

FAMILY PROGRAM



WORKBOOK

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FAMILY PROGRAM: AN INTRODUCTION

Our Family Program is based on the **CRAFT MODEL** (Community Reinforcement And Family Training). This is the way forward.

CRAFT is a non-confrontational, evidence-based family training program specifically designed to rebuild relationships and find lasting solutions for families facing addiction.

This workbook and study session will provide families with a comprehensive and actionable understanding of addiction disorders. Once completed, you will be able to navigate relationships and interact with your addicted loved one. The family having communications skills and the ability to implement boundaries are vital to an addict getting help.

We want to empower you today, tomorrow and thereafter; you deserve to live your very best life, which will, in turn, offer your family member the best chances of long-term recovery.

Your stability, whether your kin is actively using drugs, in recovery or possibly near relapse, is of paramount importance. Recovery and healing from addiction is about connection and there are no closer attachments than those of the family. The family must maintain their connection, but you also need to avoid the following behaviours: conflict, enabling and detachment.

Maintain the bonds of the relationship. If that's impossible, at least don't damage bonds.

For our group, intimacy is important. We cap participation at 5 family members. If the need arises, exceptions can be made. Being able to spend time exploring the different dynamics of each family member's relationship with the addicted loved one is of paramount importance. We've all been impacted, so we all deserve a voice. We must come together and look to solve the problem at hand as a team; group participation leads to better results. **This isn't meant to be easy, but it is worth it.**

Family members are encouraged to be open-minded, committed to looking at themselves, and above all else, willing to change during this process.



THE BENEFITS

No one ever imagines that they'll have to deal with the addiction of a loved one. Guess what? When your loved one was a little boy or girl, they never imaged that they'd be here either. Once we get past the initial feelings of blame, guilt and shock, we're ready to get into the solution. This can be a long road, but for both the addict and their family, this can be the most amazing road of fulfilment, discovery and new beginnings.

Here is what we offer:

- ❖ **Guidance and Direction from Qualified Addiction Professionals.**
- ❖ **Phone Support – Here Whenever You Need.**
- ❖ **Home Visits & Video Link (via Skype).**
- ❖ **Complete Understanding of Addiction & Triggers.**
- ❖ **Overhaul of Communication Strategy (Family & Addicted Loved One).**
- ❖ **Solutions to Conflict.**
- ❖ **Closer Relationships.**
- ❖ **Stability & Safety.**
- ❖ **Healthy Lifestyle Balance for Everyone.**
- ❖ **Boundaries. Boundaries. Boundaries.**
- ❖ **Red Flag Identification (Recognize & Prevent Relapses).**



CRAFT OVERVIEW

The Center for Motivation and Change has put together an outline of the major points of the Community Reinforcement or Family Training Approach (CRAFT) approach for parents. You may find an overview useful as you help your struggling child.

#1: This is stressful (part 1): *Take care of yourself.*

Taking care of yourself matters in helping deal with these issues. Don't give up on your life by going into emergency/panic mode. There is often a long-term trajectory that needs to be maintained. Stopping breathing (or holding your breath) won't work over the long haul so put the oxygen mask on your face – that way you will be able to keep being helpful to the best of your ability.

#2: This is stressful (part 2): *You're not alone!*

As painful as it is, many people have had to walk this road before you. There is a lot to be gained by talking to others, not least of which, their support! You may have concerns about privacy, gossip, and the “public” perception of your child/yourself/your family, and these concerns are completely normal. We've found that after balancing everything, isolation has too significant of a downside – so seek out people who you can talk freely to.

#3: Collaboration helps you, your partner, and your child.

When a kid is struggling with substances or other behavioural problems, there is very often a breakdown in communication between the adults, and tension about “management” strategies. Working to avoid the obstacles of tension and working toward the goal of collaboration is critical to making things better.

#4: One size does not fit all - one answer does not fit all.

There is no “one answer/one recipe” that will work or that fits everyone – the solution is different for different kids, different families and different contexts. “What do you do with an adolescent using drugs?” is not an answerable question. A framework /decision tree to work through, based on your family, is what will matter and be effective.

#5: Behaviors make sense - even your child's.

It's not likely that your child is crazy or simply being a “bad kid”. Their behaviour is rewarding for them. Knowing how substances are affecting them and what is enjoyable/pleasurable/soothing about their behaviour is crucial because you then have clues about reasonable alternatives. Understanding what they get from their use will also help lower your fear/anxiety/anger while increasing your empathy toward their behaviour (hard to believe, but true).



#6: Your love matters (Part 1)

Positive reinforcement works! You can engage your child in positive change through active strategies - detaching is not the answer. "Catching" them being good (as rare as that may seem sometimes) is a winning behavioural strategy. Understanding them helps; understanding what matters to them (see above) helps increase your empathy and keeps you calm. It also helps them feel understood which will make them more likely to seek your help and attention.

#7: Your love matters (Part 2)

Your negative emotions – fear, anger, sense of betrayal – are all important to expect, acknowledge, and act on as little as possible. Your negative behaviour – confrontation, irrationality, collapse, detachment – while also understandable, will all push your child away. Confrontation leads to resistance! And remember, lack of confrontation does not mean you are accepting/allowing the behaviour. Keeping high emotion out of communications will help you be as effective in encouraging change as possible).

8: Positive communication is critical.

Communicating in a positive manner (brief, behaviour focused, understanding) is a skill. Unfortunately, it is often the first thing to go when there is a high degree of stress or high emotion. It is, however, the key to positive change.

#9: The 3 "C's": Clarity, Consequences and Consistency.

Underlying all aspects of helping your child is the importance of clear communication about agreed-upon expectations, clearly defined (ahead of time) consequences (both positive and negative) for observable behaviours, and consistent and reliable follow through on those agreed-upon expectations. A breakdown anywhere in this chain leads to problems.

#10: You can't get it right every time - practice, practice, practice.

Developing the skills that are useful in helping your child will take time and patience. Relationships and change are both a process. Give yourself room to work on it, make mistakes, and not get discouraged. You will get better at it, and so will they.



RESOURCES

We hope that you'll be able to gain valuable insight as a result of the exercises. Consider this work and the strategies that you've implemented as a base to now build on. Just like life, relationships, behaviour, boundaries and our approach are things that evolve. We figure out how to optimize what we do, and, as a result, start to see results.

If you have any questions, please feel free to stay in contact with Jeffery Norell.

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