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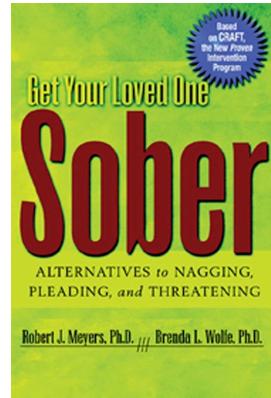
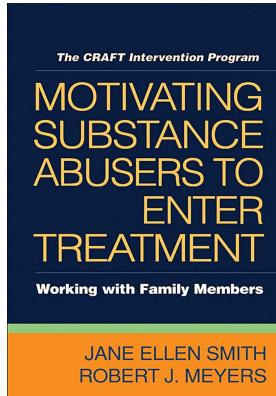


CRAFT - Community Reinforcement and Family Training

The Efficacy of the CRAFT Model in a Group Setting

What is CRAFT?

- Community Reinforcement and Family Training
- Drs. Robert J. Meyers, Jane Ellen Smith, William R. Miller - UNM
- Model developed in the late 1970s as an individual model to help loved ones
- Skills training, Motivational Interviewing, CBT



Basic Tenants of the Model

-  Cycle of behavior of the loved one and the caregiver
-  Functional analysis
-  Old and new “road map”
-  Positive and negative communication skills
-  Positive rewards
-  Natural consequences
-  Crafting the conversation
-  Positive and negative communication skills

Group Discussion

What do you want to get out of this presentation?

How can we help?

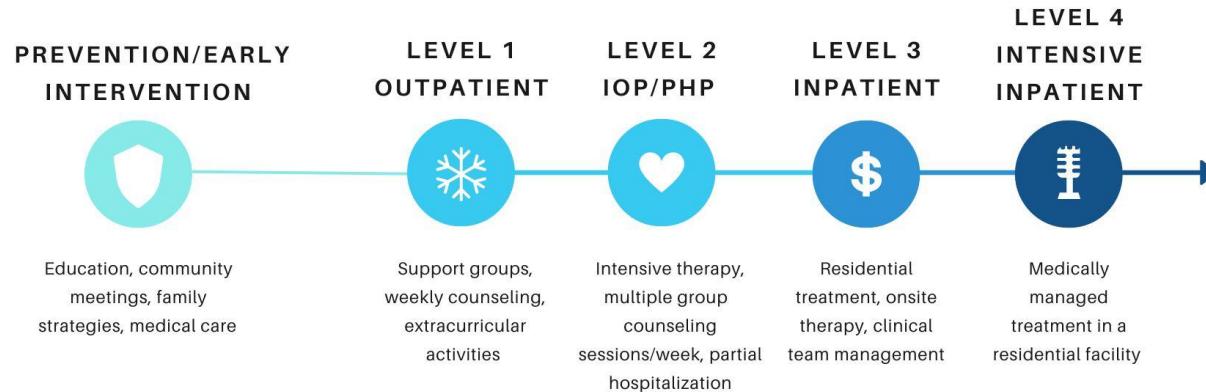
What is your experience working with family members and friends?

Why we utilize CRAFT in our practice

- To intentionally engage loved ones prior to and during treatment
- Help move their loved one onto or along the continuum of care
- Identify the next step toward a healthier, more fulfilling life for themselves and their loved one
- Define “treatment” for them and their loved one

CONTINUUM OF CARE

Based on ASAM Criteria for Placement



Why a group setting?

- Brings to life the “community reinforcement”
- A safe place to discuss and try new strategies with support and feedback
- Group members identify with each other even if the presenting concerns differ
- It's efficient for time and resource scarcity
- No group? Use it with individuals!
- Empirically sound with a strong research base

Time to practice!

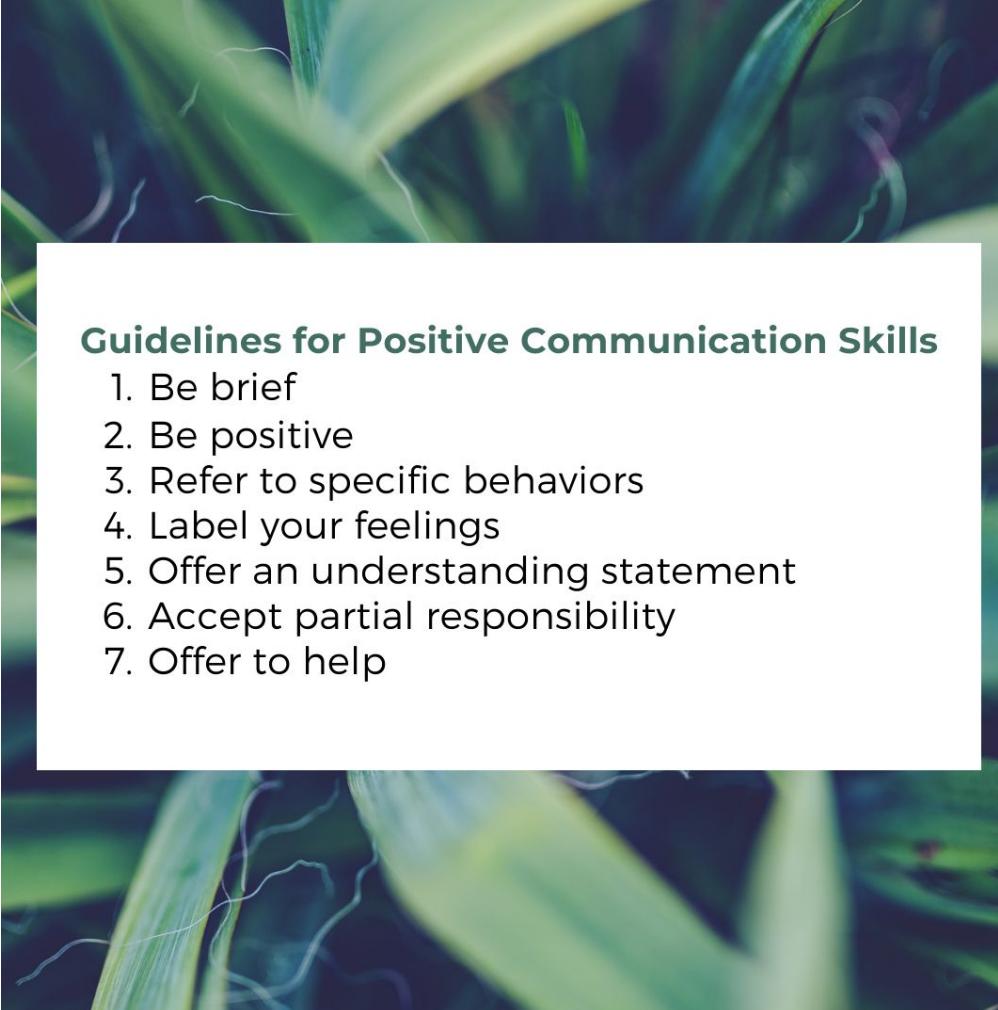
Experiential model

Brainstorming

Takeaways

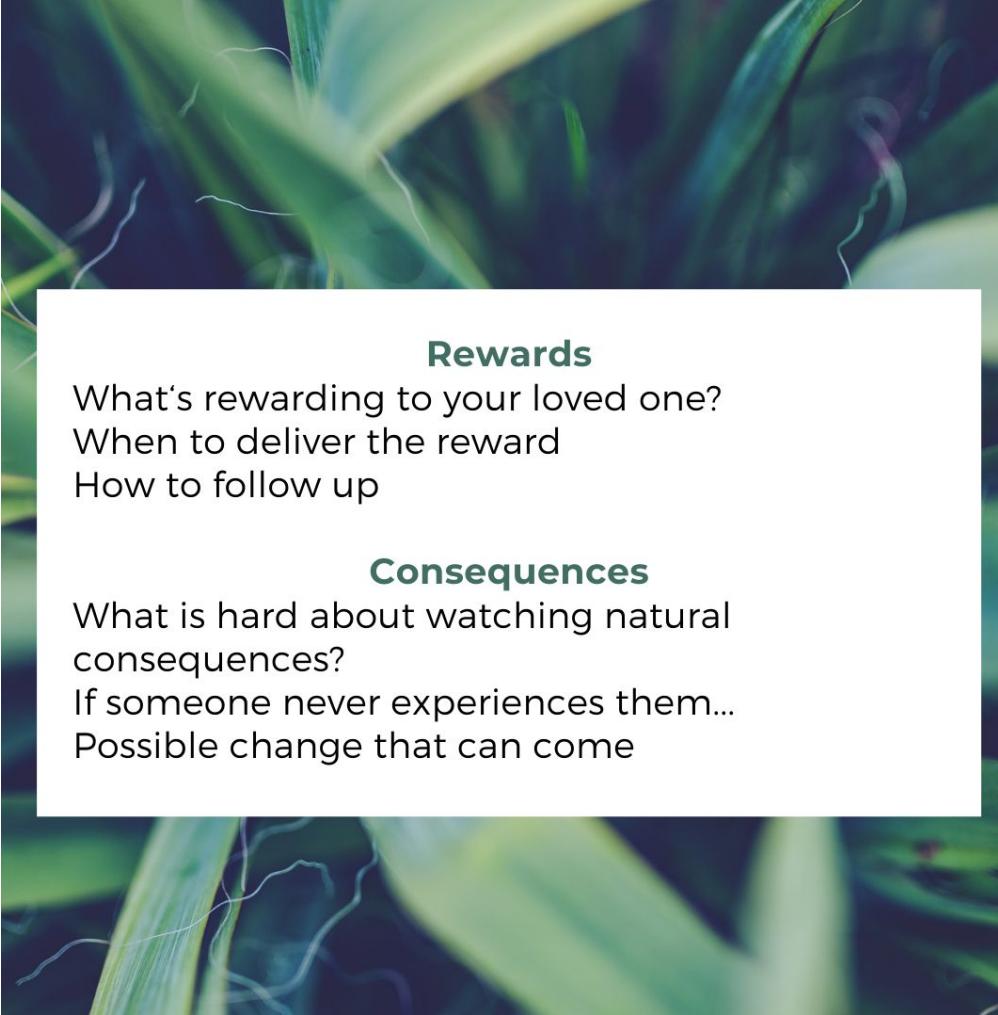
Group role play #1

- Divide into groups of 3-4
- Receive role you'll play in your group
- Facilitators introduce positive vs. negative communication; partial responsibility
- Brief group experience
- Large group discussion/report back
- Takeaways



Guidelines for Positive Communication Skills

1. Be brief
2. Be positive
3. Refer to specific behaviors
4. Label your feelings
5. Offer an understanding statement
6. Accept partial responsibility
7. Offer to help



Rewards

What's rewarding to your loved one?
When to deliver the reward
How to follow up

Consequences

What is hard about watching natural consequences?
If someone never experiences them...
Possible change that can come

Another exercise

Pros/Cons/Pros/Cons

Decisional Balance Worksheet

Pros of changing

Cons of changing

Pros of not changing

Cons of not changing

Q & A

Application

- What stuck out to you?
- Hurdles you may encounter
- One, next step



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