

**Where can I get more
information or enroll in
CRAFT Counseling?**

New Choices Recovery Center

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Life on Solid Ground
New Choices
RECOVERY CENTER

CRAFT

**Community Reinforcement
Approach- Family Training**

**Help for
Families
Struggling
with
Addiction**

What is CRAFT?

CRAFT is an evidenced based program that helps a family member or significant other of someone struggling with an addiction:

-**Cope** with the impact of addiction on the family in newer, healthier ways

-**Decrease depression, anxiety, and anger** for family members

-**Learn new ways of communication** designed to get a loved one to cut down on their substance use

-Get resistant loved ones into substance abuse treatment

How does CRAFT work?

CRAFT is for a family member or significant other who has a loved one struggling with alcohol or other drug or gambling addiction. It teaches **new ways** to intervene in a loved one's addiction.

You will learn **new ways to help support** your loved one's recovery instead of unknowingly supporting their addiction.

Communication skills, problem solving, and re- focusing on **your own wellness** are tools that will help you support yours and your loved one's recovery. Fighting, punishing, and resistance are replaced with a more positive, rewarding, and non-judgmental approach.

Why would I use CRAFT?

If you feel overwhelmed, overpowered, frustrated by the consequences of a loved one's addiction, **this program can help you.**

7 out of 10 loved ones who are resistant to getting sober will engage in treatment when the family member participates in the CRAFT. CRAFT has **more beneficial outcomes** than other approaches to helping the family deal with addiction*.

For those whose family members don't engage in treatment or who have already begun the treatment process, you will find the skills learned through CRAFT to be beneficial in maintaining a **positive long- term commitment to recovery for your loved one and yourself.**

*(Barber & Crisp, 1995; Thomas & Ager, 1993; Thomas et al., 1987)