CRAFTing a Response for Families

By Barbara Greene and Carol Cecil
Kentucky Partnership for Families and Children, Inc. (KPFC)
Objectives:

Participants will:

• Have a better understanding of the parent’s experience in raising a child with a substance use disability

• Increase their knowledge of the Community Reinforcement and Family Training model

• Receive and practice utilizing “The Parent’s 20 Minute Guide.”
Let’s Practice

Communication Practice
How will you respond?

1. Your child comes home obviously under the influence.
2. Your child has a snotty, ugly tone with you when you ask how his/her day went.
3. Your child tells you it is unfair that he/she has to do all the chores around the house.
4. You find drugs in your child’s room
5. Your child tested positive for drugs at school
6. Your child has asked to call his boss and lie for him because he is too high to go to work
7. Your child comes home from his friend’s house at 3 am and can’t make it to his room
8. Your child gets a DUI in your car and you have to pick it up from the police impound.
Almost all of us have a loved one currently in addiction or in recovery from an addiction. You do not need to share your personal story, but we ask you to remember those thoughts, feelings, and experiences.

**Five groups**

1. Feelings
2. Behaviors
3. Failed strategies
4. External perception
5. Internal perception
Common truths for families

• I am the expert on my child.
• My child’s addiction is beyond my control.
• My child will say anything to feed their addiction. His/her manipulation to get money isn’t about me.
• My child needs help. He/she has not yet received the right services.
• It might be difficult for you to see, but my sweet child is still in there
Common truths for families

• Choices are made based on our own values, culture and experiences. There is no wrong choice
• I must recognize not only my child’s maturity level, but also his/her chronological age.
• My child can make other choices, and there are people and organizations to help him/her.
• Accepting these truths is what allows me to help my child help himself/herself.
• Traumatic experiences (ACEs) increase the likelihood of addiction.
• Their brains are not fully developed.
• Many teens struggle with impulsivity.
• Fluctuating and/or raging hormones
• Substances alter their moods and decision making abilities.
• Many have co-occurring: MH and SA
• Peer dynamics/pressure plays an important role
The Center for Motivation and Change (CMC) is:

• Driven by an optimism about people’s capacity to change and a commitment to the science of change.

• A motivational treatment approach that helps each client find a path toward change they can truly embrace.

• Providing the structure and tools for clients to pursue that path through the use of respectful, flexible, evidence-based approaches.

• Committed to providing non-ideological, evidence-based, effective treatment.

• Endeavoring to create a group practice that provides accessible and inviting treatment to those considering difficult change in their lives, as well as to the loved ones supporting them.

• Committed to both the humanity and science of change that allows us to create a unique, compelling, and inspiring environment in which to begin the process of change.
Community Reinforcement and Family Training (CRAFT)

CRAFT is a skills-based program that impacts families in multiple areas of their lives, including self-care, pleasurable activities, problem solving, and goal setting. At the same time, CRAFT addresses their loved one’s resistance to change. CRAFT teaches families behavioral and motivational strategies for interacting with their loved one. Participants learn, for example, the power of positive reinforcement for positive behavior (and of withdrawing it for unwanted behavior), and how to use positive communication skills to improve interactions and maximize their influence.
Conventional beliefs can be wrong and dangerous

- Parents are helpless to make changes in their child’s substance abuse behavior so do nothing

- Best to wait until your child hits bottom

- Tough love is the most effective approach

- Kids will accept professional help on their own
Specifically, CRAFT teaches several skills, including:

- Understanding a loved one’s triggers to use substances
- Positive communication strategies
- Positive reinforcement strategies – rewarding non-using behavior
- Problem-solving
- Self-care
- Domestic violence precautions
- Getting a loved one to accept help
• Treatment should not be punitive.
• Never assume a customer is NOT ready for treatment
• Customers should never, ever be dismissed from treatment for relapse
• Window of opportunity
• Empathy replaces Tough Love
• CRAFT Counseling process:
  1. Loved ones of someone in addiction
  2. Teach them how to engage with their loved one in addiction
  3. After you have built their skills and they are ready to do the ask, then they try to convince their loved one into treatment
  4. Once the person has entered treatment, tools for looking at addiction (from SMART Recovery)
  5. Warm hand off of loved ones to a like-minded counselor that has same non-punitive philosophy based on use reduction, not abstinence
CRAFT IS A WIN / WIN APPROACH

• Concerned Significant Others (CSOs) improve their social and emotional functioning whether the substance user enters treatment or not
• It changes the dialogue between the CSO and the substance user.
• In 7 out of 10 cases the substance user enters treatment
• Concerned Significant Others (CSOs) will realize they are not alone
• The substance user is more apt to seek treatment
CRAFT works to affect the loved one’s behavior by changing the way the family interacts with him or her. It is designed to accomplish three goals:

1. When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.

2. On its own, CRAFT helps reduce the loved one’s alcohol and drug use, whether or not the loved one has engaged in treatment yet.

3. CRAFT improves the lives of the concerned family and friends.
• Prepare for treatment refusal, or a treatment dropout or a relapse.
• Encourage CSO to get involved in IP’s treatment for couples therapy.
• Open door policy
• Treatment needed for other problems?
• Change can be a slow process and non-linear
CRAFT Programs
Why work with the family?

• Family pressure can contribute to seeking treatment
• You can influence family’s behavior
• They can be crucial collaborators
• Families are affected and need help
• They are often excluded
• If we are not part of the solution, we might be part of the problem.
For 30 years, the Partnership has been here to support families. Tomorrow’s parents will face a new set of challenges, and we’ll be there with solutions.

http://www.drugfree.org/timeline/
The Center for Motivation and Change

Partnership for Drug Free Kids

Parent Support Network Collaborative Training
PARENT SUPPORT NETWORK

Grounded in the evidence-based principles of motivational interviewing and Community Reinforcement and Family Training (CRAFT), the Parent Support Network helps parents and other caregivers keep open lines of communication and caring with their child, and reduce the damage that is being done to the child and to the family by substance abuse and related behaviors.

The Parent Support Network is made up of:

- A national toll-free telephone helpline at 1-855-DRUGFREE
- Specific intervention and treatment resources at drugfree.org
- A robust, interactive online parent community
- Parent Coaches are trained to put the CRAFT principles into practice.
- The Partnership’s telephone helpline is staffed during business hours by qualified, bilingual parent support specialists.
The Parent’s 20 Minute Guide

- Positive Communication
- Taking care of yourself
- Helping
Communication

- Pay attention to the lights.
- LOVE
- Positive Communication
- Avoiding Conversational Traps
LOVE

• Listening
• Offering
• Validating
• Empathizing
Empathy Versus Sympathy

https://www.youtube.com/watch?v=1Evwgu369Jw
Guidelines for Positive Communication

• Be brief
• Be positive
• Refer to specific behaviors
• Label your feelings
• Offer an understanding statement
• Accept partial responsibility
• Offer to help
Avoiding Conversational Traps

• The Information Trap
• The Lecture Trap
• The Labeling Trap
• The Blaming Trap
• The Taking-Sides Trap
• The Question-Answer Trap
Let’s Practice

Positive Dialogue
Use non-harmful or positive responses:

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Taking Care of Yourself

• This is really stressful!
• Manage your emotions
• You are not alone

Peer Support can help you find the pieces to the puzzle.
Self-Care

• Mental well-being:
• Physical well-being: sleep, diet, exercise, etc.
• Identifying own substance use disability
• Managing your emotions: where are your buttons,
• Happiness checklist
• Making a plan
Helping

• One answer does not fit all
• Parent collaboration
• Behaviors make sense
• Reinforcement: Your love matters
• Natural consequences
• Your consequences
• Ambivalence is normal
How else can you use this new tool?
Tools

• Behavior Makes Sense pp. 11-14
• Warning! Ambivalence Is Normal pp.
• This Is Really Stressful pp. 29-34
• Manage Your Emotions pp. 35-39
• Parent Collaboration pp. 87-92
• Reinforcement: Your Love Matters pp. 93-98
The Parent’s 20 Minute Guide

1. Your child comes home obviously under the influence.
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1. Each table will select a situation from the bag.

2. Using The Parent’s 20 Minute Guide, discuss and decide which strategies you might use with a parent and youth experiencing this situation.

3. Be prepared to share your strategies!
Recent CRAFT Research

Contact Information

For more information about Kentucky Partnership for Families and Children, Inc. please visit us at www.kypartnership.org or email

Barbara Greene at barbara@kypartnership.org

or Carol Cecil at cwcecil@kypartnership.org.