



Parent CRAFT: An Evidence-based Resource for Parents and Caregivers

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Maryland Family and Youth Interventions for Substance Use

National Center for School Mental Health

University of Maryland School of Medicine

National Center for School Mental Health

MISSION:

Strengthen policies and programs in school mental health to improve learning and promote success for America's youth

Focus on advancing school mental health policy, research, practice, and training

Shared family-schools-community agenda

Funded in part by the
Health Resources and
Services Administration

www.schoolmentalhealth.org

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www.theshapesystem.com



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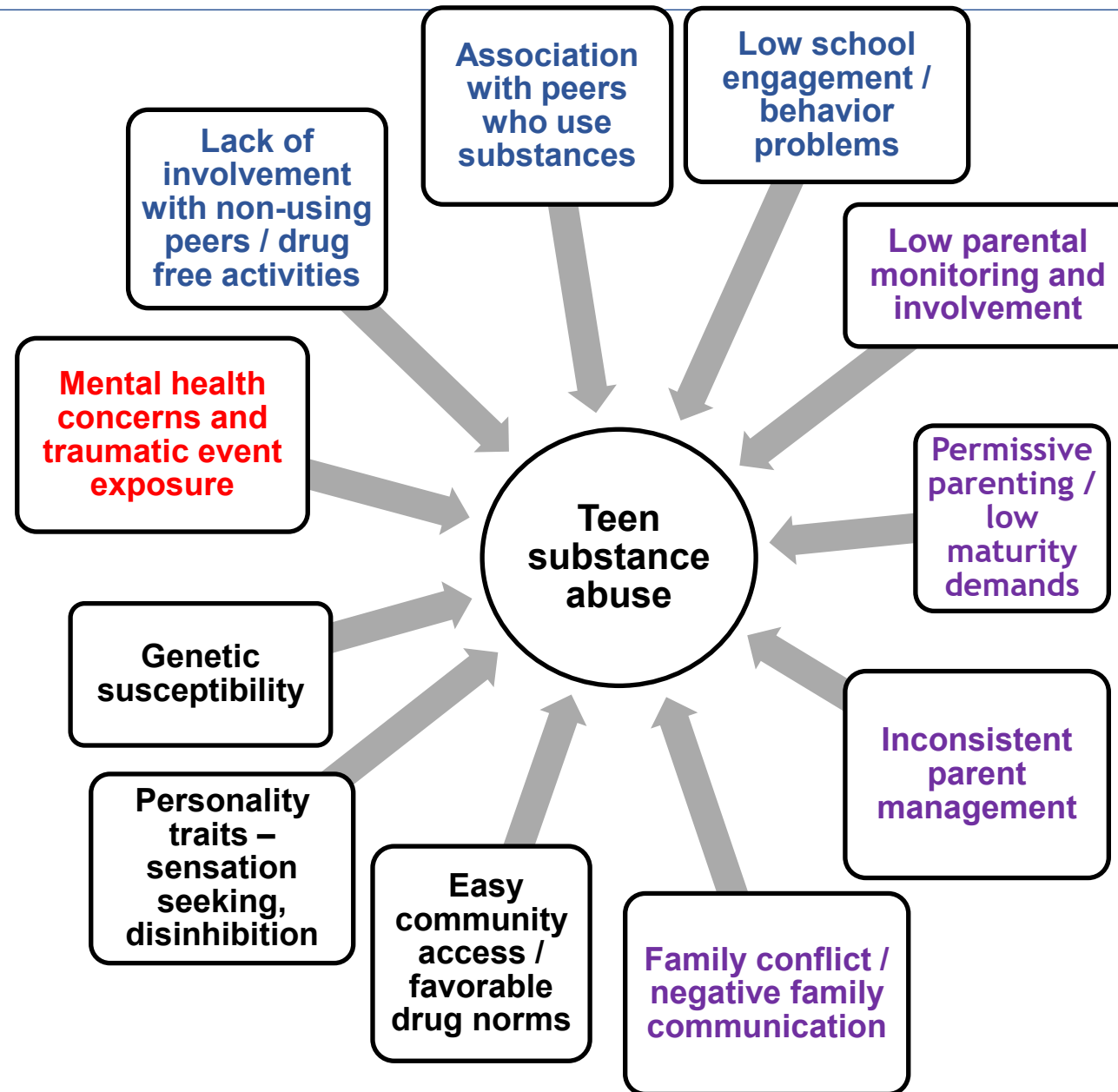


Maryland **F**amily and **Y**outh **I**nterventions for Substance Use (Maryland FYI)

- Statewide Expansion of Training and Provider Evidence Based Practices to Prevent Opiate Use Disorders for Adolescents and Families Trainings program
 - Funded through the State of Maryland, Department of Health (DoH), Behavioral Health Administration (BHA)
 - Awarded in conjunction with Morgan State and Bowie State Universities, NAMI Maryland
- This initiative seeks to expand Maryland's capacity to prevent, treat, and help youth recover from Opioid Use Disorder (OUD) and other Substance Use Disorders (SUDs)
 - Prevention
 - Early identification and intervention
 - Recovery support for children and adolescents
 - Family interventions



Why Teens Use Substances





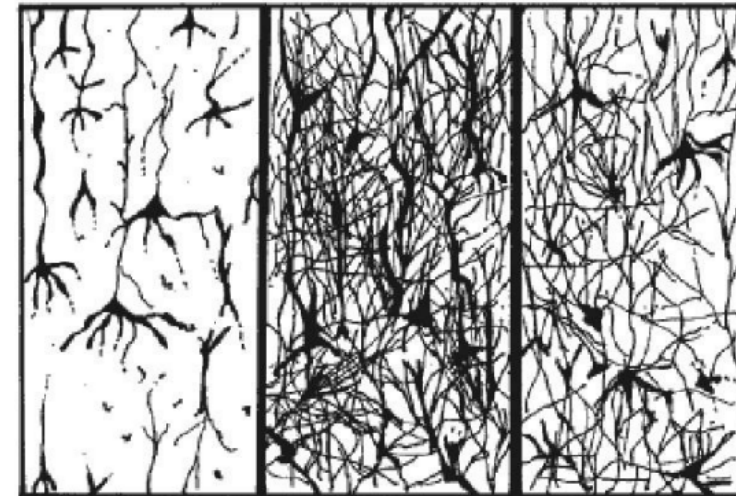
Age 14-17	Currently Using (12 th graders) ¹	Likely impaired by use ²	Substance Use Disorder ²	SUD among youth presenting for MH tx	SUD among suicide attempters
Alcohol	21.7	11.2	8.5	15-50%	27%
Marijuana	16.2	?			
Illicit drugs other than marijuana	3.3	?			
Any prescription drug	1.7	?			
Age 18-25	Currently Using ²	Likely impaired by use ²	Substance Use Disorder ²		
Alcohol	49.6	28.7	Alcohol: 15.1 Any: 27.1		
Marijuana	25.2	?			
Illicit drugs (includes marijuana)	26.2	?			
Opioids (past month)	0.5	?			

¹ Monitoring the Future Survey (2024). Reported for 12th graders only.

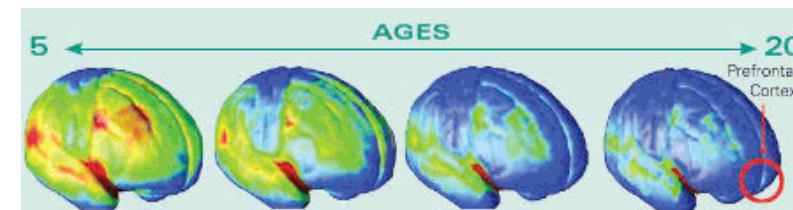
² National Survey on Drug Use and Health (SAMHSA, 2023)

Adolescent Brain Development and Marijuana Use

- Increasing evidence that marijuana use interferes with critical developing brain functions:
 - Synaptic pruning
 - Axon connectivity
 - Myelination
 - Frontal lobe maturation
- Linkages between early heavy marijuana use and risk of
 - Memory/cognitive deficits
 - Other mental health diagnoses (depression and anxiety)
 - Schizophrenia onset



at a child's birth at 7 years of age at 15 years of age



Blue represents maturing of brain areas.





Adolescent Substance Abuse



Recommends treatment for any adolescent use that impairs functioning

- *Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide (2020)*

- ✓ Poor School/vocational performance
- ✓ Missing work, school or social events
- ✓ Failing to fulfill obligations
- ✓ Moodiness or isolation
- ✓ Consequences at home, school or work
- ✓ Impaired family relationships or peer relationships
- ✓ Impaired judgment (poor decision making)

- Potentially devastating consequences of heavy adolescent use:
 - Adult substance use disorder
 - Impaired brain development
 - Health problems / overdose
 - Sexual assault
 - Unintended pregnancy
 - Criminal involvement
 - School / vocational failure
 - Death (accidents and overdoses)



Adolescent Substance Abuse is Rarely Treated

- Only 1 in 10 adolescents who need substance treatment ever receive it
 - BIPOC youth are even less likely to receive care
- Only 1 in 4 youth with an opioid use disorder *and who have insurance* receive treatment



Common Barriers to Treatment



- Barriers to treatment:
 - Problem minimization (by teens and parents) and stigma
 - Teen refusal to engage in treatment
 - Limited number of providers willing or qualified to serve adolescents
 - Mental health (only) and substance use (only) providers
 - High costs
 - Logistical barriers, e.g., inconvenient clinic hours, poor public transportation, family stressors



Developmental Considerations

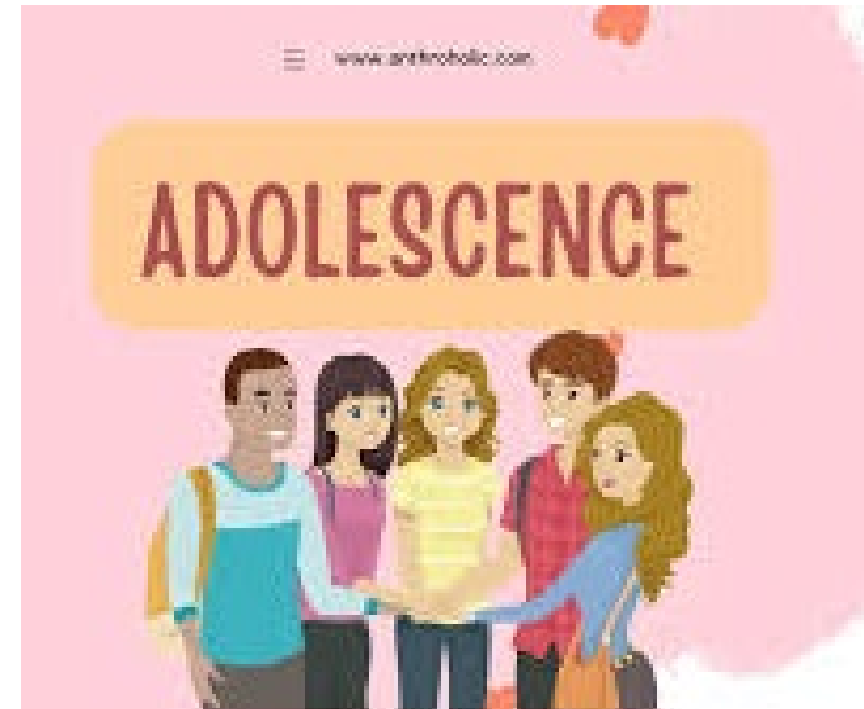
Developmentally, it is unreasonable to expect substance-abusing adolescents to self-identify as needing help, self-refer to treatment, or desire treatment

- Immaturity, minimization of problems related to use, peer influences

Most adolescents who access substance abuse treatment do so because they are required to by their caregiver or other authority (e.g., juvenile justice)

- Mandated or “coerced” substance use treatment is just as effective as voluntary treatment on teen outcome

Young adults (transition-age youth) also need caregiver support to initiate treatment and obtain abstinence





Importance of Family/Caregiver Involvement

Caregivers and families have a critical role in recognizing substance use problems and seeking help for their youth

- Investment in the adolescent
- Understanding what has worked, not worked in the past
- Unique perspective of warning signs, risk factors



Centering Caregivers in How We Address Adolescent Substance Abuse

- In individually-oriented adolescent substance abuse treatment, parental involvement improves service engagement, youth attendance, and clinical outcomes
- Family therapy-based approaches have the strongest empirical support for effectiveness. These treatments target:
 - Changing parent behaviors – e.g., setting clear expectations, being consistent, rewarding desired teen behaviors, showing warmth and support
 - Reducing parent-teen conflict – e.g., better communication, disengagement
- Caregiver involvement may be particularly important for BIPOC youth
 - Black parents have greater influence over youth substance use decisions than do White parents
 - Latinx parents expect to be included in adolescent treatments more than White parents



Common Barriers to Effective Caregiver Responses to Transitional-Age Youth Substance Abuse

- Low awareness, minimization, or denial of severity of use
- Worry and distress about their child's use impede ability to use skills (Feeling helpless, frustrated, overwhelmed)
- Low parenting skill
- Low social support
- Competing concerns, responsibilities, and stressors
- Difficulties finding or affording treatment





The Community Reinforcement Approach and Family Training (CRAFT)

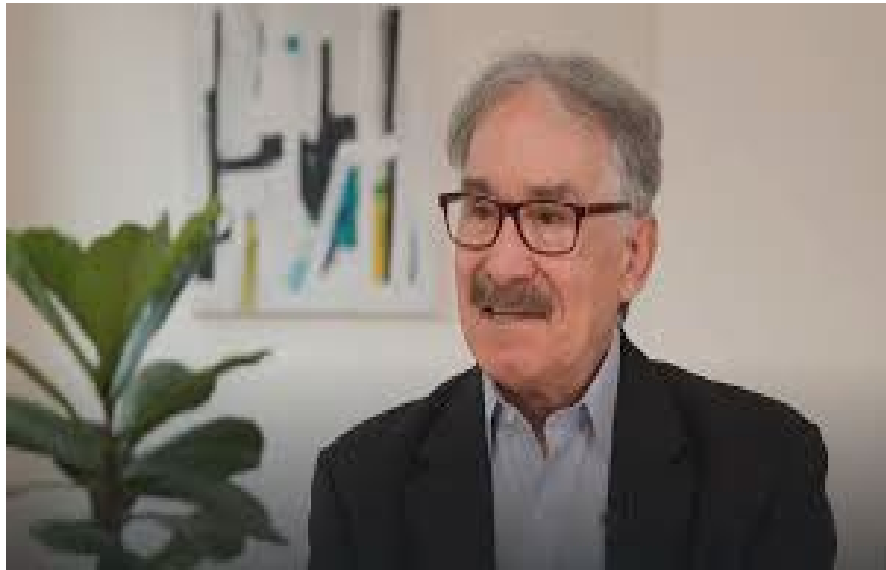


An evidenced-based intervention designed to help concerned significant others (CSOs) to engage treatment-refusing substance abusers into treatment

Developed to help concerned significant others (CSOs) with supportive techniques to encourage their loved ones to begin and continue treatment



CRAFT



[Robert J. Meyers, Ph.D - Community Reinforcement Training](#)

A motivational model of family therapy

Based on positive reinforcement

Aimed at the families and friends of treatment-refusing individuals who have a substance use disorder

Non confrontational

Works to influence the substance users' behavior by changing the way the family interacts with them

Culturally Sensitive

Works with the client's mores and beliefs to develop an appropriate treatment plan



CRAFT - GOALS

Help families learn practical and effective ways to accomplish

1. Move their loved one toward treatment
2. Reduce their loved one's alcohol and drug use
3. Simultaneously improve their own lives





Parent CRAFT

Parent CRAFT:

- Version of CRAFT that is specially designed for parents/caregivers of a teenager or a transitional age youth (TAY) who is misusing substances
- Benefit any parent with an adolescent or adult child that is at any stage of using drugs or alcohol
- An online video course that teaches parents the skills they need to meet the risks of substance abuse



FREE to Maryland parents and caregivers!!!!



Parent CRAFT

Parent CRAFT

Video-based training delivered online directly to parents and caregivers

- Five modules (less than 1 hour per section)
- Entirely self-guided: Parents/Caregivers work alone and at their own pace
- Includes downloadable written worksheets / homework assignments
- Unlimited free access to all Maryland families



Parent CRAFT Intervention Components

Parent CRAFT

- Five Modules
 - Roadmap of teen's use
 - Communication skills for discussing concerns about teen's drug use
 - Using positive reinforcement to influence and change behavior
 - Allowing for natural consequences to unfold
 - Recommending professional help and finding help



Parent CRAFT – Module 1



Communication skills for discussing concerns about teen's drug use:

- Teaches 7 skills



Parent CRAFT – Module 2

Roadmap of teen's use:

- Understanding teen's triggers for use
- Maintaining factors
- Potential negative long-term consequences





Parent CRAFT – Module 3



- Using positive reinforcement to influence and change behavior
- Providing rewards or positive reinforcement for activities that are incompatible with substance use



Parent CRAFT – Module 4



Allowing for natural consequences to unfold

- stopping enabling
- protecting



Parent CRAFT – Module 5



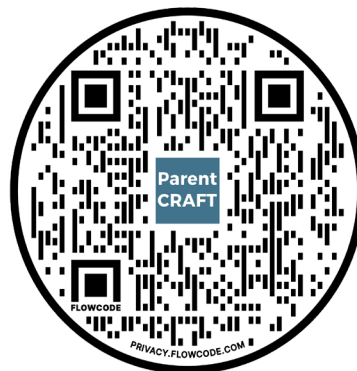
Recommending professional
help and finding help




Parent CRAFT in Spanish

Parent CRAFT is now accessible for Spanish speaking families

- Powered by Google Translate
- Videos have closed captioning in Spanish
- Content and resources within the course are available in Spanish.



 **Parent CRAFT ahora está disponible en Español**

Traducir cualquier página

- Desplácese hasta la parte inferior de la pantalla
- Busque el cuadro que dice **Translate This Page**
- Seleccione Inglés o Español

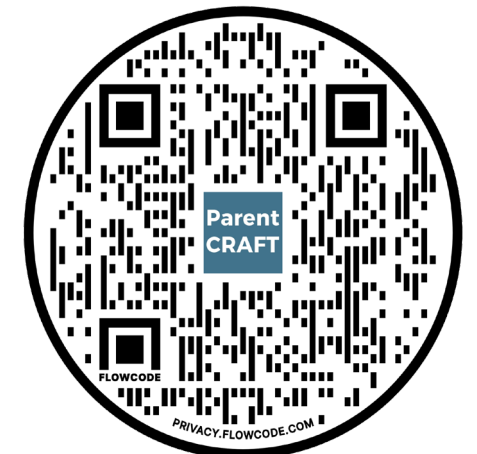
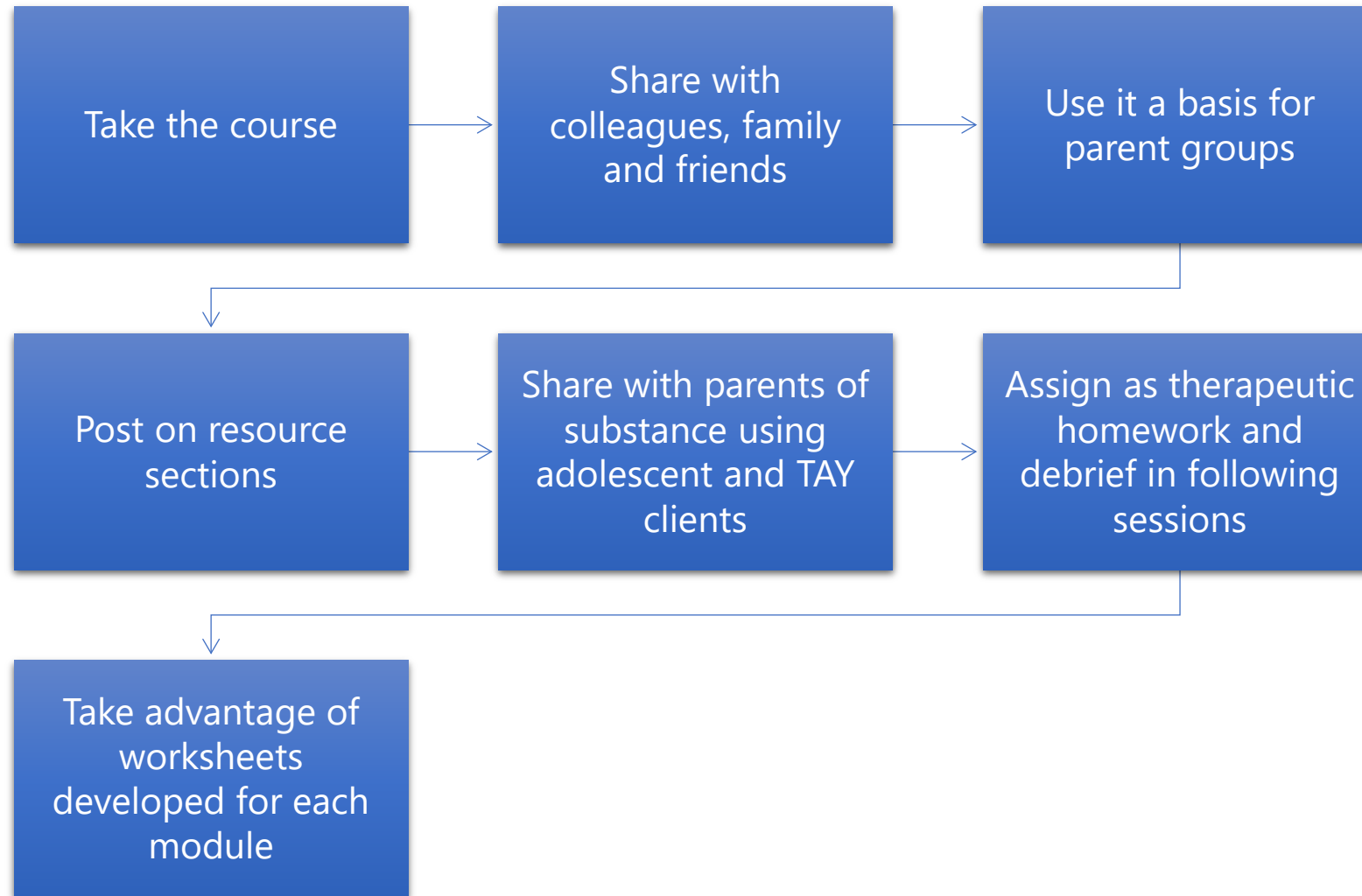
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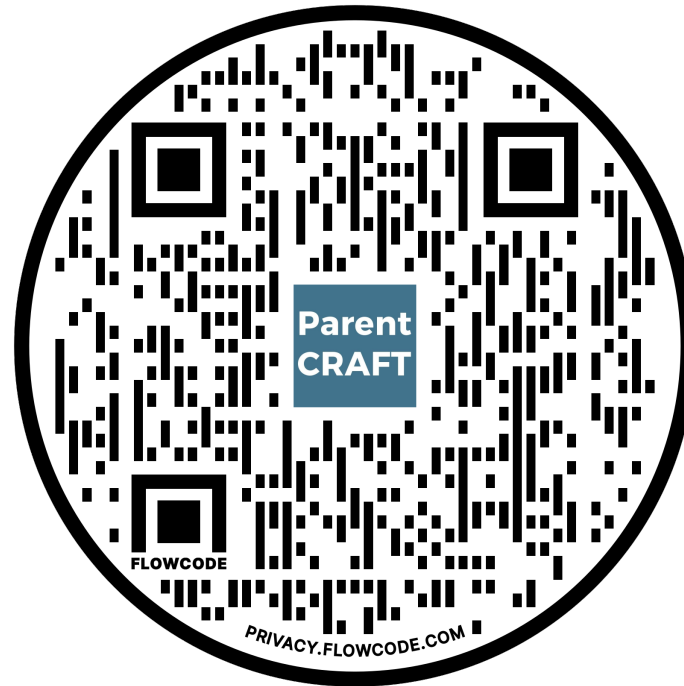


Utilization of Parent CRAFT





<https://www.cadenceonline.com/maryland/>





Free promotional materials for Parent CRAFT



https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_6z10DLcXLh1KTc2

For More Information

For more information about Parent CRAFT, please contact:

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