

Community Reinforcement & Family Training



Family Empowerment Project

Presented by:

Brianna Jacobson, LMHC, ATR-P
Program Director and Clinical Counselor



SERNA SOLUTIONS
Counseling • Coaching • Consulting

Land Acknowledgment

We sit on the traditional, unceded homelands of the native tribes, pueblos, and surrounding peoples.

We recognize that the harms of genocide and colonization are ongoing and know it is our responsibility to work against this historical erasure.

We honor the land and those who remain stewards of our human, plant, and animal kin throughout the generations.

This acknowledgment only becomes meaningful when combined with accountable relationships and informed actions. It is only a first step. We respect the right to Indigenous sovereignty and self-determination and are committed to uplifting Indigenous voices while being better listeners, learners, and partners.

This acknowledgment does not take the place of authentic relationships with Indigenous communities; it serves as a first step in honoring the land and the people.

A photograph of a person sitting on the floor, leaning against a wall, with their hands covering their face in a gesture of despair or distress. The person is wearing a blue shirt. The background is a plain, light-colored wall.

The Problem

Most people with addictions do not access services

Obstacles in Seeking Treatment

Lack of healthcare and behavioral health services

Negative stigma – from society, community, friends and family

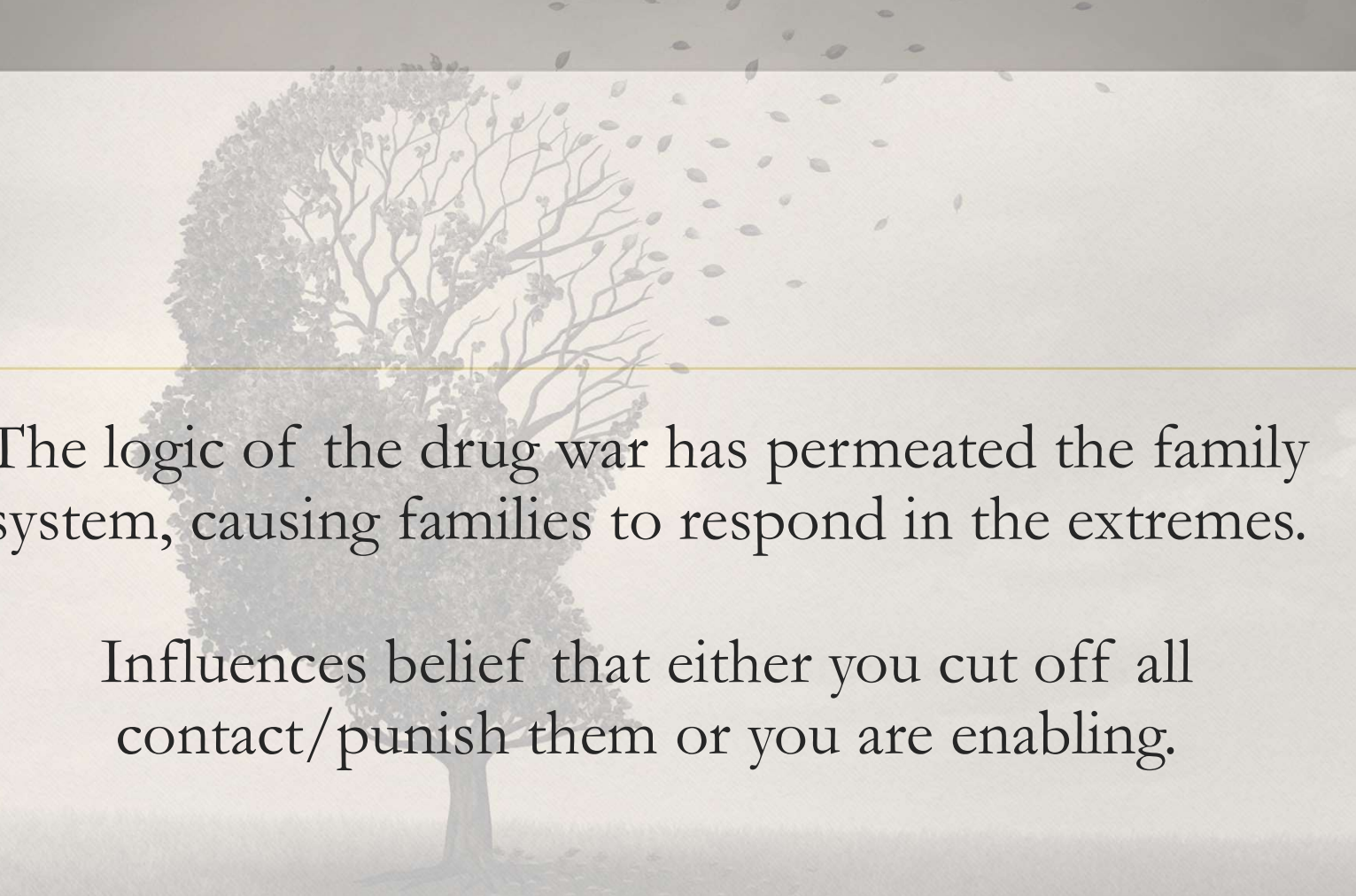
Lack of cultural competency among mental health care providers

Language barriers and barriers to understanding (cultural or familial)



More Problems

- Culturally, Americans do not know what to do in response to addictions at all levels (Nationally, state-level, local communities, and family/friends)
- We shame, blame, plead, lecture, or threaten.
- Pray it away
- Feel like we need to keep it a family secret



The logic of the drug war has permeated the family system, causing families to respond in the extremes.

Influences belief that either you cut off all contact/punish them or you are enabling.

CSOs Orientation

Control vs. Influence

- Control is dominating, demanding, manipulating, and guilting – Power OVER
 - ***“Drink and you’re out of here!”***
- Influence is requesting, offering, providing, setting responsibilities/expectations, curiosity – Power WITH
 - ***“I’d really like this to happen. How can I support you?”***

Demanding vs. Requesting

- Demands when unmet lead to anger,
- Requests are assertive and come with acceptance that it is their choice

Reacting vs. Responding

- **Pause – create space prior to acting**
- Responding is a practice that requests mindfulness

The Answer

- Help families connect in *positive* ways that can influence reduced substance use and encourage healthier behaviors.
- Strengthen relationship bonds to improve behaviors and experiences of one another.
- Take care of ourselves to increase patience and engagement. Self-care to decrease fear, stress, anxiety, and sadness.



**Traditional
Interventions
for Families**

12-Step Programs

Johnson Institute Intervention

Mental Health Counseling

Nothing (told to wait until their
loved one “hits bottom”)

What is CRAFT?

CRA =

Community Reinforcement Approach

CRA is an approach for treating substance abuse, that aims to help the individual(IP) change their life (environment, community etc.) so that sobriety becomes more rewarding (*reinforcing*) than using.

What is CRAFT?

FT=Family Training

CRAFT is to train family members (CSOs) how to utilize CRA in their own homes.

Collaborative Care

- CRAFT works well with...
 - 12-Step Programs
 - Support Groups
 - Faith-based Groups
 - Individual Mental Health Counseling
 - Self-directed growth work

Why focus on family members?

Individuals who engage in treatment often report that family encouraged them to seek treatment

Families can influence behavior due to extensive contact or importance of relationship

Families are familiar with a loved one's behavior and have great insight

Families also need help (victims of violence, verbal assaults, \$ problems, marital conflict, etc.)

The Basics of CRAFT

Elimination of positive reinforcement for unhealthy behaviors



Enhancement of positive reinforcement for healthy behaviors



Step **IN** when they are engaging in healthy behaviors, step **AWAY** when they're engaging in unhealthy behaviors (engagement and disengagement is powerful)

CRAFT'S 3 MAJOR GOALS



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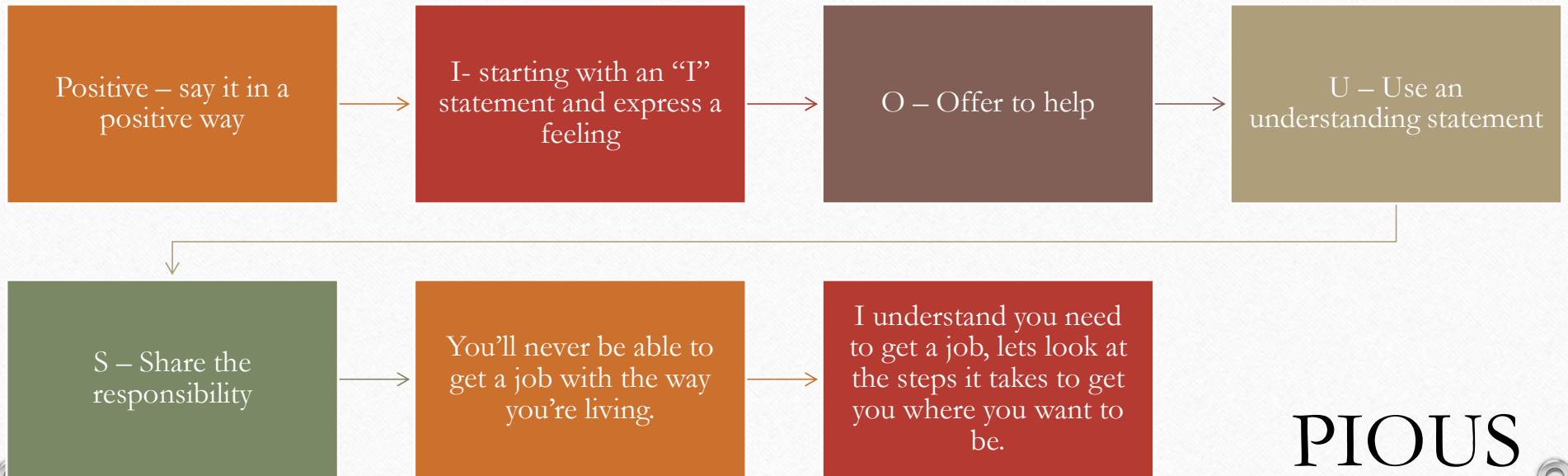
Functional Analysis

Understand behaviors to know how to respond.



External Triggers	Internal Triggers	Drinking/Using Behavior	Short-Term Positive Consequences	Long-Term Negative Consequences
<p>1. <i>Who</i> is your loved one usually with when drinking/using?</p> <p>2. <i>Where</i> does he/she usually drink/use?</p> <p>3. <i>When</i> does he/she usually drink/use?</p>	<p>1. What do you think your loved one is <i>thinking</i> about right before drinking/using?</p> <p>2. What do you think your loved one is <i>feeling</i> right before drinking/using?</p>	<p>1. <i>What</i> does your loved one usually drink/use?</p> <p>2. <i>How much</i> does he/she drink/use?</p> <p>3. Over <i>how long a period of time</i> does he/she usually drink/use?</p>	<p>1. What do you think your loved one likes about drinking/using [<i>with whom</i>]?</p> <p>2. What do think he/she likes about drinking/using [<i>where</i>]?</p> <p>3. What do think he/she likes about drinking/using [<i>when</i>]?</p> <p>4. What pleasant <i>thoughts</i> do you think he/she has while drinking/using?</p> <p>5. What pleasant <i>feelings</i> do you think he/she has while drinking/using?</p>	<p>What do you think are the negative results of your loved one's drinking/using in each of these areas (* the ones he/she would agree with):</p> <ul style="list-style-type: none"> a. Interpersonal b. Physical c. Emotional d. Legal e. Job f. Financial g. Other

Communication is Key



Primary CRAFT Skills

- Understanding behavioral patterns and knowing how to effectively respond.
- Compassionate communication skills
- Positive reinforcement and withholding positive reinforcement (rewards)
- Problem solving skills
- Allowing natural consequences and stopping enabling
- Self-care
- How to talk treatment

How to Talk Treatment

Appropriate treatment providers

- Detox, levels of care, treatment approaches, length of treatment, insurance/cost, waitlist

“Windows of Opportunity”

- Change talk, substance related crisis, feelings of remorse or embarrassment, following a natural consequence experience, etc.

Motivational Hooks

- Things they want to see changed (stress, job/career, relationships, custody, anxiety, depression, trauma, finances, self-esteem, etc.)

Collaboration VS. Competition

The CRAFT philosophy strengths lie in community, and we need to support one another in accessing resources like the Family Empowerment Project.

Collaboration vs competition allows our clients access to more wrap around services that individual organizations might not provide. Increased wrap around services means a higher likelihood of success in all areas of their life.

CRAFT Offerings

In-person or virtual (online)
services

Individual CRAFT meetings

Couple/family CRAFT meetings

CRAFT groups

THANK YOU!

Presented by:

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Contact Us At:

family@sernasolutionsllc.com

[\(505\)420-3377](tel:(505)420-3377)

www.sernasolutionsllc.com



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