

Scottish Families Affected by Alcohol & Drugs provides support and information to those affected by another's substance misuse. Through our national helpline we connect family members and friends with:

- 1 to 1 Support
- Family Support Groups
- Telehealth Support Service - access to support using telephone, email, face to face calls and webchat. Self-help modules and information on health and wellbeing topics are available 24/7 to provide additional support when you need it most.
- Bereavement Counselling Service - dedicated to families impacted by a drug-related death. This service provides specialist counselling and informational support to address challenges surrounding a drug-related death.

All of the Scottish Families' services offer family members and friends the opportunity to participate in CRAFT. If you would like to find out more about our services please contact our national helpline:

**HELPLINE – 08080 10 10 11**  
**Monday to Friday 0900-2300 hours**  
**Saturday /Sunday 1700-2300 hours**



**Scottish  
Families**  
Affected by Alcohol & Drugs



Stirling House

226 St Vincent Street

Glasgow

G2 5RQ

Phone: 08080 10 10 11

Email: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)



**Scottish  
Families**  
Affected by Alcohol & Drugs

## Telehealth Support & CRAFT Interventions



## **What is Teleheath?**

Telehealth is a support service for anybody who has a concern about someone else's substance use. It was designed to offer support to families in rural & remote communities where access to Family Support Services can be challenging. Support is offered via phone, face to face video calls or webchat. CRAFT therapeutic interventions are offered combined with listening and emotional support.

## **What is CRAFT?**

CRAFT (Community Reinforcement and Family Training) is an evidenced based, non-judgemental programme for family members and carers affected by another's substance misuse.

Developed by Robert J Meyers in 1976, CRAFT is now used in 31 states in the USA and in 14 countries around the world. The service is free and your Family Support Practitioner will help support you with this. This support can help you:

- Communicate positively with your loved one
- Reduce your feelings of stress
- Improve your feelings of self-worth

- Encourage your loved one to enter into treatment

## **What are sessions like?**

Sessions are usually run for 6-8 weeks. Sessions can take place either over the phone, by video calls or webchat - however you feel most comfortable. Sessions can be weekly or fortnightly and it's important you feel comfortable speaking openly during the sessions. You may also find it helpful to have a pen and paper to hand to take notes of things you find useful. From time to time, we may give you additional information in between sessions to support your personal development.

## **What if I don't like it?**

That's ok – together we can figure out what it is that you find isn't helpful about the sessions and try and find more appropriate support that better meets your needs.

## **Who will I be speaking to?**

All of our Family Support Practitioners are CRAFT trained, and receive regular supervision to ensure they are working effectively with their clients. We come from a variety of different backgrounds and bring our experience

of working with people in similar situations to the sessions.

## **What will we talk about?**

Each week we look at a different topic such as communication skills, positive reinforcement, understanding behaviours and keeping safe. These sessions are designed to help you improve the quality of your own life, and to help you encourage your loved one into treatment. The sessions are confidential unless we have concerns about your safety or the safety of a third party. If you would like to know more about this please do ask and we will discuss this thoroughly with you before proceeding.

## **How will this help my loved one?**

CRAFT research has shown that almost 7 out of 10 people who participate in the programme positively influence their loved one to attend treatment. CRAFT encourages family members to recognise the influence that they do have, and to develop strategies to change your own attitudes and behaviours in such a way that often leads to wider changes within the family, such as better communication and reduced conflict.