



Community Reinforcement Approach and CRAFT Information for Service Users

Tape Recordings

Sometimes it is necessary for us to tape record your CRA sessions.

The recording is entirely for training purposes and to improve the performance of our staff.

If your Care Co-ordinator is learning CRA they will need to record the sessions. This enables their course tutors to check that they are working within the guidelines they have been taught and make suggestions to improve their skills.

The recordings will not be done without your consent and, if at any time you are not happy to have the session recorded, you may ask for the tape machine to be turned off.

Audio taping is focused on what the member of staff is saying and not what you are saying. You are not identified by your full name to tutors or other team members, only first names are used recorded sessions. No identification is sent with the tapes to the supervisors.

Audio taping is an important way for team members to learn.

We are grateful if you agree to take part. However, your decision will not affect your treatment in any way.

If you would like any further information please contact your Care Co-ordinator.

We would be pleased to hear any feedback you might have.

The local trainers are:

Karen Williams

Emma Stirland

Ollie Bennett

Nick Stevenson

Debbie Temple-Bell

They were originally trained by CRA specialists in the USA.

Robert J Meyers PhD is a Clinical Psychologist and researcher with over 30 years experience of working in the addiction field.

He has developed CRA and CRAFT and has trained clinicians from all over the world in this innovative and effective treatment.

John G Gardin PhD is a Clinical Psychologist and Director of Treatment Services in Oregon.

Countywide Specialist Substance Misuse Service (CSSMS)

West Gloucestershire Team 01452 891260

East Gloucestershire Team 01242 845614

Criminal Justice Drugs Team 01452 545779

Branchlea Cross 01242 845600

Primary Care Substance Misuse Service

Countywide Team 01452 523151

Community Reinforcement Approach

Interventions Techniques

The Countywide Specialist Substance Misuse Service staff deliver a psycho-social intervention which is called the 'Community Reinforcement Approach' (CRA).

Research has shown this technique has very positive results for people with drug and alcohol problems.

The aim of CRA is for you to have a rewarding lifestyle outside of drug and alcohol use.

Rewarding activities are available to you locally and CRA helps you to find activities you find enjoyable and would miss if you went back into using drugs or drinking.

Despite its title 'no force' is involved. It is a voluntary treatment and you will not have to do anything that you do not want to. It uses a few different techniques to help you make real changes to your life and drug/alcohol use.

Functional analysis

This technique helps you and the staff member working with you to examine your using behaviour more thoroughly, look at the reinforcers (rewards) behind your substance use and your healthy social activities.

This helps us understand what really motivates you and we can suggest what types of alternative coping strategies and activities you might want to try.

Goal setting

CRA is really good at helping you set goals and it helps break down your problems into smaller steps, making them easier to manage.

We use the CRA Happiness Scale to help set goals that you want to work on as part of your Care Plan.

This helps to make your Care Plan personal to your needs.

Building relationships

CRA is usually delivered on a one to one basis but we can also involve your partner or a family member in sessions.

We would strongly recommend working with you and your loved ones if they are to be involved in supporting you with taking your medication, especially Antabuse and Naltrexone.

Developing skills

CRA helps to improve your skills in the following areas:

- Relationships with partners and family members
- Communication skills
- Social and recreational issues
- Job seeking skills
- Problem solving skills
- Relapse prevention
- Drug and alcohol refusal skills

Some of the skills coaching is delivered in group settings, particularly at our specialist unit, Branchlea Cross.

