

## "Rock Bottom" is Not Required

### CRAFT — the evidenced-based alternative

Community Reinforcement and Family Training (CRAFT) teaches families to optimize their impact while avoiding confrontation or detachment.

This approach is evidence-based\* and provides families with a hopeful, positive and more effective alternative for addressing substance use problems.



\*CRAFT is supported by 20+ years of peer-reviewed research.

*I am here to keep learning the SMART tools to keep my sanity and serenity!.....and it's working!!*

— LYL, F&F Meeting Participant

*The thing that I like about SMART is that it gives me a nonjudgmental space to clear my mind — to process what is what — and then apply the tools. I no longer feel frozen or powerless.*

— AIK, F&F Meeting Facilitator

*I'm convinced that my Loved One fought so hard to get sober because I became involved in this program. Our relationship is a lot healthier for it too.*

— Daisy, F&F Meeting Participant

## SMART Recovery Family & Friends



Modern research shows that there is an alternative to tough love, detachment, and "rock bottom" that is dramatically more effective than these harsh approaches. Research also shows that family & friends are in a uniquely powerful position to use this approach, Community Reinforcement and Family Training (CRAFT), to help their Loved One find recovery.

The SMART Recovery Family & Friends program was created to provide skills, training and support for individuals using this modern, evidence-based approach.

We focus on helping you, the family member, in two ways:

- ◆ Help you learn skills for coping with the many emotional challenges you face
- ◆ Support you as you learn the skills of CRAFT

We've combined SMART's cognitive tools and the strategies of CRAFT to create a program for Family & Friends that is grounded in science.

## In our meetings you will...

### Gain Insight into Change and Motivation

Knowledge is power. Understanding how we change and why we change helps us to better understand what is going on with our Loved One and in our own lives.

### Restore Balance in Your Life

Assess your current levels of emotional distress and learn ways to restore balance to your life in order to calmly and effectively manage the challenges you face.

### Adopt a Positive Communication Style

Twenty years of research has shown that using positive, non-confrontational communication strategies leads to an improved relationship and a greater possibility of collaboration.

### Restore Healthy Boundaries

Addictive behaviors are often in direct conflict with our personal needs. Learning how to restore healthy boundaries is key to re-establishing mutual respect in your interactions with your Loved One.

### Maximize Safety and Support

The stigma of addiction leads many to isolate — causing increased stress, depression, anxiety and loss of perspective on what is "normal" or "acceptable" behavior. Learn ways to find support and to maximize your safety.

### Learn to Identify "Enabling Behaviors"

Certain strategies which you intended as helpful may not be working in the way you had hoped. Learn skills for identifying and changing any unhelpful behaviors.

### Resolve Trust and Forgiveness Issues

Learn skills for rebuilding trust, and letting go of past hurts.