



MARYLAND FYI

Family & Youth Interventions for Substance Use



Parent CRAFT

Parent CRAFT is a self-paced online video course that teaches parents, caregivers, and concerned others solution-focused, practical skills and techniques needed to meet the risks of substance use. Highly engaging online video segments include structured suggestions for practicing skills that are not only applicable to families with substance-involved youth but also relevant to anyone raising an adolescent. Focus areas include effective communication, positive reinforcement, natural consequences, strategies to support youth accepting treatment.

The **Parent CRAFT** course consists of five sections, with each section building on previous skills learned. The video portion of each section is less than one hour. Parents are encouraged to complete the sections over a period of several weeks and practice the skills before moving on to a new section.

Components of **Parent CRAFT** include:

1. Understanding teen's triggers for use, maintaining factors, and potential negative long-term consequences.
2. Learning communication skills for discussing concerns about teen's drug use: use of understanding statements, accepting partial responsibility, and use of specific behavioral examples.
3. Using positive reinforcement to influence and change behavior.
4. Allowing for natural consequences to unfold (stopping enabling and protecting).
5. Suggesting professional help.

Parent CRAFT has been shown to be highly effective, with a 71% success rate in getting adolescents and TAY into treatment.

- Treatment providers are also encouraged to explore the **Parent CRAFT** course to better assist parents and caregivers in supporting adolescent and TAY abstinence.
- Free print materials aimed at family engagement can be requested for display by providers/schools and distribution to families. ****While supplies last****

Scan the QR code above or type the following into your internet browser:

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

This resource is available to all Maryland parents and caregivers for FREE (a \$200 value) through Maryland Family and Youth Interventions for Substance Use (Maryland FYI). Maryland Family and Youth Interventions for Substance Use (Maryland FYI) is part of the Maryland State Opioid Response, funded by SAMHSA. Maryland FYI Partners include: Maryland Department of Health Behavioral Health Administration, the National Center for School Mental Health, Bowie State University, Morgan State University, NAMI Maryland, and the Maryland Coalition of Families.

For more information on substance use prevention and intervention training opportunities available through the NCSMH, please contact:

Melissa Ambrose, LCSW-C

mambrose@som.umaryland.edu

Training Director for Substance Use Initiatives | National Center for School Mental Health