Community Reinforcement and Family Training (CRAFT) Overview

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CABHP/The Life Link

Ground to cover:

• HBO CRAFT Segment (20 min)
• UNM University CRAFT Study
• Some CRAFT components
• The Life Link CRAFT Project

Robert Meyers, Ph.D. and Jane Ellen Smith, Ph.D.

For Concerned Significant Others
Robert has published a book with Brenda Wolfe - Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening. He has recently received the esteemed 2002 Dan Anderson Research Award from the Hazelden Foundation.

For Therapists
Jane Ellen Smith and Robert Meyers have published a new CRAFT manual for therapists called Motivating substance abusers to enter treatment: Working with family members.
### CRAFT Relationship to Substance Treatment

<table>
<thead>
<tr>
<th>CRAFT</th>
<th>CRA/Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSO comes in <strong>BEFORE</strong> IP enters treatment</td>
<td>IP enters treatment due to CSO influence</td>
</tr>
<tr>
<td>12 Sessions</td>
<td>12 Sessions</td>
</tr>
</tbody>
</table>

CSO = Concerned Significant Other  
IP = Identified Patient

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### HBO Addiction Series

- **20 Minute Special Segment**

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### Things that Don’t Work

- nagging
- pleading
- threatening
- yelling
- lecturing
- pouring alcohol down the drain
- getting drunk (show drinker what it's like)
If nagging, pleading, and threatening really worked - there would be few, if any, alcoholics or drug addicts left to treat…

Abbreviations

CRAFT - Community Reinforcement and Family Training
CRA - Community Reinforcement Approach
CSO - Concerned Significant Other
IP - Identified Patient
Engagement - Entering Treatment

Traditional Interventions for CSOs

12-Step Programs (Al-Anon, Nar-Anon)
Johnson Institute Intervention
Mental Health Counseling
None
National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Study conducted in Albuquerque, New Mexico
Miller, et al. 1999

Population - Drinkers

Community Reinforcement and Family Training (CRAFT-A)

Community Reinforcement and Family Training (CRAFT-A)

Study Design

Assessment
Recruitment
Randomization
Phase I (CSO)

Randomization
Assessment
Community Reinforcement and Family Training
Phase I (CSO)

Al-Anon
Twelve-Step Facilitation
Community Reinforcement Approach
Johnson Institute Intervention

Is Someone You Love in Trouble With Alcohol?
Do you live with a relative or partner who has an alcohol problem but won't get help? Would you like help in dealing with this problem? You may be eligible for a free, confidential program through a federally-funded study at the University of New Mexico. For information call 768-0260.

The University of New Mexico
130 CSOs randomly assigned to one of three interventions

- Al-Anon Facilitation Therapy (AFT)
- Johnson Institute Intervention (JII)
- Community Reinforcement and Family Therapy (CRAFT)

Al-Anon Facilitation Therapy

- 12 sessions of 1 hour each
- Designed to engage the CSO in Al-Anon
- Acceptance of powerlessness
- Emphasis on detachment and self-care

Supervisor: Joseph Nowinski, Ph.D.

Johnson Institute Intervention

- 6 sessions of 2 hours each
- 4 sessions of preparation and training
- 1 family confrontation meeting
- 1 post-intervention evaluation

Supervisor: A. Lane Leckman, M.D.
CRAFT

- 12-sessions of 1 hour each
- Empowerment to influence change
- Training in behavior change skills
- Improvement of CSO life quality
- Preparation for treatment engagement

Supervisor: Robert J. Meyers, Ph.D.

Inclusion Criteria
(for this particular study)

- The IP must be a first degree relative of the CSO
- The CSO must live within a 60-mile radius of CASAA
- The IP must be resistant to treatment
- The CSO must be in contact with the IP for at least 40% of the time in last 90 days
- No planned separation or other change in CSO/IP living situation
- CSO and IP must be over 18

Characteristics of CSOs

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age</td>
<td>47</td>
</tr>
<tr>
<td>Years of education</td>
<td>14</td>
</tr>
<tr>
<td>Females (%)</td>
<td>91</td>
</tr>
<tr>
<td>Anglo (%)</td>
<td>53</td>
</tr>
<tr>
<td>Hispanic (%)</td>
<td>39</td>
</tr>
<tr>
<td>Native American (%)</td>
<td>6</td>
</tr>
<tr>
<td>African American (%)</td>
<td>1</td>
</tr>
<tr>
<td>Other (%)</td>
<td>1</td>
</tr>
<tr>
<td>Prior Al-Anon (%)</td>
<td>58</td>
</tr>
</tbody>
</table>
CRAFT A
Includes and Excludes

Number of Includes 130
Number of Excludes 50
Reasons for Excludes
Violence 11
Insufficient Contact 16
IP not resistant 9
Other 14

*Data reflect the number of clients seen after the phone screen

CSO Anger Scores (STAXI)

CSO Depression Scores (Beck)
Conclusions

- Problem drinkers who are initially unmotivated for change can be engaged in treatment through unilateral family therapy with concerned significant others.
- Parents of adult children are particularly effective, and may be an overlooked resource for engaging problem drinkers.
Conclusions

- CSO functioning improved from all three approaches
- CRAFT yielded a threefold higher rate of IP engagement
- The primary reason for failure of the Johnson Institute approach was unwillingness of the family to proceed with the confrontation

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Goals of CRAFT

- Increase the Quality of Life for the CSO
- Decrease Using Episodes in IP
- Engage IP into Treatment

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CRAFT Reinforcement Principles

- Positive Reinforcement
  - When IP is NOT Using
- Withdrawal of Positive Reinforcers
  - When IP IS Using
- Allow Natural Consequences
  - When IP IS Using
CRAFT Program Description for CSO

3 Major Goals:
• reduce loved one’s harmful drinking
• engage loved one into treatment
• improve the functioning of CSO
  (emotional, physical, relationship)

Rationale for Working with CSOs

• IP’s often report “family pressure” prompted treatment-seeking
• CSOs can influence IPs behavior due to extensive contact
• CSOs need to help themselves due to: violence, verbal aggression, $ problems, disrupted relationships with children, and embarrassment

Basic Premise for CRAFT

1. CRAFT is designed for CSO’s who want to engage a treatment-refusing substance abuser into treatment
2. Promotes an active, positive participation of CSO
3. CSOs are ideal collaborators
Basic Premise for CRAFT

4. CRAFT involves examining problems created by substance and the CSOs typical reaction to them.

5. Employs behavioral learning principles - giving and withholding positive reinforcement.

6. The CSO already has relevant examples of some of these learning principles.

CRAFT Procedures

- Discourage Using Behavior
- Communication Training
- Motivational Strategies
- Treatment Suggestion (IP)
- Positive Reinforcement Training
- Domestic Violence Precautions
- CSO Self-Reinforcement

Domestic Violence Precautions
Domestic Violence Precautions

Develop a Protection Plan:
• Protecting self at home
• People to turn to
• Having a small bag packed
• Safe house?
• Police intervention?

Requirements for CRAFT Therapist
• First be a good therapist
• Empathy
• Formation of strong therapeutic alliance
• Does not need to be a substance-abuse “expert”
• 2-3 day training followed by supervision by a CRAFT-trained therapist or experienced cognitive-behaviorist
• Cognitive-behavioral approach or at least not a confrontationalist

Some CRAFT Worksheet Examples
CRAFT Functional Analysis for Loved One’s Drinking/Using Behavior

External Triggers | Internal Triggers | Behavior | Short-Term Positive Benefits | Long-Term Negative Consequences
--- | --- | --- | --- | ---
1. Who is your loved one usually with when drinking/using? | 1. What were your loved one’s thoughts right before drinking/using? | 1. What do you think were your loved one’s thoughts right before drinking/using? | 1. What do you think were your loved one’s thoughts right before drinking/using? | 1. What do you think were your loved one’s thoughts right before drinking/using?

External Triggers | Internal Triggers | Behavior | Short-Term Positive Benefits | Long-Term Negative Consequences
--- | --- | --- | --- | ---

External Triggers | Internal Triggers | Behavior | Short-Term Positive Benefits | Long-Term Negative Consequences
--- | --- | --- | --- | ---
3. When does he/she usually drink/use? | 3. What would you guess are some of your loved one’s thoughts right before drinking/using? | 3. What would you guess are some of your loved one’s thoughts right before drinking/using? | 3. What would you guess are some of your loved one’s thoughts right before drinking/using? | 3. What would you guess are some of your loved one’s thoughts right before drinking/using?

External Triggers | Internal Triggers | Behavior | Short-Term Positive Benefits | Long-Term Negative Consequences
--- | --- | --- | --- | ---
4. What do you think are some of the pleasant thoughts he/she has while drinking/using? | 4. What do you think are some of the pleasant feelings he/she has while drinking/using? | 4. What do you think are some of the pleasant feelings he/she has while drinking/using? | 4. What do you think are some of the pleasant feelings he/she has while drinking/using? | 4. What do you think are some of the pleasant feelings he/she has while drinking/using?

External Triggers | Internal Triggers | Behavior | Short-Term Positive Benefits | Long-Term Negative Consequences
--- | --- | --- | --- | ---
5. What do you think are some of the unpleasant thoughts he/she has while drinking/using? | 5. What do you think are some of the unpleasant feelings he/she has while drinking/using? | 5. What do you think are some of the unpleasant feelings he/she has while drinking/using? | 5. What do you think are some of the unpleasant feelings he/she has while drinking/using? | 5. What do you think are some of the unpleasant feelings he/she has while drinking/using?
Helping the CSO

Use the Happiness Scale and Goals of Counseling

How We are Like/Unlike Other People

Happiness Scale

This scale is intended to estimate your current happiness with your life in each of the eleven areas listed. You may use one of the numbers (1-10) beside each area. Numbers toward the left end of the ten-unit scale indicate various degrees of unhappiness, while numbers toward the right end of the scale reflect increasing levels of happiness. Ask yourself this question as you rate each life area: "How happy am I with this area of my life?" In other words, state according to the numerical scale (1-10) exactly how you feel today. Try to exclude all feelings from the past and concentrate only on the feelings of today in each area. Also try not to allow one category to influence the results of the other categories.

1 = Completely Unhappy (can't get any worse)
5 = Neutral (not unhappy, not happy either)
10 = Completely Happy (can't get any better)

Unhappy Neutral Happy

<table>
<thead>
<tr>
<th>Happiness with:</th>
<th>Unhappy</th>
<th>Neutral</th>
<th>Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sobriety</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Job</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Education</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Money Management</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Social Life</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Personal Habits</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Marriage</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Legal Issues</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Emotional Life</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Communication</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>General Happiness</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
</tbody>
</table>

Name __________________________ ID ______________________ Date ___________ __________
Goals of Counseling

Problem Area/Goals Intervention

<table>
<thead>
<tr>
<th>Problem Area</th>
<th>Goals</th>
<th>Time Frame</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. In the area of Drug use/Sobriety I would like:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
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<tr>
<td>2. In the area of Job/Educational I would like:</td>
<td></td>
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<td>3. In the area of Money Management I would like:</td>
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<tr>
<td>4. In the area of Social Life I would like:</td>
<td></td>
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<tr>
<td>5. In the area of Personal Habits I would like:</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Problem Solving Worksheet

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Negative to Positive</td>
</tr>
<tr>
<td></td>
<td>Example: Negative to Positive</td>
</tr>
<tr>
<td></td>
<td>Changing CSO Communication</td>
</tr>
<tr>
<td></td>
<td>Example: Negative to Positive</td>
</tr>
<tr>
<td>When you’re drunk our time together is miserable.</td>
<td>I enjoy spending time with you when you are sober.</td>
</tr>
<tr>
<td>You make it impossible to keep track of our checking account.</td>
<td>I really appreciate your help in keeping the checking account balanced.</td>
</tr>
<tr>
<td>You always leave your dirty clothes all over the place.</td>
<td>Thanks for putting your clothes in the hamper. (peck)</td>
</tr>
</tbody>
</table>

Changing CSO Communication
Example: Negative to Positive
Use of Positive Reinforcement

• CSO’s current responses to the drinking
• Information from F.A. (consequences)
• Is it working? Willing to try something different?
• Explain a positive reinforcer
• Discuss CSOs resentment
• Distinguish difference between “enabling” and rewarding clean/sober behavior

Use of Positive Reinforcement

Generating a List:
• 10-20 reinforcers
• Some successful in the past?
• Definitely rewarding to loved one?
• Easily fit into the drinker’s schedule
• Easy for the CSO to deliver?

A Note on Enabling

• CSOs often hear “stop being an enabler!”
• CRAFT works off the principle of rewarding NON-USE, and...
• withdrawing positive reinforcers when using
• Remind them that the goal is to use carefully planned and systematically executed rewarding acts to non-using behavior
Time Out from Positive Reinforcement

- Withdrawing positive reinforcement when love one is drinking
- Identify safe reinforcers to withdraw
- Will the loved one miss the withheld reinforcer?
- Train CSO to communicate the rationale

Natural Consequences for Using

- Explore CSO’s unintentional support of the drinking
- Refer to F.A. (consequences) if necessary
- Offer common examples:
  - reheating dinner
  - calling in sick for a loved one
  - making excuses to family/friends
Inviting the IP into Treatment
What the CSO needs to know

- Being able to identify times of higher IP motivation for treatment
- Has capability of using the positive communication skills
- At least 1 viable treatment option has been arranged in advance
- The need for CSO continuing support

Inviting the IP into Treatment
What the CSO needs to know

- IP remorse over using incident
- Other’s remarks about IP’s use
- Inquiry about CSO involvement in CRAFT
- CSO behavior change

Suggestion of Treatment

- Identify ideal times
- Role-play the conversation:
  - use positive communication
  - invite to “sample” treatment
  - describe how program is different
  - tie in loved one’s reinforcers
- Discuss positive and negative reactions
Rapid Intake

- Arrange in advance for an intake
- See drinker ASAP once called
- Involve CSO as a support
- Motivate the drinker

Community Reinforcement and Family Training

Demonstration results from a SAMHSA grant at The Life Link, Santa Fe, NM

Santa Fe CRAFT Project

- Funded by SAMHSA through the County of Santa Fe
- Linda Dutcher, Ph.D. - Project Director, County of Santa Fe
- The Life Link, Community Treatment Program
- Robert Meyers, Ph.D., and Jane Ellen Smith, Ph.D., Trainers
- Robert Meyers, Ph.D., Clinical Supervisor
- Reid Hester, Ph.D. and Harold Delaney, Ph.D., Outcome Evaluation
- Hanson, Jean, Ph.D., and Dutcher, Ph.D., Process Evaluation
Santa Fe CRAFT Project

- January 3, 2001 to April 30, 2004

- The primary objective of the Santa Fe County CRAFT Project was to demonstrate that CRAFT – already shown to be effective through years of university-level research – could be successfully implemented in a community mental health setting.

Santa Fe CRAFT Project

The Life Link was one of 20 SAMHSA's national Science & Service award recipients based on the CRAFT model (Oct 2007)

Santa Fe CRAFT Project

Project Papers


Eighth and Final Report on Data Analysis for Santa Fe County CRAFT Project, by Behavior Therapy Associates, LLP (BTA.) Hester and Delaney

"Santa Fe County CRAFT Project Final Evaluation Report," by Community and Family Services (CFS) The CFS report also states the original goals and objectives. Hanson and Dutcher
Santa Fe CRAFT Project
General Comments

• Done in a “Community Treatment Setting” rather than in a University with a randomized trial
• No CSO restrictions (could be using themselves while engaging IPs)
• No “red-flagging” therapists
• No restrictions on incoming IPs except IV drug users

Santa Fe CRAFT Project
General Comments

• 9/11
• One of our 2 therapists dedicated to the CRAFT project passed away
• Engagement of IPs were sometimes to programs that did not adhere to cognitive-behavioral models
• Outcome data from these individuals came from CSOs

Alcohol... Drugs...
Do you have a loved one in trouble?

Are you close to someone who has a problem with alcohol and/or drugs but won’t get help? Would you like help in dealing with this situation? You may be eligible for services in the FREE, CONFIDENTIAL CRAFT (Community Reinforcement and Family Training) Project.

Most New Mexican CRAFT participants say it helped them to feel less anxious, less angry and less depressed. AND most convinced their troubles of getting help. Call the Santa Fe County CRAFT Project at 505-248-2222 for free, confidential services.

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Santa Fe CRAFT Project
Instruments Used

- Beck Depression Inventory
- GPRA
- SOCRATES
- Brief Drinker Profile and Collateral Interview Form
- State-Trait Anger Expression Inventory
- State-Trait Anxiety Inventory
- Happiness Scales
- 3 Sleep Assessments

Santa Fe CRAFT Project (CSOs)

Number of CSOs = 114
- Completed assessment, not started = 7
- Started, but were excluded = 8
- 99 left for analysis

- Mean age (n=98) 50.9
- Mean education (n=96) 13.2
- Gender (n=99) Male = 10% Female = 90%
Santa Fe CRAFT Project
(CSO Demographics)

Race
- White: 77%
- Other: 21%
- Native American: 2%

Ethnicity
- Hispanic or Latino: 59%
- Other: 41%

Ages
- CSOs: 24 - 87
- IPs: 19 - 77

Relationship to IP
- Mother: 25%
- Wife: 24%
- SO: 16%
- Other: 12%
- Husband: 7%
- Other Relative: 6%
- Son: 4%
- Father: 3%
- Daughter: 2%

Married 15 30 45 60
Divorced
Single
Widowed
Separated

Region 1
Santa Fe CRAFT Project

Primary Drug of Concern
- Alcohol 91%
- Heroin 1%
- Meth 1%
- Cocaine 7%
Our results clearly indicate that CRAFT procedures can be successfully transferred from the controlled research setting to a community setting.

Conclusions

- The Santa Fe CRAFT Project engaged 65% of the IPs into treatment (Average duration of substance use was 13 years)
- CSOs reported that the IPs drinking declined regardless of whether the CSO succeeded in engaging the drinker or not
### CRAFT Implementation

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Do you have CSOs in your community?</td>
<td>What would be some of the cultural considerations if implementing CRAFT?</td>
</tr>
<tr>
<td>• Are CSOs already calling to your place of work to get help?</td>
<td>What would be some of the solutions to the above question?</td>
</tr>
<tr>
<td>• How might you begin to recruit CSOs to come in for help?</td>
<td>What particular things about applying CRAFT are appealing to you?</td>
</tr>
<tr>
<td>• What would it take to apply CRAFT principles at your workplace?</td>
<td>What particular things about applying CRAFT are appealing to you?</td>
</tr>
<tr>
<td>• How easy/hard (1-10) do you believe CRAFT be applied to your community?</td>
<td>How would you / your agency approach the finances of implementing CRAFT?</td>
</tr>
</tbody>
</table>