

CRAFT Works

Developing excellence in family recovery
The newsletter of Positive Practice Partnership
Spring 2014



Welcome to the first issue of CRAFT Works



Hello and welcome to the first edition of a new quarterly newsletter, CRAFT Works. I am delighted to be associated with Positive Practice Partnership and its work to spread the word on CRAFT. The staff are some of the most dedicated people I have ever had the pleasure to work with.

I have been in the addiction field for 38 years, with 24 of these at the University of New Mexico, where I am Research Associate Professor Emeritus in Psychology at the Centre on Alcoholism, Substance Use and Addiction.

Over the years I have developed procedures in the Community Reinforcement Approach (CRA), its adolescent variation, A-CRA, and ultimately CRAFT, the innovative intervention programme to engage resistant substance misusers to enter treatment.

I have trained people in these procedures in the United States, Australia, Canada, Finland, Holland, Japan, Ireland, South Africa and Sweden and spoken globally about them and been featured in Oprah magazine.

CRAFT has been shown to be superior to more traditional interventions in randomised clinical trials. In the UK, it is increasingly becoming the cornerstone of family and carer support services. It can be used to get a loved one to accept treatment and to work with carers while their loved one is in a treatment programme.

Positive Practice is the main training and accreditation hub for CRAFT (and its associated disciplines) in the UK. Evidence shows that 70 per cent of substance users supported by families employing CRAFT skills will enter – and stay in – treatment six to seven times longer than people not supported.

I wish CRAFT Works and all involved in training and accreditation well – and welcome them to the family of CRAFT, using all evidence based treatments.

Robert J. Meyers, Ph.D., Emeritus Research Professor of Psychology University of New Mexico, and Director of Robert J. Meyers, Ph.D. & Associates
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Spreading the word

Barnardo's, Lifeline, CRI and PROPS North East are among the family service organisations to send more than 200 workers to the non-judgmental motivational CRAFT courses run by Positive Practice within the last 12 months across England and Wales.

CRAFT, and its associated interventions, are recommended within NICE clinical guidelines.

The most recent course in Manchester was attended by workers from Manchester City Council, CRI Inspire in Accrington and Stockport-based MOSAIC. One course delegate from CRI, said: "CRAFT is an excellent programme for skilling workers in how to work with the concerned family member more effectively rather than simply being a set of interventions."

A first for Andrea: in her own words



Following her completion of CRAFT training Andrea Elliott, a young persons' worker and family worker with PROPS North East, went on to be the first person in the Newcastle office to complete her accreditation. "Initially I was very nervous, often questioning my competency and ability to complete the taping sessions successfully," she said.

"At the beginning I was really apprehensive submitting the tapes; however, the feedback I got from Helen Thompson, our Positive Practice trainer and coder and also a family intervention worker for PROPS, was always delivered in such a positive and supportive way (even when I got things wrong!).

"During my whole experience of completing the accreditation what I found most useful was that the feedback from each session was given back within a week, which enabled me to keep the momentum of the sessions flowing naturally, and feedback was always given in a clear, concise, positive and supportive way," added Andrea.

"A huge benefit was that Helen was available for supervision before each session for advice and support if I felt I required it. The whole accreditation process was completed in two months.

"I am really pleased that I have completed this accreditation as I am now confident knowing I am delivering CRAFT competently for the benefit of the people I am supporting.

"I get such satisfaction witnessing the improvement in the carers' physical, emotional, social and psychological functioning knowing I have played a part in helping them manage their situation better and encourage their loved ones into treatment in such a short space of time," concluded Andrea.

- Three staff from Bridges in Stockton-on-Tees are also undergoing CRAFT accreditation.

Supporting Barnardo's

Barnardo's, the children's support charity, has had 25 workers trained at a Positive Practice CRAFT programme at Newport City Council after a similar course in Manchester last autumn, where the trainer was Professor Robert Meyers who was on a lecture tour of the UK and Holland.

Our trainer, Charlotte Waite, who took the course in South Wales, has through Positive Practice built up a long term working relationship with Barnardo's and local authorities in the region.

Helen goes to prison!

DART workers from prisons in County Durham visited HMYOI Deerbolt for a two-day tailor-made course in which they were shown how CRAFT skills can be beneficial to the families of young offenders.

Delegates from Durham and Frankland prisons joined those in Barnard Castle to be tutored by our trainer, Helen Thompson.

Claire goes Dutch!

Claire Robinson, one of the Positive Practice directors, has been in Amsterdam, speaking at a CRA Symposium organised by Mentrum, a Dutch organisation which treats and helps people with long-term psychiatric problems and addiction.

She gave a presentation about the experiences of PROPS in embedding CRAFT into its family service model.

CRAFT date for your dairy

The latest CRAFT training event for practitioners working with families affected by substance misuse is to be held in London. The broad aims of the programme are to:

- Decrease substance use
- Increase family functioning
- Encourage loved ones into treatment

Through the training, workers are shown how to help concerned significant others:

- Recognise and respond safely to potential aggression or violence
- Improve communication with the substance user
- Decrease stress
- Engage the substance user into treatment and recovery

The three-day training event takes place at Adfam, 25 Corsham Street, London N1 6DR from Wednesday 7 to Friday 9 May 2014 and places are strictly limited.

Details are attached. Please circulate this to colleagues and networks who you feel may be interested in the course. **The closing date for applications is Wednesday 30 April 2014.**

To book your place, email the attached booking form to john@positivepracticepartnership.org.uk

Future CRAFT courses

CRAFT training events are planned for Scotland, the Midlands, the South West, the East of England and the Home Counties. Details will follow in future newsletters or are available from me at the above email address. If your region is not listed, contact me and at Positive Practice we will seek to meet your requirements, including if you would like a course organised specifically for your service.

Give us your feedback

At Positive Practice we invite family services and therapists using CRAFT, as well A-CRA, to let us know what you are doing so that we can include your stories in future issues of this newsletter.

Thanks for reading.....

John Thompson

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