



Programme Details

- Duration:** 8 Sessions over 8 weeks for 2 hours on a Thursday evening from 6.00pm - 8.00pm.
- How to Register:** Call one of the contacts below to register your name for attendance. A referral is not required to attend this programme.
- Venue:** The Thompson Centre, St Patrick's University Hospital, Dublin 8.
- Start Date:** Please check with one of our listed contacts below.
- Cost:** Weekly session is charged at €50, paid on the night.

Contacts

- Barbara Mooney**, Addiction Therapist, t: 01-249 3641.
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- Neasa Guiney**, Addiction Therapist, t: 01-249 3465.
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CRAFT

Community Reinforcement Approach and Family Training





What is CRAFT?

SPMHS Addiction Services has launched a new and welcome addition to its services with the 'roll-out' of CRAFT, an eight-week Family Training Programme for concerned significant others (CSO's) 'Living with Addiction'.

CRAFT is a comprehensive cognitive-behavioural programme designed to empower any family member/CSO living with addiction.

Family members can, and do, make important contributions in areas of addiction treatment, and can play a powerful role in reducing their loved one's harmful drinking or using, engage them into treatment, and improve their own emotional, physical and relationship functioning.

CRAFT teaches the skills to train and prepare any family member/CSO to influence their loved one, whether in treatment or resisting treatment.

CSO's attending the CRAFT programme also benefit by becoming more independent, reducing their own depression, anxiety and anger symptoms even if their loved one does not enter treatment.

Helping to Engage the Substance User

The CRAFT intervention is a scientifically-based intervention designed to help CSO's to engage with substance abusers currently in treatment or refusing treatment. It is often the substance user who reports that family pressure or influence is the reason they sought treatment.

Since family members can, and do, make important contributions in other areas of addiction treatment, CRAFT has been developed to help CSO's play a powerful role in engaging with the substance user who is in treatment or is resistive to treatment.

In addition, CRAFT teaches CSO's skills to enhance their own lives, regardless of whether the person enters treatment.

CRAFT's 3 Major Goals

- Reduce loved one's harmful drinking/using
- Engage loved one into treatment

- **Improve the functioning of the CSO (emotional, physical, relationships)**

Purpose

- Empower CSO to influence change
- Train CSO in behaviour change skills
- Improve CSO's quality of life
- Prepare CSO for treatment engagement

Rationale for Working with CSO's

- Substance abusers often report that family pressure prompted treatment seeking
- CSO's can influence substance abusers' behaviour due to extensive contact
- CSO's also need help (victims of violence, financial problems, and marital conflict etc.)

CRAFT Programme Description for the CSO

- Problem-focused
- Skills-based
- Active during sessions (Role Plays)
- Active between sessions (Assignments)