

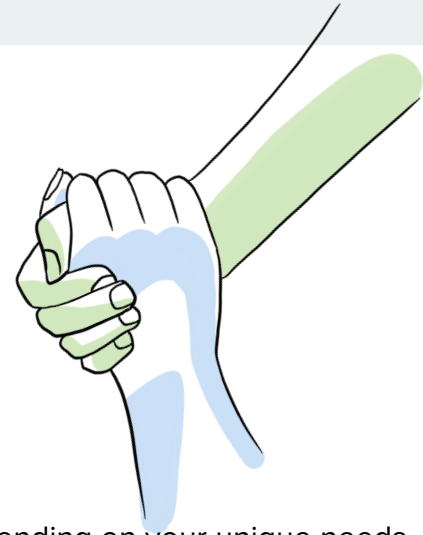
# What is CRAFT?

Community Reinforcement and Family Training (CRAFT) is a science-backed approach for family who have loved ones with substance use challenges. Invitation to Change is a related approach that combines CRAFT with other science-backed approaches for how to manage one's own emotions during difficult times and how to communicate helpfully with people who are unsure about making changes in their life.

## What is involved?

CRAFT has 3 main goals:

1. Help the individual using substances to reduce their use;
2. Encourage and connect the individual using substances to treatment; and
3. Improve the happiness and quality of life of the concerned family member, regardless of whether your loved one enters treatment.



Strategies and topics covered in each session will vary depending on your unique needs, but may include:

- **Understanding your loved one's substance use:**
  - How does substance use make sense for them, even if there are many negative consequences in their life?
- **Communication skills training:**
  - How to engage your loved one in conversation
  - How to improve your relationship
  - How to maintain connection despite challenges
  - Tips for talking to them about change or engaging with treatment that may make it more likely for them to agree
- **Behavioral skills training:**
  - Reviewing options to respond when your loved one uses substances and what fits best for your family situation
  - Problem solving strategies
- **Improving your own life, given this is a very challenging and stressful time:**
  - Exploring practical options to recharge and improve functioning can help you role model making healthy changes to your loved one
  - Reduce isolation and shame,
  - Help more effectively
  - Be happier and have less stress overall.

# CRAFT-based resources for people who have a loved one using substances:

## Books



[Beyond Addiction: How Science and Kindness Help People Change](#) introduces CRAFT and related strategies to support your loved one.



[Beyond Addiction Workbook](#) is an interactive and skills-focused workbook.



[The 20 Minute Guide](#) (there are versions for parents and partners) – a shortened, free version of Beyond Addiction.

## Online



[Helping Families Help](#) is a resource hub for connecting people with CRAFT-based resources as well as providers.



[Center for Motivation and Change](#) has free resources, videos, blog posts as well as podcasts. The founders of the Center are also the authors of the books noted above.



[Partnership to End Addiction](#) provides a video summary of CRAFT for families. They also provide a number of free CRAFT-based videos and resources.

## Groups and individual coaching:



[Families for Addiction Recovery Canada](#) has free phone coaching and support groups. Facilitators are familiar with the Beyond Addiction approach (see books above)



[SMART Family and Friends](#) have in person and virtual groups that are based on CRAFT



# Other Resources:

CRAFT and Invitation to Change are not the only supports available to family members that have loved ones with substance use challenges. For comprehensiveness, other peer support options, including evidence-based resource websites, available in British Columbia include (in alphabetical order):



Al-Anon peer support groups



Moms Stop the Harm Holding Hope peer support group located across BC



BC Centre for Substance Use Resources for Families and Caregivers



Nar-Anon peer support groups



Families Anonymous peer support group



Pathways BC: community resource website outlining services available in specific regions



Family Smart: many resources including a parent peer support group for adolescents and children with mental health challenges (including substance use).



Parents Forever: a peer support group located in Vancouver



From Grief to Action: many resources, including a helpful coping kit



Parents Like Us: a 'survival guide' written by parents in Victoria, BC for other parents with teens who have a substance use disorder



Moms Stop the Harm Healing Hearts grief peer support group located across BC