

# Family Carers' Forum

1<sup>st</sup> May 2018 – Oxlease House, Hatfield



<b>1</b>	<b>Present</b>
	<p><b>Carers</b> 9</p> <p><b>Carers in Herts</b> Su Bartlett – Forum leader Clare Teal– CinH Carer Support Advisor Cate Mitcham – CinH volunteer</p>
<b>2</b>	<b>Welcome</b>
	All carers and speakers were welcomed to the forum, and informed that it was a very relaxed and informal session so that the carers could participate in the discussion.
<b>3</b>	<b>Presentation – Community Reinforcement &amp; Family Training (CRAFT)</b>
	<p>Su went through the presentation:</p> <div style="border: 1px solid black; padding: 20px; margin: 10px 0;"> <p style="text-align: center;"><b>Community Reinforcement &amp; Family Training (CRAFT)</b></p> <ul style="list-style-type: none"> <li>• 6 week programme ( Wednesday 27<sup>th</sup> June 2018 to Wednesday 1<sup>st</sup> August 2018)</li> <li>• 2 hours a week (10.30am – 12.30pm, followed by lunch)</li> </ul> <p>At:</p> <ul style="list-style-type: none"> <li>• Future Living, Vale House, 43 Cowbridge, Hertford SG14 1PN</li> </ul> <p style="text-align: center;">CRAFT is about YOU and will, if you commit to it, improve your life</p> </div> <p>The ethos of CRAFT is that it is about YOU – Carers are the focus of the ‘therapy’/intervention but making positive changes to your behaviour may well influence positive change to your loved one’s behaviour. And, even if that doesn’t happen CRAFT will, if you commit to it, enable you to have an enriched life of your own and better relationships with your loved ones and others.</p>

## What is CRAFT?

CRAFT is an intervention, for Carers impacted by substance misuse, which will

- Change the substance users environment, and
- Help Carers build resilience and thrive regardless of whether their loved one makes any positive changes, by
- Elimination, and
- Enhancement

- Elimination of positive reinforcement for drinking/using behaviour
- Enhancement of positive reinforcement for non-drinking/non-using behaviour
- Carers are the focus of therapy which acknowledges that
  - Carers are partners in care
  - Carers are often best placed to influence behaviour change
  - Carers can have an impact on reducing substance misuse, getting loved one's into treatment and helping them to progress better through treatment, and
  - Carers need support in their own right and should have better lives irrespective of whether their loved one recovers or not.

## Aims of CRAFT?

Carers receive training to reduce their enabling behaviours and improve their communication, in order to

- Stop positive reinforcement for drinking and/or using behaviour
- Start positive reinforcement for non-drinking and non-using behaviour
- Reduce loved one's substance use
- Engage loved one into treatment
- Improve the Carers health and well-being

## Tools of CRAFT

CRAFT has a motivational focus and trains Carers in techniques which will significantly improve their feelings of confidence, positivity and reduce their stress levels

- Functional Analysis of using behaviour/violent behaviour/rewarding, healthy, pleasurable behaviour – **see tables on following pages**
- Domestic Violence Precautions
- Communication Training
- Use of Positive Reinforcement
- Time Out from Positive Reinforcement
- Natural Consequences for Using
- Reinforcers for the Carer
- Suggestion of Treatment to the User
- Rapid Intake

## CRAFT Functional Analysis of a Loved One's Drinking/Using Behaviour

External Triggers	Internal Triggers	Drinking/Using Behaviour	Short-Term Positive Consequences	Long-Term Negative Consequences
1. <i>Who</i> is your loved one usually with when drinking/using?	1. What do you think your loved one is <i>thinking</i> about right before drinking/using?	1. <i>What</i> does your loved one usually drink/use?	1. What do you think your loved one likes about drinking/using [ <i>with whom</i> ]?	1. What do you think are the negative results of your loved one's drinking/using in each of these areas (then check the ones he/she would agree with):
2. <i>Where</i> does he/she usually drink/use?	2. What do you think he/she is usually <i>feeling</i> right before drinking/using?	2. <i>How much</i> does he/she usually drink/use?	2. What do you think he/she likes about drinking/using [ <i>where</i> ]?	a. Interpersonal: b. Physical:
3. <i>When</i> does he/she usually drink/use?		3. Over <i>how long</i> a period of time does he/she usually drink/use?	3. What do you think he/she likes about drinking/using [ <i>when</i> ]?	c. Emotional: d. Legal:
			4. What pleasant <i>thoughts</i> do you think he/she has while drinking/using?	e. Job: f. Financial:
			5. What pleasant <i>feelings</i> do you think he/she has while drinking/using?	g. Other:

### Notes for the table above:

- Functional analysis for loved one's drinking/using behaviour
- Describe a common drinking/using episode
- Identify the triggers for the drinking/using
- Describe the drinking/using behaviour
- List the consequences of your loved one experiences for alcohol/drug use
- Summarise the pattern
- How this information be used in treatment

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## CRAFT Functional Analysis of a Loved One's Violent Behaviour

External Triggers	Internal Triggers	Drinking/Using Behaviour	Short-Term Positive Consequences	Long-Term Negative Consequences
1. <i>Who</i> else is present besides you when your loved one gets violent?	1. What do you think your loved one is <i>thinking</i> about right before getting violent?	1. <i>What</i> does your loved one's violent behaviour usually consist of?	1. What do you think your loved one <i>likes</i> about getting violent?	1. What do you think are the negative results of your loved one's violence in each of these areas (then check the ones he/she would agree with):
2. <i>Where</i> does the violence usually occur?	2. What do you think he/she is usually <i>feeling</i> right before getting violent?		2. What pleasant <i>thoughts</i> do you think he/she has during or right after the violence?	a. Interpersonal: b. Physical: c. Emotional:
3. <i>When</i> does the violence usually occur? [Alcohol/drugs involved?]	3. <b>Other "Red Flags":</b> What is the last thing your <i>loved one says/does</i> before getting violent?		3. What pleasant <i>feelings</i> do you think he/she has during or right after the violence?	d. Legal: e. Job: f. Financial:
4. What is the last thing <i>you say/do</i> right before your loved one gets violent?				g. Other:

## Current response?

### Things that Don't Work

- Nagging
- Pleading
- Threatening
- Yelling
- Lecturing
- Pouring alcohol down the drain
- Getting drunk (to show the drinker what it's like)

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## Positive communication

### Positive Communication Components

- Be brief
- Be positive
- Be specific and clear
- Label your feeling: "I feel \_\_\_\_"
- Offer an understanding statement
- Accept partial responsibility
- Offer to help

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## Positive communication

### Positive Communication: Practice Makes Sort of Perfect

*First attempt:*

"That's it! I can't take it anymore. Get help or get out!"

*Second attempt:*

"Your drinking is stressing me out. I know your job is extra tough these days, but isn't there another way to handle it?"

*Third attempt:*

"Your drinking really upsets me. And I miss talking to you. I know work is tough. How about I help you figure out another way to handle the stress? I have some ideas."

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## Protecting, excusing, covering-up

### Positive Reinforcement vs Enabling

- **Enabling:** something the CSO does that unintentionally increases drinking/drug using behavior or allows it to continue
- **CRAFT's Positive Reinforcement:** something the CSO does that increases *non-drinking/non-drug* using (pro-social) behavior

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## Rewards

### Use of Positive Reinforcement (Rewards)

- You can catch more flies with honey than with vinegar
- A reward is only a reward if the person for whom it is intended really wants it

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## CRAFT Functional Analysis of a Loved One's Enjoyable, Healthy Behaviour

External Triggers	Internal Triggers	Drinking/Using Behaviour	Short-Term Positive Consequences	Long-Term Negative Consequences
1. <i>Who</i> is your loved one usually with when (behaviour)?	1. What do you think your loved one is <i>thinking</i> about right before (behaviour)?	1. <i>What</i> is your loved one's enjoyable, healthy behaviour?	1. What do you think your loved one dislikes about (behaviour) [ <i>with whom</i> ]?	1. What do you think are the positive results of your loved one's (behaviour) in each of these areas:
2. <i>Where</i> does he/she usually (behaviour)?	2. What do you think he/she is usually <i>feeling</i> right before (behaviour)?	2. <i>How often</i> does he/she engage in it?	2. What do you think your loved one dislikes about (behaviour) [ <i>where</i> ]?	a. Interpersonal: b. Physical:
3. <i>When</i> does he/she usually (behaviour)?		3. <i>How long</i> a period of time does it last?	3. What do you think your loved one dislikes about (behaviour) [ <i>when</i> ]?	c. Emotional: d. Legal:
			4. What unpleasant <i>thoughts</i> do you think he/she has while (behaviour)?	e. Job: f. Financial:
			5. What unpleasant <i>feelings</i> do you think he/she has while (behaviour)?	g. Other:

### Notes for the table above:

- Select one of your loved one's pleasurable/healthy non-using activities, describe it fully. Identify current triggers. Identify obstacles to taking part in the pleasurable/healthy non-using activity and problem solve to negate obstacles List positive consequences of loved one participating in the pleasurable/healthy activity.
- Remember it's only a reward if it is something the recipient (of the reward) wants!
- You will need to be prepared to withdraw reward if loved one drinks/uses or displays an unwanted behaviour (doesn't tidy up, is late for dinner etc)
- Role play – practice communicating this to your love one – what you want them to do, what you'll do in return and what will happen (.i.e. withdrawal of reward) if they don't do it

## Natural consequences

- Consider how you might sometimes **unintentionally** support your loved one's drinking/using
- Choose **one** situation and consider the natural consequences
- Explore the potential problems in allowing them
- Use problem-solving if necessary
- Practice how you will communicate this to your loved one

- Reheating dinner for late intoxicated loved one
- Calling in sick
- Making excuses
- Taking on their responsibilities
  
- Choose one – what will be the natural consequences for your loved one if you stopping this behaviour? Is it reasonable/safe to do so?
- What potential problems are there in allowing natural consequences? Problem solve if necessary
- Role play – practice linking allowance of natural consequences to a behaviour

## HAPPINESS SCALE

This scale is intended to estimate your current happiness with your life in each of the ten areas listed below. Ask yourself the following question as you rate each area:

***How happy am I with this area of my life?***

You are to circle one of the numbers (1-10) beside each area.

Numbers toward the left indicate various degrees of unhappiness, while numbers toward the right reflect various levels of happiness.

In other words, state according to the numerical scale (1-10) exactly how you feel today.

**Remember:** Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the life areas. Also try not to allow one category to influence the results of the other categories.

Category	Completely Unhappy					Completely Happy				
	1	2	3	4	5	6	7	8	9	10
Personal Drug Use	1	2	3	4	5	6	7	8	9	10
Job or Education Progress	1	2	3	4	5	6	7	8	9	10
Money Management	1	2	3	4	5	6	7	8	9	10
Social Life	1	2	3	4	5	6	7	8	9	10
Marriage/Family Relationships	1	2	3	4	5	6	7	8	9	10
Legal Issues	1	2	3	4	5	6	7	8	9	10
Emotional Life	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
General Happiness	1	2	3	4	5	6	7	8	9	10
Other	1	2	3	4	5	6	7	8	9	10

- Focus on your happiness!
- How are you feeling now? – complete happiness scale
- Choose one area to focus on (independent from your loved one) and make brief, positive, specific, reasonable goals to improve that area
- Brief (uncomplicated)
- Positive (what will be done)
- Specific behaviors (measurable)
- Reasonable
- Under the CSO's control
- Based on skills the CSO has
- In Social Life category? (has few friends)
- In Personal Habits category? (wants to lose weight)
- In Emotional Life category? (stressed all the time)
- Things of new things you'd like to try/do
- Who is around you for support

## Treatment ready?

- Choosing your moment
- Making the suggestion
- What's in it for them
- Prepare for refusal/dropout

- Functional analysis to choose the right time
- Practice making the suggestion, tell them what treatment entails and where to access it, offer to go with them
- What's the reward?
- Remember that they may refuse or access treatment and then dropout – Cycle of Addiction
- Always remember that your life can be better irrespective of your loved one

## Evidence-base

PROPS North East and Positive Practice have gathered performance data on CRAFT programmes for a typical group of 32 carers. They were asked each time to score on a scale of one to 10 their understanding of substances, their relationships with the substance misuser and other family members, and how they viewed their own wellbeing. The data shows that on average during a five-month period of intervention from an initial assessment to exit

- Conflict between the carer and substance misuser decreased by 66 pct
- Misusers entering treatment increased from 43 pct to 75 pct
- Carers' relationships with their families improved by 50 pct
- Carers' wellbeing rose by up to 200

[www.positivepracticepartnership.org.uk](http://www.positivepracticepartnership.org.uk)

- PROPS is a charity supporting Carers impacted by substance misuse in Newcastle
- Positive Practice Partnership is the training arm of PROPS and trains drug and alcohol service professionals in the evidence-based Community Reinforcement Approach (CRA) structured interventions - bringing better lives for families and better performance for services.

## A gentle reminder!

- 6 week programme ( Wednesday 27th June 2018 to Wednesday 1st August 2018)
- 2 hours a week (10.30am – 12.30pm, followed by lunch), at
- Future Living, Vale House, 43 Cowbridge, Hertford SG14 1PN

4 Clarification/Questions/Comments on the Presentation	
<b>Question</b>	Does the course cover a spectrum of situations?
Answer	Yes, principles apply across all situations
<b>Question</b>	The course appears to be only relevant to users who are at least partially rational
Answer	The course will help YOU <i>regardless</i> of the user
<b>Question</b>	How do the enabling aspects of the course work for someone who is clinically dependant upon alcohol?
Answer	It is about changing YOUR behaviour to enable and control the behaviour(s) of your loved one
<b>Other Comments</b>	<p>Taking care of oneself as a carer also extends to being 'there' for the other members of the family</p> <p>Drug &amp; alcohol nurses are available at Watford General and The Lister hospitals</p> <p>Spectrum CGL workers are available too</p>

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<b>5</b>	<b>Closing comments and information</b>
	<p>Carers were invited to stay for lunch.</p> <p>If there are any issues that carers would like to look at in future forums then please let Su Bartlett know on 01992 586969 or email <a href="mailto:su.bartlett@carersinherts.org.uk">su.bartlett@carersinherts.org.uk</a></p> <p><b>Next Forum</b></p> <p><b>3<sup>rd</sup> July, 10am – 1pm, Oxlease House, Travellers Lane, Hatfield, AL10 8TJ.</b></p> <p>A light lunch is provided following the Forum.</p> <p>Please call <b>01992 586969</b> to book a place.</p>