



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Disclosures

- None.



Objectives

- Participants will be able to describe the purpose CRAFT
- Participants will be able to describe the efficacy of CRAFT





Retrieved from: <https://www.waldenu.edu/online-masters-programs/ms-in-clinical-mental-health-counseling/resource/why-the-demand-for-substance-abuse-counselors-continues-to-climb>



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CRAFT



Retrieved from <https://www.fhi.no/en/op/hin/mental-health/intoxicants-and-substance-use/>



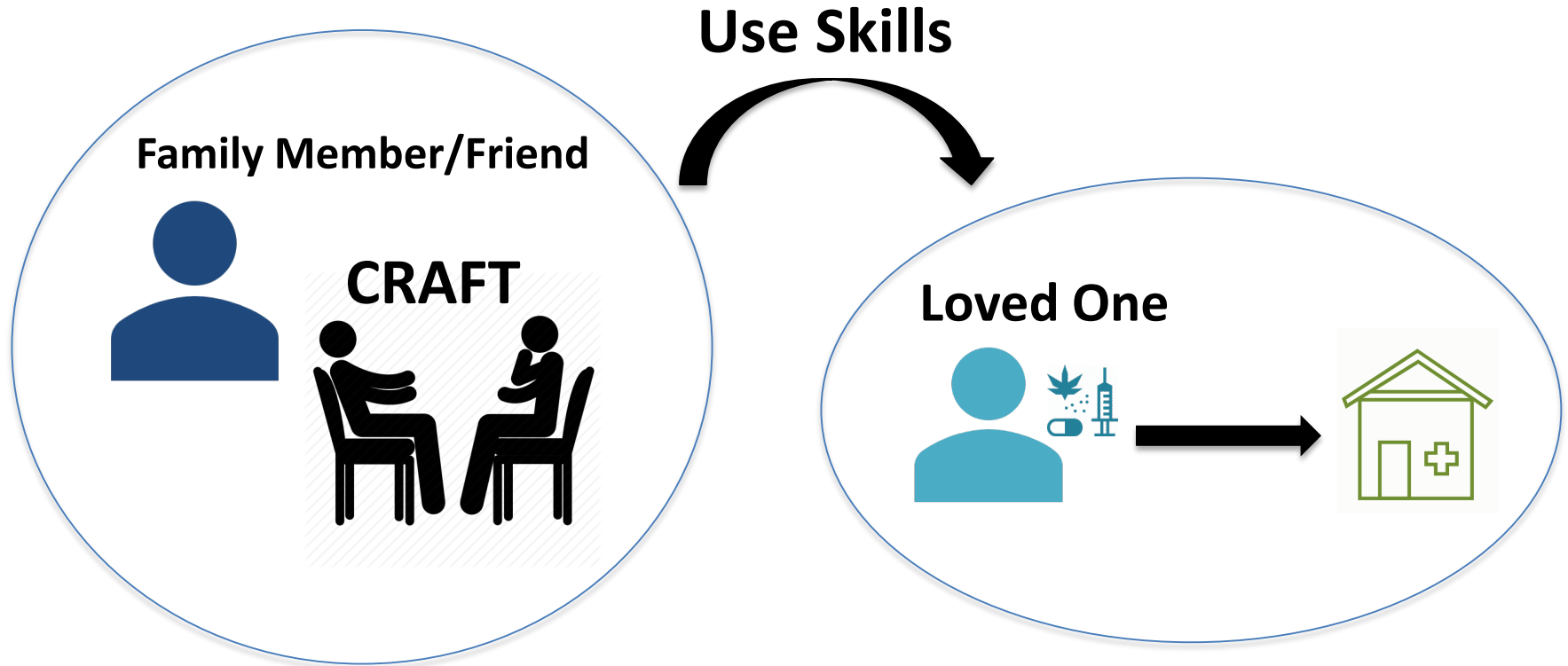
Retrieved from: <https://ccsme.org/product/community-reinforcement-and-family-training-craft/>



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CRAFT

Training/Coaching the Family Member



What is CRAFT?

Community Reinforcement and Family Training (CRAFT)

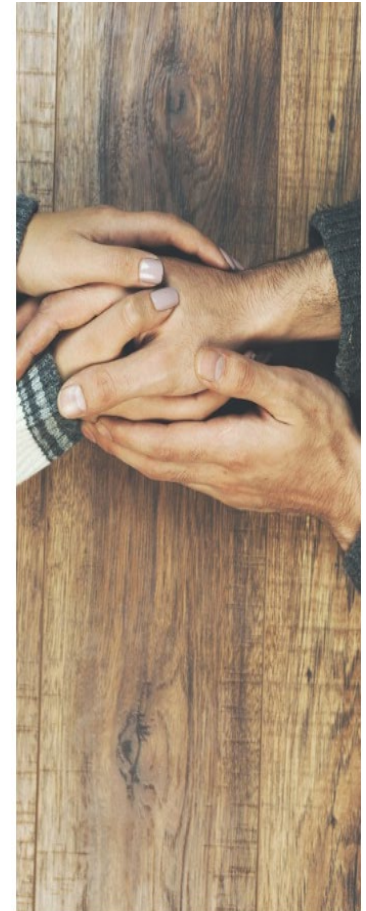
Structured Intervention
(with flexibility)

Combination of CBT & MI

Reduce
Loved One's
Substance Use

Engage
Loved One into
Treatment

Improve
Family Member
Wellbeing

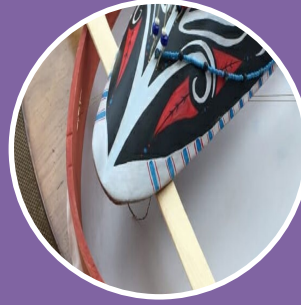


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Example of CRAFT Skills



Positive Communication
Rewarding Positive/Non-
Using Behavior



Allowing Natural
Consequences to Occur



Supporting Family
Member with their
Goals/Self-Care



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The Value of CRAFT

- **Family-based.** Utilizes family members and aims to improve relationships
- **Positive.** Compassionate intervention, uses positive reinforcement rather than just punishment
- **Culturally-congruent.** Congruent with many Alaska Native values
- **Another approach to try.** CRAFT may work for those who have not found success with other approaches



CRAFT is Evidence-Based

- **Effective Intervention.** 7 out of 10 loved ones enter treatment



(Brigham et al., 2014; Meyers et al., 2002; Roozen et al., 2010)



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CRAFT is Evidence-Based

- **Generalizable.** Effective for a multitude of relationships & substances
- **Family member benefits.** Even if loved does not enter treatment, family members experience decreases in a variety of symptoms

(Brigham et al., 2014; Meyers et al., 2002; Roozen et al., 2010)



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How to access CRAFT?

<https://anthc.org/what-we-do/behavioral-health/craft/>

ANTHC Behavioral Health Wellness Clinic (BHWC) – Telehealth
The Aleutian Pribilof Islands Association (APIA)- Telehealth
Copper River Native Association (CRNA)
Eastern Aleutian Tribes (EAT)



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References

- Brigham, G. S., Slesnick, N., Winhusen, T. M., Lewis, D. F., Guo, X., & Somoza, E. (2014). A randomized pilot clinical trial to evaluate the efficacy of Community Reinforcement and Family Training for Treatment Retention (CRAFT-T) for improving outcomes for patients completing opioid detoxification. *Drug and Alcohol Dependence, 138*, 240-243.
- Meyers, R. J., Miller, W. R., Smith, J. E., & Tonigan, J. S. (2002). A randomized trial of two methods for engaging treatment-refusing drug users through concerned significant others. *Journal of consulting and clinical psychology, 70*(5), 1182.
- Roozen, H. G., De Waart, R., & Van Der Kroft, P. (2010). Community reinforcement and family training: An effective option to engage treatment-resistant substance-abusing individuals in treatment. *Addiction, 105*(10), 1729-1738.

