

# CRAFT A Powerful And Proven Approach To Family Support

Learn To Re-Engage With Your Loved Ones So That Recovery From SUD/MH Challenges Becomes A Desirable Choice



**Recovery Life Collective**  
Peer Support Resources Education & Mentorship

## **A Long Term Strategic Plan For Families**

- ☑ 12-16 hours of professional mentorship with a CRAFT Specialist
- ☑ A concise framework that is easy to comprehend and implement
- ☑ Approach the situation from a more knowledgeable perspective and with alignment
- ☑ Get clarity on a multitude of resources and treatment options at various levels of care
- ☑ Participate in 8 Dimensions Wellness planning for all participants
- ☑ Research supports a 70% effective rate at harm reduction &/or treatment engagement
- ☑ Reduce your frustration, anger and depression by up to 50%

## **Concerned Significant Others Will Learn To Uncover The Root Causes Of Their Loved One's Choice To Use Substances and How To Interject Other More Positive Alternatives**

- Foundations of Good Communication
- The Benefits of Active Listening
- Functional Analysis of Substance Use
- Windows of Opportunity
- Allowing Natural Consequence
- Functional Analysis of Positive Behavior
- Positive Reinforcement
- Levels Of Care
- Practice Scenarios and Sessions



*After completing the workshop you'll understand the motivation behind your loved one's substance use and be prepared to offer healthy alternatives that will reduce their desire to use.*

## **Explore Self-Care Opportunities And The Importance Of Making Self Compassion A Priority**

- The Importance of Self Care
- The 8 Dimensions of Wellness
- Establishing Healthy Boundaries
- Understanding Keystone Habits
- Mental Health 101
- The Four Pillars of Mental Health
- Coping Skills
- Build Your Wellness Toolkit
- Creating Your Wellness Plan
- Connecting With Your Spirituality
- The Happiness Scale



*Learn to identify wellness areas in need of attention and create a personalized plan to improve your self-care while reducing anger, anxiety and frustration. Invite other influential family member to do the same.*