WORKING WITH FAMILY MEMBERS OF PEOPLE WITH ADDICTION: EVIDENCE-BASED METHODS FOR HELPING FAMILY MEMBERS GET THEIR LOVED ONE INTO TREATMENT

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**What can we do? What do we do?**

- Reflective exercise
AGENDA

- History & Overview
- Research findings
- Techniques
- Resources
HISTORY, OVERVIEW, & RESEARCH
A Limited Menu of Options

- Al-Anon/Nar-Anon
- Intervention
- SMART Recovery
- Supportive Therapy
AL ANON

“Sad, isn’t it? And he won’t admit he has a problem.”
JOHNSON MODEL INTERVENTION

“It’s some new thing called an intervention.”
A NEW PRODUCT

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TWO GOALS OF CRAFT

- Give the loved one skills to non-confrontationally encourage loved one to engage in treatment
- Increase loved one’s quality of life
THE STYLE OF CRAFT

Similar to MI
- Non-confrontational
- Explore ambivalence
- Empowerment
THE STYLE OF CRAFT

- Similar to SMART Recovery
  - Alternative to 12-Step
  - Family & Friends based on CRAFT
SOME TERMS TO KNOW

- **IP** = Identified Patient
- **CSO** = Concerned Significant Other
How does CRAFT compare to Al Anon and Johnson Model Intervention?
AL ANON vs. INTERVENTION vs. CRAFT
CRAFT IS FLEXIBLE

- Works across relationships (parents, spouses, etc.)
- Works across substances
EMPIRICAL EVIDENCE

- CRAFT vs. 12-Step (Kirby et al., 1999; Meyers et al., 1999; Meyers et al., 2002)
  - Approximately 70% engagement in CRAFT
  - < 20% engagement in 12-step
Empirical Evidence

- Loved one engaged in treatment (Miller et al, 1999)
  - CRAFT: 7 of 10
  - Johnson Intervention: 3 of 10
  - Al-Anon: 1 of 10
EMPIRICAL EVIDENCE

○ Improves CSO functioning
  • Decreases in
    o Depression
    o Anxiety
    o Physical symptoms
    o Health and financial problems
  • Increases in
    o Self-esteem
CRAFT: TECHNIQUES AND CONSIDERATIONS
CRAFT TECHNIQUES

- Functional Analysis
- Communication skills and role plays
- Reinforcing Sober Behaviors
- Removing Reinforcement for Using Behaviors
- Problem Solving
- Self-Care
- Offering Treatment
THE ULTIMATE GOAL: GETTING THE LOVED ONE INTO TREATMENT

- Enter treatment quickly
- Windows of opportunity
- Positive communication
- Motivational hooks
FUNCTIONAL WHAT?

- Functional Analysis
  - 3 main components
    - What is going on before the drinking occurs?
    - What does the drinking actually look like (amount, frequency, pattern)?
    - What happens after drinking occurs?
  - Functional Analysis is like a road map for treatment.
**FUNCTIONAL ANALYSIS: THE ROAD MAP OF TREATMENT**

<table>
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<th>Internal Triggers</th>
<th>Drinking/Using</th>
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<th>Negative Effects</th>
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<td>Sensations:</td>
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REWARDING SOBER BEHAVIORS

In a gentle way, you can shake the world. –Mahatma Gandhi
**Why should I reward sober behavior?**

- Increases non-using behaviors
- Potentially decreases using behaviors
- Creates positive experiences for CSO and IP

**But isn’t that bribing my loved one?**

- A bribe comes before the desired behavior occurs and is a coercive action typically to benefit the person who is bribing.
- A reward comes soon after a desired behavior occurs and typically benefits the person engaging in the desired behavior.
“YES, MR. WILSON, YOUR TEST DEFINITELY CAME BACK POSITIVE, AND NO, THAT TWENTY WON’T IMPROVE MY MEMORY.”
REWARDING SOBER BEHAVIORS

- A fundamental difference between 12-step and CRAFT
  - “Remember, when taking responsibility for our own behavior each one of us must find our own path. Experience teaches us that it is useless to lay out a path for someone else to follow. We must each make our own way to our goal” (http://www.co-anon.org/enable.html).
**Enabling vs. Rewarding**

- **What’s the difference between rewarding sober behaviors and “enabling”?**
  - **Enabling** – an action by the CSO that unintentionally increases or allows drinking/drug use to continue (e.g., shielding IP from negative consequences of using)
    - Ex. Calling in sick for IP who is hung over.
  - **Rewarding** – an action by the CSO that increases non-drinking/non-drug behaviors (e.g., intentionally and mindfully rewarding non-using behavior)
    - Ex. Offering to make dinner for IP who comes home directly from work without using.
WHAT MAKES A GOOD REWARD?

- IP finds it rewarding
- Free or inexpensive
- Immediate (no or little delay)
- Comfortable for CSO
- Easiest rewards: positive verbal comments
- Potentially more effective rewards: emotional impact on IP
- Ideal reward: competes directly with drug/alcohol use.
NOT REWARDING USING: NATURAL CONSEQUENCES

How is the CSO *unintentionally* reinforcing drinking/drug use?

- Examples: calling in sick for loved one who is hung over, making excuses for loved one’s behavior, cleaning up after them when they get sick
- Explore the natural consequences for use
- Identify problems with allowing natural consequences to occur
- Will likely need to use problem solving and communication skills with CSO
NOT REWARDING USE: THE BIG FREEZE

- “The Big Freeze”: withdraw rewards when loved one is using
- Technical name → extinction
- Even negative attention can unintentionally reward drinking/drug use
- Example: Karen often waits up for her adult daughter (Susan) on nights when she goes out drinking with her friends. As soon as Susan is in the door, they start to argue.
COMMUNICATION SKILLS

- What are important elements of effective communication?
COMMUNICATION SKILLS

1. Be brief
2. Be positive
3. Refer to specific behaviors
4. Label your feelings
5. Offer an understanding statement
6. Accept partial responsibility
7. Offer to help
Role Play! Role Play! Role Play!

- Describe scenario
- Do the role play
- Debrief
- Repeat as necessary
COMMUNICATION SKILLS: EXERCISE

- Break into groups of 2. We will present a problematic communication and then you will have a chance to improve the communication by using the 7 communication skills. One person will be the listener and the other will be the communicator. The communicator will practice the new (improved) statement and the other will listen and provide (positive) feedback. You can switch back and forth between communicator and listener as often you like for each scenario/communication.
COMMUNICATION SKILLS: EXERCISE

“You’re drunk again! I told you we had a PTA meeting to go tonight, but of course, you can’t go now b/c you’re too drunk. You’re a terrible father and a drunk!”
COMMUNICATION SKILLS: EXERCISE

“I hate it when you hang out with those stoners; all they do is get you into trouble. I guess weed and your friends are more important than your family!”
COMMUNICATION SKILLS: EXERCISE

“Are you high?! I asked you to watch the kids tonight, but you couldn’t even stay away from weed long enough to take care of your own kids for 2 hours!”
COMMUNICATION SKILLS: EXERCISE

“Honey, I need to talk to you about something, but maybe it isn’t a good time right now. But I don’t when there is a good time to talk to you. You’re always doped up and checked out, so I guess it doesn’t matter when I talk to you about important things. In any case, our daughter got in trouble at school today and the teacher wants to meet with us to talk about it.”
COMMUNICATION SKILLS: EXERCISE

“Do you really have to meet up with your friends after work tonight? You know that I don’t like you hang out with them; you always wind up drunk when you go to happy hour with them.”
COMMUNICATION SKILLS: EXERCISE

“I’m tired of bailing you out of trouble. It doesn’t matter what I do because you’ll just wind up drunk or high anyway, and then come crying to me to get you out of whatever shit you get yourself into.”
Problem Solving

- Problem Solving: systematic way of generating solutions.

“Of course I’m doing something about the problem — I’m avoiding it!”
SELF CARE

- Increasing or utilizing social support and increasing engagement in enjoyable activities
  - Goal setting

Walking with a friend in the dark is better than walking alone in the light. – Helen Keller
**When CRAFT May Not Be Helpful**

- Current domestic violence or high risk for domestic violence
- CSO has insufficient contact with IP
- CSO more interested in individual therapy for his/her own emotional difficulties (e.g., depression)
RESOURCES

FAMILIES

- Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening
- Beyond Addiction: How Science and Kindness Help People Change

THERAPISTS

- Motivating Substance Abusers to Enter Treatment
SOBERFAMILIES.COM

- Free ten-week email course
- Podcast for families and counselors
- Bite-size blog posts, handouts, and exercises
- Upcoming online workshops for families

SNIPPET FROM OUR WEBSITE

Tools & Skills for Getting a Loved One Sober

- Learn proven strategies to help get them into treatment.
- Stop wasting time & money on methods that aren’t working.
- Get the support & guidance you need to cope & move ahead.
RESOURCES

- Dr. Meyer’s website: http://www.robertjmeyersphd.com/
- Our website and contact information: www.soberfamilies.com.
  - Christeine Terry, Ph.D.: 206-963-6313 or christeineterry@gmail.com
  - Jason Luoma, Ph.D.: 503-281-4852 ext. 13 or jbluoma@portlandpsychotherapyclinic.com
- Online SMART Recover Friends & Family meeting using CRAFT principles: http://www.smartrecovery.org/resources/family.htm
REFERENCES

- Substance Abuse and Mental Health Administration (January 2012). *2010 National Survey on Drug Use and Health.* Retrieved from: [http://oas.samhsa.gov/NSDUH/2k10NSDUH/2k10Results.pdf](http://oas.samhsa.gov/NSDUH/2k10NSDUH/2k10Results.pdf)