



### How is CRAFT used at The Life Link?

From 2001 to 2004, The Life Link was part of a CRAFT demonstration study funded by SAMHSA (the Substance Abuse and Mental Health Services Administration) and administered through the County of Santa Fe.



Based on its continued work with the CRAFT model, in October, 2007, The Life Link was 1 of 20 agencies to receive the prestigious Science and Service awards granted by SAMHSA.

The Life Link continues to utilize CRAFT through its Behavioral Health Department.



Life Link Training Institute trains therapists and agencies in the CRAFT

model. If you are interested in learning this proven way to reach Concerned Significant Others, call us at 505-438-7709 or email us at: [info@litraininginstitute.org](mailto:info@litraininginstitute.org)

**WE ARE TOLD THERE IS NOTHING WE CAN DO WHEN WE HAVE A LOVED ONE WHO IS ABUSING SUBSTANCES.**

**HOWEVER, IT IS UNCOMFORTABLE FOR THOSE OF US TO WATCH AND WAIT UNTIL THIS PERSON HITS “BOTTOM”.**

**WE ARE TOLD OUR JOB IS TO LOVINGLY DETACH UNTIL THAT BOTTOM HAPPENS.**

**CRAFT TEACHES A NEW WAY TO GET A RESISTANT-TO-TREATMENT PERSON IN THROUGH AN OUTPATIENT OR INPATIENT TREATMENT DOOR, ALL WITHOUT**

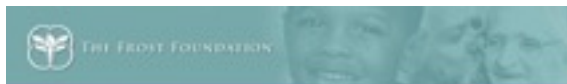
## COMMUNITY REINFORCEMENT AND FAMILY TRAINING (CRAFT)

HELP FOR THOSE WITH A LOVED ONE WHO ABUSES SUBSTANCES



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## Do you have a loved one who abuses substances and refuses treatment?

In the past, there have been few options to help those who are concerned about a loved one's drinking or drug use. Alcohol and drug programs tend to focus almost all the attention on the user.

CRAFT, on the other hand, gives help **first** to Concerned Significant Others (CSOs). We work with CSOs to get their using loved ones into treatment – without confrontation.

As the name implies, Concerned Significant Others can be anyone who cares: spouses, parents, grandparents, siblings, friends – even employers who wish to keep valuable employees.

## What are the objectives of CRAFT?

- To improve the life of the CSO by reducing anxiety, depression, and anger.
- To engage the loved one to seek help
- To reduce the loved one's harmful use of substances. CRAFT studies have shown that the user typically decreases use, even if he/she does not enter treatment.



## How does the CRAFT Model work?

Here at The Life Link, we apply the key components of CRAFT to suit the specific needs and circumstances of the Concerned Significant Other (CSO).

We teach CSOs how to start recovering **their** own lives. We assess **their** current states of happiness in various areas, and set goals to help **them** begin placing a healthy focus on their lives while still staying in relationship with the user.

We help CSOs to improve **their** communication skills. We know that nagging, pleading, and threatening don't work, or the user would be better by now. We teach CSOs new language that has proven more effective for change.

We teach the appropriate use of positive reinforcement principles to discourage harmful using behavior.

We prepare the significant other to suggest treatment at the most appropriate time and in a manner that is most likely to succeed.

CRAFT is a non-confrontational method of getting resistant-to-treatment people in treatment (outpatient/inpatient). Treatment typically consists of 12 individual sessions with the CSO.



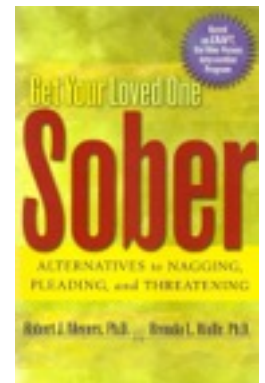
## The History of CRAFT

The CRAFT program underwent an extensive 10 year study through clinical trials at the university level before being made available to the general public.

The CRAFT theory is explained in a book written for Concerned Significant Others called "**Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening**" by Robert J. Meyers, Ph.D., and Brenda L. Wolfe, Ph.D.

## What does research show about CRAFT's effectiveness?

The study results showed that approximately two-thirds of CSOs who completed at least 4 of the 12 training sessions were able to motivate their loved ones to enter treatment. Clinical oversight of the project was provided by Robert J. Meyers, who developed CRAFT.



**If you can't come to us, CRAFT comes to you!**