explore other topics.

Learn About  
Addiction

Get Started  
Overcoming Addiction

Learn About  
Specific Addictions

Explore  
Mental Health Challenges

Help Someone  
Struggling with Addiction

Talk with Someone  
Who Understands Me



## Learn About Addiction

I want help with ... (choose as many as you like)

- ☐ Defining addiction
- ☐ Diagnosing addiction
- ☐ How the brain gets hijacked
- ☐ The role of genetics
- ☐ The role of trauma in addiction
- ☐ How addiction develops
- ☐ Reward-based learning
- ☐ Understanding the role of dopamine
- ☐ Risks that lead to addiction
- ☐ Understanding the default mode network
- ☐ Understanding the consequences of addiction
- ☐ Why addiction is a chronic condition
- ☐ Does addiction treatment work?
- ☐ What is the solution to addiction?

SUBMIT

## Learn About Specific Addictions

I want help with ... (choose as many as you like)

- ☐ Alcohol
- ☐ Tobacco
- ☐ Stimulants
- ☐ Opioids
- ☐ Marijuana
- ☐ Gambling
- ☐ Sex Addiction
- ☐ Food Addiction
- ☐ Technology Addiction
- ☐ Love Addiction
- ☐ Addictive Personality
- ☐ Multiple Addictions

SUBMIT

## Get Started Overcoming Addiction

I want help with ... (choose as many as you like)

- ☐ Solution to addiction
- ☐ How does culture heal?
- ☐ Does treatment work?
- ☐ Motivation for change
- ☐ Evaluating my behavior
- ☐ How to address trauma
- ☐ Learning about addiction medications
- ☐ Learning about self-help groups including 12-step
- ☐ Addressing relapse
- ☐ Creating the life I want
- ☐ Learning about addiction treatment
- ☐ Having healthy relationships
- ☐ Overcoming a hijacked brain
- ☐ When to seek professional help

SUBMIT

## Explore Mental Health Challenges

I want help with ... (choose as many as you like)

- ☐ [Feeling suicidal? Call the 24/7 crisis support line now at \(855\) 662-7474](#)
- ☐ Relationship Challenges
- ☐ Feeling overwhelmed
- ☐ Trauma (emotional, sexual, physical)
- ☐ Historical Trauma
- ☐ Feeling Shame
- ☐ Grief and loss
- ☐ Feeling lonely and isolated
- ☐ Understanding my mind
- ☐ Co-occurring Disorders
- ☐ Spirituality

SUBMIT



# Improved Menu

**New Mexico  
5-Actions Program™**

- ☆ Get Started
- ☎ 24/7 Phone Support
- Crisis & Access Line
- Warmline Support
- 📖 Learn
- 🧠 5-Actions to Wellness
- 📁 Access Treatment
- 👤 Access Support Services
- ❤️ Help for a Loved One
- 📅 Webinars
- 📖 Resources
- 👤 My Account
- ✉ Contact
- Log Out

**New Mexico  
5-Actions Program™**

- ☆ Get Started
- ☎ 24/7 Phone Support
- 📖 Learn
  - Origins of Addiction
  - Development of Addiction
  - Varieties of Addiction
  - Consequences of Addiction
  - Overview of the Solution
- 🧠 5-Actions to Wellness
- 📁 Access Treatment
- 👤 Access Support Services
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**New Mexico  
5-Actions Program™**

- ☆ Get Started
- ☎ 24/7 Phone Support
- 📖 Learn
- 🧠 5-Actions to Wellness
  - Action 1: Motivate
  - Action 2: Evaluate
    - Evaluate Tools
  - Action 3: Resolve
  - Action 4: Manage
  - Action 5: Create
  - Beyond Addiction
- 📁 Access Treatment
- 👤 Access Support Services
- ❤️ Help for a Loved One
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- 👤 Access Support Services
- ❤️ Help for a Loved One
  - Learn about CRAFT
  - CRAFT and the 5-Actions
- 📅 Webinars
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- 📁 Access Treatment
- 👤 Access Support Services
- ❤️ Help for a Loved One
- 📅 Webinars
- 📖 Resources
  - Evaluate Tools
  - Self-Help Groups
  - Video Transcripts
  - New Mexico Interviews
  - Tribal Interviews
  - COVID Resources
- 👤 My Account
- ✉ Contact
- Log Out

# New Mexican Interviews

## New Mexico 5-Actions Program™

☆ Get Started

☎ 24/7 Phone Support

📖 Learn

💬 5-Actions to Wellness

📁 Access Treatment

👥 Access Support Services

❤️ Help for a Loved One

📅 Webinars

📖 Resources

Evaluate Tools

Self-Help Groups

Video Transcripts

**New Mexico Interviews**

Tribal Interviews

COVID Resources

👤 My Account

📞 Contact

Log Out

### New Mexico Interviews on Addiction & Healing

In February of 2019, a series of interviews were conducted with staff from the Behavioral Health Services Division, peer support specialists, licensed clinicians, prevention experts, staff from the New Mexico Crisis and Access Line, and people with lived experience of addiction and recovery. Their insightful interviews and passion for healing contribute to the library of videos in this program designed to help you better understand addiction and the various paths to healing.

The videos are all here; you'll also find them embedded throughout the program based on topics and where they resonate most with other content.



#### Stigma and Addiction

Dr. Fitzgerald speaks to Andres Mercado from the City of Santa Fe Fire Department about the stigma that surrounds addiction and the need for an integrated system to treat addiction systemically and holistically.



#### Stigma and Addiction in New Mexico

Athena Huckaby, MPH, a behavioral health specialist discusses the need to evaluate, treat and manage addiction as a disease similar to other chronic health conditions.



#### Dealing with Denial

Brian Serna, LPCC, LADAC has been helping families with loved ones struggling with addiction for over 20 years. Hear his heartfelt advice for talking to a loved one about addiction that builds trust and connection.



#### Navigating the Treatment System

Brian Serna, LPCC, LADAC offers advice for how to overcome barriers and challenges to navigating the complicated treatment system.



#### Addiction and Pain Medication

Athena Huckaby, MPH discusses available options for pain management and addiction, including medication-assisted treatment (MAT), medical marijuana and acupuncture.



#### Addiction and Tribal Communities

Jay Quintana, CPS talks candidly about historical trauma and the need for services to treat both the mental health and those who struggle with substance misuse in tribal communities.



#### What Causes Addiction?

Wayne Lindstrom, PhD explains that addiction is complex, and there are many underlying causes and risk factors contributing to the development of an addiction.



#### How Naloxone Kits Prevent Overdose

Naloxone is medication approved by the FDA to reverse an opioid overdose. Athena Huckaby, MPH provides an overview of how to use it and where in New Mexico to get a kit for free.



#### What Can Lead Someone to a Crisis?

Wendy Linebrink-Allison explains the New Mexico Crisis and Access Line is available for anyone in crisis, experiencing anxiety or any type of mental health or emotional concern.

New layout for videos with descriptions, enhanced resources linked with videos, and interview content embedded throughout the program.



# Updated Help for a Loved One: CRAFT Resources

## New Mexico 5-Actions Program™

- Get Started
- 24/7 Phone Support
- Learn
- 5-Actions to Wellness
- Access Treatment
- Access Support Services
- Help for a Loved One
  - Learn about CRAFT
  - CRAFT and the 5-Actions
- Webinars
- Resources
- My Account
- Contact

Log Out

### Help for a Loved One Struggling with Addiction

If someone you care about is challenged by drinking, drug use and/or addictive behaviors, then you likely have tried many things to stop the behaviors you find frustrating. And over time, perhaps many years, you may have found that your nags, threats, pleas, and scolds have for the most part fallen on deaf ears. You may be angry, frustrated, depressed or just resigned that things will not change. Or, perhaps you have recently discovered that your son or daughter may have an addiction and you are scared and not sure what to do. Either way, there is an approach called the Community Reinforcement and Family Training program, or CRAFT for short, that science has shown can help you.

Developed by Dr. Robert J. Meyers, CRAFT is a coaching method that teaches family members skills in rapport building, positive reinforcement, communication and problem solving, supporting sober behavior, and discouraging using behavior. CRAFT also teaches families motivational techniques, domestic violence safety precautions, how to analyze substance use patterns, how and when to intervene with treatment, and how to support the individual once treatment has started.

According to several studies, family members using CRAFT had the most success of any approach — 64% to 70% of them were able to get their loved one to enter treatment. The other two most popular methods were less successful — just 30% for the Johnson Institute intervention approach (the most commonly used approach in the U.S.) and just 13-17% for Al-Anon.



#### Allies in Recovery Introduction

This online program is FREE right now, and utilizes the evidence-based CRAFT approach to help you get your loved one into treatment — check out this intro video now.



#### Dr. Dominique Simon-Levine on CRAFT

Dominique launched Allies in Recovery in 2003 and her work has been featured on HBO and NPR. Hear from the expert in this introductory video about the program.



#### Brian Serna, LPCC, LADAC on CRAFT

Brian was trained and mentored by the creator of the CRAFT program, Dr. Robert J. Meyers. He has been helping families learn CRAFT for over 20 years.

### The Family Empowerment Project: Helping Families Address Addiction

If you're wanting to learn more about CRAFT and how to use with a loved one, please check out the **The Family Empowerment Project** which is directed by Brian Serna, LPCC, LADAC and available for New Mexicans statewide. It's designed to help you help your loved one to reduce or stop their addictive behaviors, get them to voluntarily enter treatment, and improve the quality of your life.

To learn more call: 505-420-3377

### Free Online CRAFT Program

Need help figuring out how to deal with your loved one with addiction? **Allies in Recovery** is one of the only organizations in the country that teaches basic skills to help you influence your loved one's substance use, and to help get your lives back on track.

Access the program for free by entering your email address and "NM2022" for the promo code. Select "State of New Mexico" from the drop-down menu and then follow the next steps to complete registration.

Learn more about Allies in Recovery and CRAFT by [checking out this Podcast](#).

Join Allies in Recovery for Free

Allies in Recovery Support Flyer



#### A Mother's Experience

Jennifer Manzanarez talks about her experience with her son, and how ultimately treatment should be broadened to include family, culture, and community.



#### A Father's Experience

Michael talks about how the Allies in Recovery program was instrumental in helping him know what to do to help his daughter deal with addiction.



#### Expert CRAFT Mom Laurie MacDougall

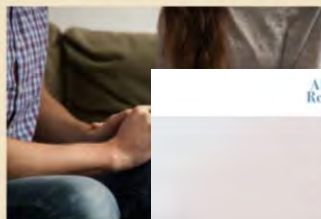
How can the online program, Allies in Recovery, help you deal with a loved one struggling with addiction? Hear from an expert about it all works.

## The Family Empowerment Project: Helping Families Address Addiction

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### Family Empowerment Project



### Welcome to The Family Empowerment Project

The Family Empowerment Project is based upon the CRAFT method pioneered by Dr. Robert J. Meyers at the University of New Mexico. This work helps families address addiction while creating a collaborative, culturally relevant circle of care around the individual seeking recovery. It is rooted in behavioral change principles and honest, positive communication between family members.

Brian Serna was trained and mentored by Dr. Meyers and has been helping families address addiction for over twenty years. He and his staff have helped hundreds of New Mexican families in ways that are practical, powerful, and culturally relevant.

### How is our program unique?

The Family Empowerment Project is the only program designed to help the family member(s), rather than the person with the addiction. We take a balanced approach that allows families to restore connection and trust, which keeping everyone safe. It is possible to be kind and compassionate while holding boundaries and holding people accountable.

Allies in Recovery

Join About Reviews CRAFT Our Team 10 Day Challenge Member Login



Become a member and we'll teach you how to communicate, behave around, intervene, and guide your loved one toward recovery.

Join Now

Sponsored Sign-Ups [CLICK HERE](#)



## Allies in Recovery

"I am so happy to have found this website! I have wanted to learn what to do in just about every situation in the modules. It's like you've been to my house and are able to see what is going on. As a Mom with a son with substance abuse issues, I feel like I've found a place where I'm understood. Thank you."

— Allies in Recovery Member

# Updated Help for a Loved One: CRAFT and the 5-Actions

New Mexico  
5-Actions Program™

- Get Started
- 24/7 Phone Support
- Learn
- 5-Actions to Wellness
- Access Treatment
- Access Support Services
- Help for a Loved One
- Learn about CRAFT
- CRAFT and the 5-Actions**
- Webinars
- Resources
- My Account
- Contact

Log Out

### CRAFT and the 5-Actions

The CRAFT program (Allies in Recovery) is an effective and powerful invention to assist you in encouraging your loved one to voluntarily enter treatment, as well as help you learn ways to take care of your own needs. A critical aspect of the program is being prepared when the person you are trying to help indicates they are open to treatment. When this window of opportunity opens, you ideally want to be ready with suggestions on where they can go and be prepared to help facilitate the process. This means having some knowledge of the problem of addiction, levels of care, types of treatment, and what is available in your community.


Given the time and effort you will put into CRAFT, adding this extra burden can feel overwhelming. Yet if you are not prepared to help facilitate access to the best treatment, your efforts with CRAFT will likely lead to more disappointment.

The good news is that the NM 5-Actions Program™ can assist you in the necessary preparations and ensure the process is not overwhelming. Here are the recommended steps to take:

- Watch Videos about Addiction**


Educate yourself about the problem and solution to addiction by watching the videos in the NM 5-Actions Program™. Origins of Addiction is a good place to start, as well as the videos in Overview of the Solution.

Most videos are 3-4 minutes long and in 1-2 hours you will have a strong foundation of knowledge to better understand the nature of addiction and treatment. If you have been operating on the assumption that once your loved one addresses addiction all will work out, it's important to understand the necessity of dealing with the underlying roots for long-term successful outcomes.



- Use the Personalized Roadmap Tool**

Use the Personalized Roadmap Tool on the dashboard to access content if you are seeking answers to specific questions. The tool allows you to select from one of six categories and then directs you to individualized content.


For example, if you believe your loved one has challenges with alcohol, marijuana, and food, select "Learn About Specific Addictions" and then check the boxes for these three and click submit to get to the right videos.


- Connect with Treatment Connection**

Learn about treatment options in your community through Treatment Connection, a service funded by the New Mexico Human Services Department, Behavioral Health Services Division. Searching this database will provide you a good starting point, and then you can refine your search using the available filters on the site. Also, seek out information on programs from those whom you feel comfortable asking about referrals (e.g., family, friends, physician).


- Make a List of Programs & Services**

Make a short list of programs you believe might be a good fit and call them to inquire about their services, openings to accept new clients, and other questions you may have based on knowledge you have from the NM 5-Actions Program™ or CRAFT. After connecting with each program, prioritize them in the order you think would be best for your loved one or friend, and be ready to employ when the time is right.



**New page** now explains the relationship between CRAFT and the 5-Actions Program™.

For those using CRAFT to help a loved one struggling with addiction, the 5-Actions Program™ is an invaluable resource to help you better understand addiction, treatment options, and where to access professional care when the loved one expresses interest.



## Summary



- **Versions 2** of the New Mexico 5-Actions Program is now live!
- **Enhanced tools** to navigate to individualized content
- **Free support** for those wanting to help a loved one with addiction
- **New content** including entire new module on the development of addiction, interviews, and more...
- **Baseline assessment** allowing for future evaluation of the program



Questions and Discussion

[info@5actions.com](mailto:info@5actions.com)