



## 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 skills and techniques for encouraging a young person to enter treatment for substance misuse. Parents and caregivers learn skills to address adolescent and transitional-age youth (TAY) substance abuse through highly engaging online video segments that include structured suggestions for practicing the skills.

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.

Click [HERE](#) to access this free resource!

Or type the following into your internet browser:

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

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*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 FYI is a collaboration between the State of Maryland, Department of Health, Behavioral Health Administration (BHA), and the National Center for School Mental Health (NCSMH) and is part of the Maryland State Opioid Response funded by SAMHSA.*

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

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