

# Community Reinforcement and Family Training (CRAFT)

**Working with families of substance abusers**

**January 30, 31, 2018 8:30AM- 4:00PM**

**February 1, 2018 8:30AM-11:30AM (2.5 days)**

**The Ware Center- Binns Room**

**42 N. Prince St.**

**Lancaster, PA 17603**

**Co-sponsored by: Project Lazarus Lancaster County &  
Millersville University School of Social Work**



Supported by 20 years of peer-reviewed research, Community Reinforcement and Family Training (CRAFT) is a comprehensive behavioral program that teaches families to optimize their impact while avoiding confrontation or detachment. CRAFT methods are evidence-based and provide families with a hopeful, positive, and more effective alternative to addressing substance use problems than other intervention programs.

**Become a CRAFT Interventionist and learn to teach your clients the following CRAFT skills:**

- \* Employ effective positive communication
- \* Identify and use positive awards
- \* Develop a road map for understanding loved one's substance use and pattern
- \* Recognizing substance use
- \* Take domestic violence precautions
- \* Allow for the "natural consequences" of use
- \* Practice self-care without detachment
- \* Get a loved one into treatment

**As a CRAFT interventionist you will learn how to help families identify practical and highly-effective ways to move their loved one into treatment, while simultaneously improving their own lives.**



# Community Reinforcement and Family Training (CRAFT)

## Working with Families of Substance Abusers

CRAFT was one of the treatments singled out for its own segment in the HBO Addiction series supported by the National Institutes of Health and the Robert Wood Johnson Foundation. Dr. Meyers and Allies in Recovery were featured in the CRAFT segment.

**CRAFT is very successful at influencing treatment-refusing alcohol and drug abusers to enter treatment.**

- \* Across a number of clinical research studies, CRAFT consistently gets 64%-86% of cases into treatment, typically after only five sessions.
- \* In comparative studies, CRAFT treatment engagement is significantly higher than the Johnson Intervention (30%) and Al-Anon (0%-17%).
- \* CRAFT's efficacy has been shown with ethnically diverse client populations and with other individuals in a variety of types of relationships with the substance abuser (spouse, parent, adult, child, sibling, partner, grandparent, etc.)
- \* Regardless of whether a family member's loved one enters treatment, the family member typically feels depressed, anxious, angry, and has fewer physical symptoms than before treatment.

### Who should attend?

Psychologists, mental health professionals, social workers, drug and alcohol counselors, primary health workers, and other helping professionals working with families. Expertise in substance abuse is not necessary.

**Registration:** We have a limited number of spaces for this training. We are offering this opportunity to all that are interested on a first-come, first-serve basis.

**Training Fee:** \$350\* for two and half days: includes instruction materials, CRAFT forms, procedure checklist, and continental breakfast each day.

15 CEU's available for an additional \$80.

Email [ProjectLazarusLanCo@selhs.org](mailto:ProjectLazarusLanCo@selhs.org) to reserve your spot.

**Make payment to:** SouthEast Lancaster Health Services

**Mail to:** SELHS

304 N. Water St.

Lancaster, PA 17603

**Or to pay by credit card go to:**

[selhs.org/services/project-lazarus-lancaster-county/](https://selhs.org/services/project-lazarus-lancaster-county/)

\*Limited number of reduced fee scholarships available



**About the Trainer: Robert J. Meyers, Ph.D.,**  
is an emeritus research associate professor of psychology who worked in the clinical research branch at the University of New Mexico's Center on Alcoholism, Substance Abuse, and Addiction for over 22 years. Dr. Meyers is the winner of the 2002 Dan Anderson Research Award from the Hazelden Foundation and the 2003 Young Investigator Award from the Research Society on Alcoholism. He has published over 80 scientific articles and co-authored 5 books on addiction, including:

- \*Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening
- \*Motivating Substance Abusers to Enter Treatment: Working with Family Members
- \*Coming Home: A Warriors Guide- (coauthored with Dr. William R. Miller)

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"For decades it was believed that there was nothing one could do to help substance-abusing loved ones until they hit bottom or that heavy-handed confrontational tactics were necessary. Bob Meyers has developed a remarkably effective and gentle method for working with family members and concerned significant others to help their 'unmotivated' loved ones get into treatment. It is no longer necessary to feel helpless and hopeless."

- William R. Miller, Ph.D. distinguished professor of psychology and psychiatry and author of Motivational Interviewing



# **Lancaster Area Hotel Accomodations**

- \* Lancaster Marriott at Penn Square**

**25 S. Queen St.**

**Lancaster, PA 17603**

**717-239-1600**

- \* The Hotel Lancaster**

**26 E. Chesnut St.**

**Lancaster, PA 17602**

**717-394-0900**

- \* Lancaster Arts Hotel**

**300 Harrisburg Ave**

**Lancaster, PA 17603**

**717-299-3000**

- \* Cork Factory Hotel**

**480 New Holland Ave.**

**Lancaster, PA 17602**

**717-735-2075**