

# CRAFT Works

June/July 2016

Developing excellence in family recovery: Positive Practice, the only UK body authorised by Dr Robert Meyers to deliver CRA training



## A chance for course delegates to join the Community of Practice

Each time a substance misuser enters treatment with CRAFT a **£44,000 annual saving is made on the public purse** – at a time when drug and alcohol services must demonstrate they can offer more for less.

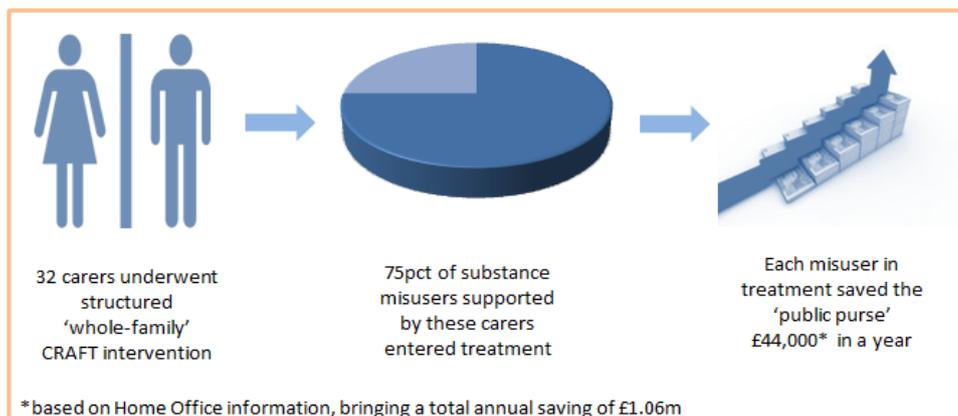
Workers who have attended a Positive Practice CRAFT or ACRA course can, for just £250 a year, join our Community of Practice, giving their office direct access to expert advice from skilled practitioners who help transform peoples' lives using the globally renowned evidence-based intervention. We offer:

- **Two UK-wide one-hour webinars a year to answer your live questions on using CRAFT with families or embedding it within your service**
- **Two hours' consultation with our CRAFT supervisors, who have delivered your training programme and are family workers themselves, answering your email and telephone queries**
- **Up-to-date CRAFT research, plus course and accreditation information direct to your inbox**

Using CRAFT skills, family services tell us they:

- Meet their aims and objectives with greater focus, quality and efficiency
- Cut intervention time with families and deliver better outcomes for them
- Have better motivated workers using a structured approach to helping families

*Claire Wadsworth, accredited CRAFT practitioner with Scottish Families Affected by Drugs, said: "CRAFT's effectiveness struck home when the brilliant lady with whom I was working said on the last session that her son, a daily cannabis user for seven years, had finally gone to his GP to ask for support to stop."*



To underline CRAFT's strategic effectiveness, a sample of carers supported at PROPS North East is shown along with cost savings (left). You can join our Community of Practice by emailing the attached form to the address below or ringing **0773 871 8253**. You can purchase more expert time for an extra £40 for each hour.

**Further details about CRAFT, its evidence and related CRA**

**interventions**, which will also become part of the Community of Practice, are at [www.positivepracticepartnership.org.uk](http://www.positivepracticepartnership.org.uk)

## CRAFT teaches workers five things to tell families coping with unhealthy behaviour

**1. Your love has power:** Research shows that you can successfully learn techniques to engage your substance-misusing loved one in treatment.

**2. You are not alone:** As isolated as you may feel in trying to cope with your loved one's substance misuse, you are not alone. Families across the UK are suffering from problems just like yours. Although knowing this does not ease the pain, you may draw hope from knowing that many have solved their problems and learned to live more satisfying lives. You can too.

**3. You can catch more flies with honey than vinegar.** Just as it is easier to attract flies with sweet honey than sour vinegar, it is easier to get your loved one to listen to loving words rather than to criticism. This is more than a wise old saying: it is proven by research showing that CRAFT has up to a 75pct chance of getting your love one into

treatment. So choose the honey alternative to nagging and threatening and help your loved one by taking about what you do like about them and what positive changes please you.

**4. You have as many tries as you want.** Relationships are a process. They exist over time. One event or discussion rarely defines an entire relationship, so the truth is that you have as many tries at improving your relationship as you wish to take. As you develop better ways to interact with your loved one, take heart when things go well and don't be overly discouraged when they go poorly. The next word, the next day, the next interaction gives you another chance to make a positive change.

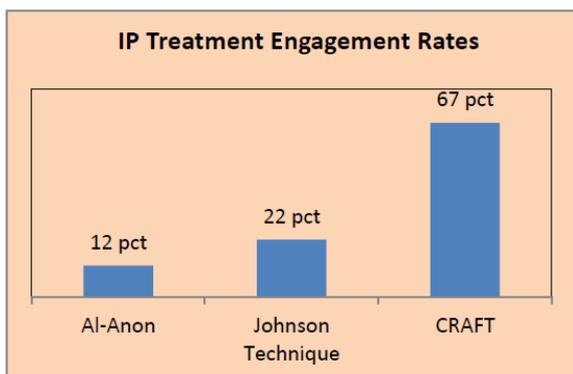
**5. You can live a happier life whether or not your loved one enters treatment.** In a perfect world you will successfully encourage your loved one to stop misusing substances. In the real world, this often happens, and sometimes it does not. Whether or not your loved one's lifestyle improves, you can enhance yours. An import part of CRAFT is learning to take care of yourself, regardless of your loved one's behaviour.



The CRAFT programme teaches all of this and professionals can learn skills to work effectively with families at Positive Practice courses.

The author is Professor Bob Meyers (pictured), Research Associate Professor Emeritus in Psychology at the University of New Mexico and co-founder of the Centre on Alcoholism, Substance Use and Addictions (CASAA) and developer and researcher of CRA, ACRA and CRAFT since 1976. He is also patron of Positive Practice.

Also shown (below) is a comparison of average substance misuser (identified patient) engagement rates, highlighting the extent of CRAFT's effectiveness.



### Multi-service CRAFT and ACRA course dates for your diary

All of our multi-service CRAFT and ACRA courses are being delivered at Brunswick Methodist Church, Brunswick Place, Newcastle NE1 7B running from 9.30am to 4pm on each occasion.

**Future Newcastle CRAFT courses: 30 June to 1 July** (application deadline: 27 June), 3 to 4 August (deadline: 29 July), 15 to 16 September (deadline: 12 September) and 6 to 7 October (deadline: 3 October).

**Future Newcastle ACRA courses: 10 to 11 August** (deadline: 5 August), 22 to 23 September (deadline: 19 September) and 20 to 21 October (deadline: 17 October).

The cost is £299 per delegate. Positive Practice also delivers in-house courses requested by service managers and commissioners across England and Scotland.

To book, email [john@positivepracticepartnership.org.uk](mailto:john@positivepracticepartnership.org.uk) or visit courses at [www.positivepracticepartnership.org.uk](http://www.positivepracticepartnership.org.uk)

### More than 550 workers trained and CRAFT, ACRA and CRA in three years

Positive Practice's clients include ADS Solutions, Barnardo's, Turning Point, Scottish Families Affected by Alcohol and Drugs (SFAD), North Lincolnshire Council, Derbyshire County Council, Newcastle City Council and North Tyneside Borough Council.

We have trained more than 550 workers in CRAFT, ACRA and CRA since being set up in 2013 as a social enterprise subsidiary of Newcastle-headquartered PROPS North East, which delivers commissioned services on Tyneside.

A minimum of 10pct of Positive Practice's revenues are invested in PROPS to support the delivery of core services to families impacted by substance misuse.

Thanks for reading.....

*John Thompson*

Business Development Manager