

## About the worker

Our Family Support Worker is a trainee counsellor and fully trained in CRAFT and has extensive experience and knowledge in supporting individuals and families affected by substance misuse issues.

## Confidential

Relationships Scotland Orkney maintains the confidentiality of clients unless we hear anything that causes us to have concerns about your safety or that someone else will come to significant harm. This will be explained in more detail at your initial meeting

There is no charge for support although we always welcome contributions however small.

For further information, contact:

Relationships Scotland Orkney  
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[www.orkneycommunities.co.uk/RSO](http://www.orkneycommunities.co.uk/RSO)

Office hours from 10am to 2pm,  
Monday to Friday. Appointments are  
available out with these times.

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Relationships Scotland Orkney is a  
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for Counselling and Psychotherapy.



**CRAFT**  
**Community**  
**Reinforcement**  
**&**  
**Family Training**

**SUPPORT FOR FAMILY**  
**MEMBERS AND CARERS**  
**AFFECTED BY A LOVED ONES**  
**DRUG & OR ALCOHOL MISUSE**



## What can the Family Support Worker offer?

- Assessment
- Information
- Referrals / Signposting
- 1:1 Support
- Group work
- Support based on CRAFT (Community Reinforcement and Family Training)

## What is CRAFT?

CRAFT is an evidenced based support programme for family members and carers affected by someone else's substance misuse. Developed by Robert J Meyers in 1976. Its 3 main goals are:

- To encourage your loved one to get help
- To reduce your loved ones substance misuse
- To increase your own happiness and wellbeing regardless of whether your loved one enters treatment

## What are sessions like?

Sessions can be one to one or in a group and run for 6-8 weeks\*. The service is free and arranged at a time that is convenient for you. Each week we will look at a different topic such as communication skills, positive reinforcement, understanding behaviours and looking after yourself.

\*Support is available for however long you feel you require it.

## How will this help my loved one?

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.

## Does it work?

Evidence has demonstrated that over a 5 month period:

- Conflict between the carer and substance misuser **decreased by 66%**
- Carers' relationships with their families **improved by 50%**
- **There was a 75% average success rate in getting people into treatment**

## What other help is available to families?

Different therapies are available to help you or the people in your family address any emotional, behavioural or psychological difficulties that might be contributing to alcohol and drug use or their impact on your family relationships

**These include:**

### Play Therapy

This offers children the opportunity to play out their feelings with a therapeutic objective, alongside a professional trained in Play Therapy.

### Youth Counselling

Provides young people with the opportunity to explore the impact of substance use on them and their families with a qualified experienced youth counsellor.

### Individual/Relationship Counselling

Provides a safe space for couples or individuals to explore difficulties in relationships and to find a way forward.

