

# FAMILY ADDICTION RESOURCES



This material is made for a general educational purpose. It is not medical advice and does not establish a doctor-patient relationship. Please discuss with your medical and mental health professional before applying any of this material to your situation.

## CRAFT THERAPY



“This is my #1 recommended resource for families navigating a loved one with an addiction.”  
- Matt Campbell, MD  
Addiction Psychiatrist  
University of Washington  
Montefiore/Albert Einstein School of Medicine”

Community Reinforcement and Family Training (CRAFT) is an approach for families who have a loved one struggling with substances, but who is not yet making changes or getting help. CRAFT is about learning a different method of communication to support your loved one. It’s about taking care of yourself, while also learning how to interact with your loved one in a way that increases the likelihood of making a real change. Community Reinforcement and Family Training (CRAFT) therapy has a 70% effectiveness rate of getting a loved one to enter treatment. This is on top of the improved quality of life and decreased substance use that is seen in the remaining 30%.

### FIND PROVIDERS:

**WE THE VILLAGE**

**ALLIES IN RECOVERY**

- self learning
- online groups
- 1:1 packages

**HELPING FAMILIES HELP**

### LOW-COST OPTIONS:

**INVITATION TO CHANGE**

ITC Course incorporates CRAFT skills - free weekly zoom

**CMC FOUNDATION FOR CHANGE**

\$15/mo web based calls

**BOOK REC:**

Beyond Addiction: How Science and Kindness Help People Change (by Jeffery Foote et al) - available on Amazon



**SCAN TO START CRAFT THERAPY WITH DR. CAMPBELL**



[www.acropsych.com](http://www.acropsych.com)

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## S.M.A.R.T. RECOVERY

Provides effective, easy-to-learn tools to help both you and your loved one. Methods are based on the tools of SMART Recovery and CRAFT Therapy (Community Reinforcement & Family Training). Meetings – available both in-person and online – provide concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior. These tools also help Family & Friends better cope with their loved one's situation and regain their peace of mind.

## G.R.A.S.P.

Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.

## BROKEN NO MORE

Broken No More is a forum dedicated to helping family and friends of people with substance use disorder/chemical dependency, who have lived the trauma of addiction with their loved ones, and have seen firsthand the devastating results of the disease of addiction and overdose deaths. Broken No More is formed with the hope that more enlightened drug policies may help stem the tide of addiction and overdose.

## PARENTS OF ADDICTED LOVED-ONES (PAL)

Christian run non-profit supporting parents with a child addicted to drugs and/or alcohol. Meetings are open to anyone of any faith or background and the primary goal is to provide hope through education and support for parents dealing with addicted loved ones.

## 12-STEP PROGRAMS

### FAMILIES ANONYMOUS

### AL-ANON

Fellowship for the families and friends who are concerned about the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.



SCAN TO START WORKING WITH DR. CAMPBELL



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# ADDICTION | FAMILY | PSYCHIATRY

# ACROPSYCH

**Board-certified in Psychiatry & Addiction**

Providing out of network telehealth services for adults in California, Connecticut, Texas, and Alaska.



## MEET DR. CAMPBELL

I am a psychiatrist who works to sincerely understand your suffering and offer a personalized solution. I strive to see your individual values and empathically address your current obstacles. I established AcroPsych to deliver the highest level of service, evidence-based treatments, and compassionate care to help ease your pain and live a fulfilling life. Working together, we will incorporate the most up to date medications, therapies, and alternative treatments to help you reach your fullest potential. I am dedicated to providing you with the time necessary to clarify your challenge, provide you effective treatments, and walk with you towards a brighter future.

UNIVERSITY OF  
WASHINGTON SCHOOL OF  
MEDICINE

MONTEFIORE MEDICAL  
CENTER/ALBERT EINSTEIN  
COLLEGE OF MEDICINE

DOUBLE BOARD-CERTIFIED  
GENERAL & ADDICTION  
PSYCHIATRY



### ADDICTION

- Problems with alcohol
- Problems with tobacco
- Problems with cannabis
- Problems with opioids
- Problems with stimulants
- Problems with compulsions and behavior change



### PSYCHIATRY

- Anxiety Disorders
  - Panic Disorder
  - Generalized Anxiety
  - Social Anxiety
  - Phobias
- PTSD and Trauma
- Depression
- Bipolar Disorder
- OCD and tics



### FAMILY

- Help work with families affected by addiction
- When a loved one refuses treatment, can still work with the family to provide highly effective CRAFT therapy



## WORK WITH ACROPSYCH

 [acropsych.com](https://acropsych.com)  
 [mcampbell@acropsych.com](mailto:mcampbell@acropsych.com)



“I can’t say enough wonderful things about him. He was very kind and pleasant. Very thorough and patient. Listened well and took his time. I highly recommend him for anyone seeking proper psychiatric care!”  
- Verified Patient Review