

## Craft History

Dr. Robert J. Meyers and Dr. Jane Ellen Smith of the University of New Mexico developed the CRAFT program and have conducted rigorous studies on its effectiveness for more than two decades. They have compared it to the respective strategies of Al-Anon (a 12-step approach) and traditional interventions based on the Johnson method, in which family members and friends confront their loved one during a surprise meeting. CRAFT was more successful in engaging individuals in treatment and decreasing their substance use.

## Addiction is a family disease

for everyone struggling with a substance use disorder, there is a family suffering

CRAFT is a group program that provides families with support, education, and tools to help themselves, their families, and their loved ones.

CRAFT is a SAFE space where each member protects the confidentiality of fellow group members and where all treat one another with dignity and respect.

**FOR MORE INFORMATION CONTACT**

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## Community Reinforcement and Family Training

# CRAFT



**WEDNESDAYS  
BEGINNING 05/29/2024  
5:30 PM-6:30 PM**

**31 WATER STREET  
DOOR 14  
JAMESTOWN NY 14701**

## WHAT IS CRAFT

The CRAFT program is a 12-week program that helps families and friends of people struggling with addiction. It focuses on developing skills such as self-care, problem-solving, and goal-setting. The program also teaches behavioral and motivational strategies to help participants interact with their loved ones and address resistance to change.



## CRAFT'S 3 MAIN GOALS

Reduce the affected loved one's harmful substance misuse

Engage the loved one into treatment.

Improve the family member and loved one's mental wellness

## CRAFT SKILLS

Positive communication strategies

Positive reinforcement strategies

Problem-solving  
Self-care

Domestic violence precautions

Getting a loved one to accept help

