



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network

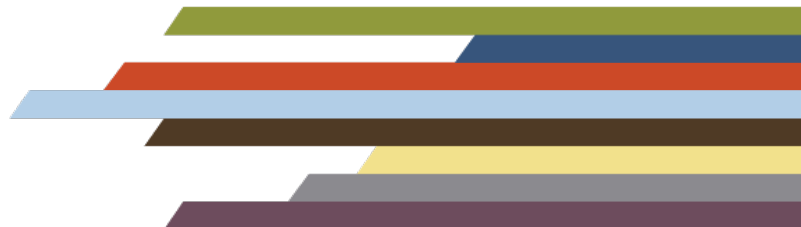
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents:
**Family Programming for Substance Use Disorder:
What Works?**

**Thank you for joining us!
The webinar will begin shortly.**

- **Participants are automatically muted during this presentation**
- **Got questions?** Type them into the chat box at any time and they will be answered at the end of the presentation.
- An ADA-compliant recording of this presentation will be made available on our website at: <http://attcnetwork.org/northwest>



Surveys

Look for our surveys in your inbox!

We greatly appreciate your feedback!

Every survey we receive helps us improve and continue offering our programs.



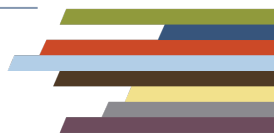
It only takes **1 minute** to complete!



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Certificates

**Certificates of Attendance are available
for live viewers!**



Viewing Groups:

Please send each individual's
name and **email address** to
northwest@attcnetwork.org
within 1 business day.

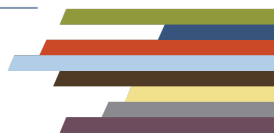
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Family Programming for Substance Use Disorder: What Works?

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Tribal Land Acknowledgement

In applying a lens of cultural humility to issues of diversity, equity, and inclusion, Northwest ATTC offers this land acknowledgement for today's event.

Our work intends to reach the addiction workforce in HHS Region 10: Alaska, Idaho, Oregon, and Washington. This area rests on traditional territories of many indigenous nations, including tribal groups with whom the United States signed treaties prior to the granting of statehoods.

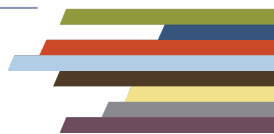
Please join us in support of efforts to affirm tribal sovereignty and in displaying respect and gratitude for our indigenous neighbors.



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What Does The Research Say?

Not Much Really



Why is there so little?

More Challenging to Define Success

Studies have been too small and sample groups have not been diverse enough

Fewer Programs to Use for Studies



What Does The Research That We Have Say?

Generally favorable
outcomes

Tends to make progress last
longer

Reduces conflict within
families

Almost all of the research is
on adolescent programs

The Spectrum of Family Programming

Individually Focused Treatment

Rarely involved, usually only for information gathering purposes

Family Programming as an adjunct service

It is considered an add-on service only

Family-Centered Programing

Every aspect of treatment is family focused

Family Centered Programming



**Discharge
Planning**

**Treatment
Interventions**

**Assessment
Placement**

**Pre-Treatment
Engagement**

What the Evidence Says Works For Engaging Families:

- Parent Partners
- Youth Partners
- Services Happening Outside the Office
- Session Reminders
- Training Intake Staff
- Better Training for Clinical Staff



The background is a dark blue, textured surface that resembles marbled paper or a stone-like pattern. The texture is composed of various shades of blue, from deep navy to lighter, almost teal tones, creating a complex, organic pattern. The lighting appears to come from the upper left, casting subtle highlights and shadows across the surface.

Community Reinforcement and Family Training (CRAFT) A Very Structured Approach

How CRAFT Works

CRAFT engages substance users by working through their loved ones

Significant others can use their own influence to help their loved ones.

Help SO's find middle ground between control and detachment.

A Less Structured Approach:

No blaming or shaming

A light blue arrow pointing downwards from the first box to the second box.

Focus on their concern

A light blue arrow pointing downwards from the second box to the third box.

Expressing hope

A light blue arrow pointing downwards from the third box to the fourth box.

Offering affirmations

Assessment Strategies

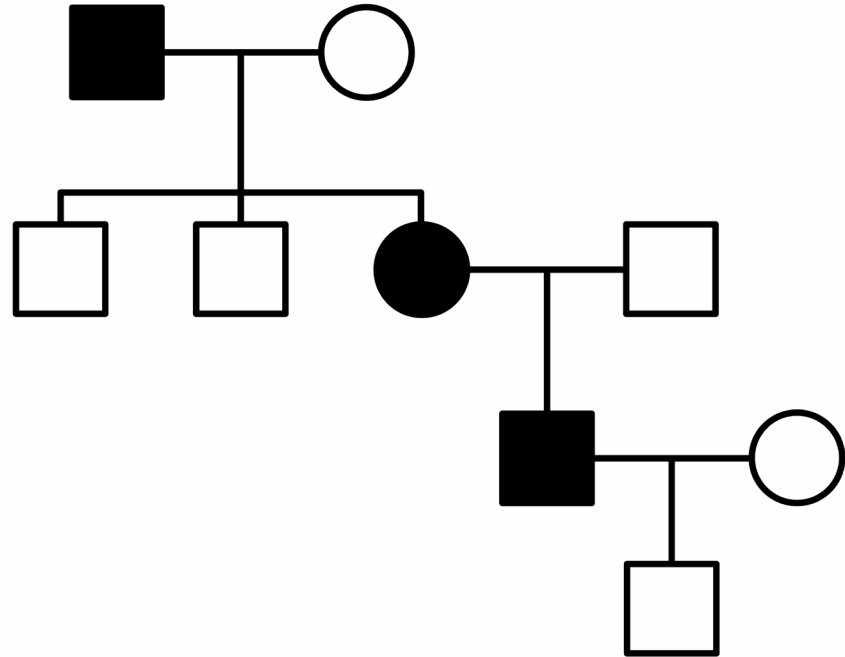
Individually focused assessment

Combined Individual and family-centered assessment

Family-centered assessment

Genograms

- Can be used to gather information about a client family's context
- Many ways to adapt this tool



Narrative Assessment Tool

Map the effects of the
substance misuse on
the family

Map the effects of the
family members on the
substance misuse



Treatment
Intervention
Objectives

Leverage the family to
influence change

Change behaviors of
family that support
misuse

Prevent SUD's across
generations

Treatment
Intervention
Strategies
for SUD
Counselors

Meet the family on their
terms

Facilitate communication
among members

Treatment
Intervention
Strategies
for SUD
Counselors
Part 2

Educating Families on:

- How families work
- How recovery works
- Their role in relapse prevention
- Community resources for family

Preparing
Families for
Discharge

Connect families to
resources while in
treatment

Help family negotiate
relationship with
community resources

Addressing Challenges of Family Programming

Treating Family Therapy as Secondary

Thinking Family Therapy is too Painful

Dealing with People in Precontemplation

Keeping family secrets

Next Steps

