Community Reinforcement and Family Training: How to Help Family Members Affected by a Loved One’s Substance Use

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Prevalent Problem

We know SUDs are prevalent (1 in 10 over age 12 meet criteria for abuse or dependence)

• 30% of adults have met criteria in lifetime
• 12% of high school students meet criteria

The majority of people don’t seek treatment
(estimates = 11%)
Collateral Damage: 1 in 4 Families

Estimated 5 loved ones for every 1 person with substance use disorder negatively impacted.

• Family member functioning negatively impacted across domains (financial problems, marital conflict, increased depression and stress, and decreased happiness levels)

• Due to issues like shame, isolation, and very limited treatment options for the family members themselves, these domains of negative impact often go untreated
Alphabet Soup

- CSO: Concerned Significant Other
- IP: Identified Patient (the substance user)
- Engagement = Entering Treatment
What Is CRAFT?

CRAFT is a highly effective, evidence-based approach for working with family members trying to cope with a loved one who is reluctant or refusing to get help for substance abuse problems.
Traditional Approaches for CSOs

12-Step Programs (Al-Anon, Nar-Anon)

Johnson Institute Intervention

Mental Health Counseling
12-step programs (Al-Anon, Nar-Anon)

• Offers valuable support to CSO, decreases isolation & builds community

• Goal: Self-care and decreasing enabling

• Key premise: CSO cannot directly influence changes and needs to focus on self-care

• “Detach with love”: detach from behaviors not the person

• Prevalence: Almost 15,000 Al-Anon groups in US

2nd Most common referral made by providers
• Change can be influenced at every stage & CSO’s can have a positive impact

• Of substances users who seek treatment, family involvement is #1 reason cited

• Al-Anon is a support system that was never designed to “get someone into treatment” even though that is often CSO goal

• CSO’s can learn skills beyond that of self-care

• CSO’s want to help
Johnson Institute Intervention

• Recognizes the powerful influence of the family
• Goal: Get the substance user to agree to rehab
• Key Premise: Direct, specific feedback about impact of use (confrontation) is instigator of change
• Commonly reported success rates = 90%
• Average cost = $5,500
• Broad media support
CRAFT Contrast & the Evidence

• Significant evidence that confrontation leads to worse long-term treatment outcome

• 70% of families fail to go through with the process
CRAFT: Community Reinforcement & Family Training

Utilizes power of family and gives “reasonable & realistic” hopefulness – works unilaterally with CSO to teach skills

Goal:

1. Reduce the IP’s harmful substance use/negative behaviors
2. Engage the IP into treatment/change
3. Increase the life satisfaction of CSO

Key Premise: IP motivation can be influenced by CSO and reinforcement is more effective than confrontation
CRAFT Reality

CRAFT: Average engage rate of IP into treatment = 68%

Parents, adult children and spouses

Prevalence: Approx. 5-15 CRAFT providers in the U.S.
Treatment Engagement Rates

Miller, Meyers et al, 1999 (N=130)

Percentage of cases in which a family member’s participation successfully engaged a substance abuser in treatment.

- Al-Anon: 13%
- Johnson: 30%
- CRAFT: 64%
## CRAFT STUDIES

<table>
<thead>
<tr>
<th>Study</th>
<th>Participants</th>
<th>Characteristics</th>
<th>Randomization Type</th>
<th>Tx Engagement Results</th>
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</thead>
<tbody>
<tr>
<td>Sisson &amp; Azrin, 1986</td>
<td>14 CSOs</td>
<td></td>
<td></td>
<td>CSOs better</td>
</tr>
<tr>
<td>Miller, Meyers, et al 1999</td>
<td>130 CSOs</td>
<td>75% Anglo; 23% AA</td>
<td></td>
<td>CSOs better</td>
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<tr>
<td>Kirby, et al., 1999</td>
<td>32 CSOs</td>
<td>80% Hispanic</td>
<td></td>
<td>CSOs better</td>
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<tr>
<td>Meyers, Miller, et al, 1999</td>
<td>62 CSOs</td>
<td>88% female; 49% Hispanic</td>
<td>Randomized (CRAFT / 12-step)</td>
<td>Tx Engage: 64% vs 23% vs 13%; CSOs better</td>
</tr>
<tr>
<td>Meyers, Miller, et al, 2002</td>
<td>90 CSOs</td>
<td>88% female; 49% Hispanic</td>
<td>Non-randomized (CRAFT / Al-Anon)</td>
<td>Tx Engage: 74% vs 17%; CSOs better</td>
</tr>
<tr>
<td>Waldron, et al, 2007</td>
<td>42 CSOs</td>
<td>48% Anglo</td>
<td></td>
<td>CsOs better</td>
</tr>
</tbody>
</table>

Alcohol: Alcohol
Cocaine: 56% Alcohol
Marijuana: 37% Cocaine
Stimulants: 22% Opiate

Randomized (CRAFT / 12-step) vs Non-randomized (CRAFT / Al-Anon)
CRAFT IS A WIN / WIN APPROACH

• CSOs improve their psychosocial functioning whether the substance user enters treatment or not.

• In 7 out of 10 cases the substance user enters treatment.
Things People Say

Huge historical and cultural bias toward disease model language which is supported by media

- I need to use tough love
- I can’t do anything. I can’t change him
- He won’t change until he bottoms out
- I don’t want to enable
- I was told I am enmeshed and need to back up and let my son fail so he can get better
- I’m co-dependent
Things People Do

• Nagging
• Pleading
• Threatening
• Yelling
• Lecturing
• Pouring alcohol down the drain
• Getting drunk (to show the drinker what it’s like)
Mistaken Beliefs About Motivation

• Confronting someone about their problems helps them change

• It usually takes a crisis, or hitting “bottom,” for someone to become motivated to change

• Motivation hits in one revelatory moment; and once it hits, it sticks

• Until someone is motivated to change, there is nothing that can be done to help them
What We Know About Motivation

• Confrontation negatively affects motivation
• Motivation can occur whenever the costs of a behavior perceptibly outweigh the benefits
• Motivation is a fluctuating state, based on gradual stages
• Motivation is facilitated by interpersonal interaction

CRAFT is based on the use of reinforcers to facilitate changes in motivation
CRAFT – The Basics

Works to affect the IP’s behavior by *changing the way the CSO interacts with them*

- Positive Reinforcement
- Positive Communication
- Allowing for Negative Consequences

Skills-based program useful to the CSO in multiple life areas (self-care, social support)

Collaborative/motivational/positive – therapist modeling is crucial
Enabling vs. Positive Reinforcement

Enabling: something the CSO does that increases drinking/drug using behavior or allows it to continue

CRAFT’s Positive Reinforcement: something the CSO does that increases *non*-drinking/*non*-drug using (pro-social) behavior

The difference between positive and negative behaviors is at the heart of CRAFT
Identifying Non-Using Behaviors to Reinforce

The behavior to reinforce should be one that:

• The *IP* enjoys (*pleasurable, ideally inexpensive*).

• *Competes* with the substance-using behavior in terms of time and function.

• *Occurs* fairly *often* currently, or can occur often in the future (ideally immediately)

• The *CSO* also *enjoys* (if applicable).
Positive Communication: Rationale for the CSO

- More likely to get what you want: PC reduces defensiveness in the listener ("You catch more flies with honey...")
- PC (e.g., a compliment) can serve as a powerful reinforcer for a loved one
- PC is “contagious”
- PC will increase CSO satisfaction in other life areas as well (social support)
Allowing for Natural Consequences

• Explore CSO’s unintentional support of the using/negative behavior

• Refer to F.A. (consequences) if necessary

• Offer common examples:
  – Reheating dinner for late, intoxicated IP
  – Calling in sick for hungover IP
  – Making excuses to family/friends about IP
Sample Natural Consequences

- Wife (CSO) cleans up her husband’s (IP) “accidents” when he’s drunk.
- Husband (CSO) of an unemployed drug-user (IP) calls his parents for financial help each month.
- Daughter (CSO) picks up her drunk dad at midnight after his Sat. night card games.
CSO’s Quality of Life: Self-Care

• Find CSO Reinforcers

• Assess CSO’s satisfaction in various areas

• Select one area needing more reinforcers

• Identify goals and steps to obtain them

• Problem-solve if necessary

• Identify activities independent of drinker
CSO’s Quality of Life: Friendships & Social Support

• Create or re-create a social circle
• Find a confidant
• Ask for help/learn how to
• Self-help groups
• Positive communication skills
The work isn’t over.....

- Prepare CSO for a treatment refusal, or a treatment dropout
- Encourage CSO to get involved in IP’s treatment
- Instills sense of broad need for skill development across family & learning perspective
- Open door policy
Non-Traditional Uses of CRAFT

- In group format
- With couple (two parents learning CRAFT)
- When IP is already in treatment
- With trained lay-people as coaches
A collaboration between: The Center For Motivation and Change and The Partnership For Drug-Free Kids

Mission: To develop a national self-help, peer-to-peer network for parents based on CRAFT principles for helping families of loved ones struggling with substances
20 Minute Guide

THE PARENT'S
20 minute guide
A guide for parents about how to help their children change their substance use

THE PARTNER'S
20 minute guide
A guide for partners about how to help their loved one change their substance use

cmc
CRAFT BOOKS


"Your frustration, anger, depression, and longing for change are still real. When you find yourself thinking, 'Things aren't that bad,' chances are you are just reacting to the stress of change. It's tough, but if you recognize what you are doing and keep your eye on your goal, you can move forward. Nothing magically changes. Your drinker will not wake up tomorrow a new person, and you will not be able to help her by doing what you have been doing for years. It hasn't worked."
Motivating Substance Abusers to Enter Treatment: Working with Family Members

Jane Ellen Smith
Robert J. Meyers
Beyond Addiction

How Science and Kindness Help People Change

Jeffrey Foote Ph.D., Carrie Wilkens Ph.D., and Nicole Rosanke Ph.D. with Stephanie Higgs
Parent’s 20 Minute Guide
Parent’s 20 Minute Guide