

Community Reinforcement & Family Training (CRAFT)



A FREE 12-week counseling group for individuals whose family members are affected by substance use.



CRAFT is a skills-based program that impacts families in multiple areas of their lives, including self-care, pleasurable activities, problem solving, and goal setting. At the same time, CRAFT addresses their loved one's resistance to change. CRAFT teaches families behavioral and motivational strategies for interacting with their loved one. Participants learn, for example, the power of positive reinforcement for positive behavior (and of withdrawing it for unwanted behavior), and how to use positive communication skills to improve interactions and maximize their influence.

Many of these skills are valuable for the family, even if their loved one does not enter treatment or has already begun the treatment process.

It is designed to accomplish 3 goals:

1. When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.
2. CRAFT helps reduce the loved one's alcohol and drug use, whether or not the loved one has engaged in treatment yet.
3. CRAFT improves the lives of the concerned family and friends.

CRAFT teaches several skills:

- Self-care
- Problem-solving
- Positive reinforcement strategies (rewarding non-using behavior)
- Positive communication strategies
- Understanding a loved one's triggers to use substances
- Domestic violence precautions
- Getting a loved one to accept help

Where: Institute for Prevention and Recovery, 442 State Route 35, 3rd Floor, Eatontown, NJ 07724

When: Weekly on Mondays, beginning on February 18, from 6 to 7 p.m.

Space is limited. For more information or to register to attend, please contact:

Colleen Wood or Meghan McCue by Wednesday, February 13.

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Prevention
and Recovery**

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