

Community Reinforcement and Family Training (CRAFT) for engaging clients in treatment

Substance Use Disorders: Treatment for Adults

Literature review updated September 2016.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [Technical Documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

Program Description: Community Reinforcement and Family Training (CRAFT) is a program for significant others and family members of those with substance abuse or dependence. In 12 to 14 individual sessions, family and friends are taught effective strategies for helping their loved one to change, to enroll in treatment, to feel better themselves.

Meta-Analysis of Program Effects

Outcomes measured	Primary or secondary participant	No. of effect sizes	Treatment N	Adjusted effect size and standard error			Unadjusted effect size (random effects model)	
				ES	SE	Age	ES	p-value
Illicit drug use disorder	Primary	1	16	0.000	0.000	40	0.000	1.000
Engagement/Retention	Primary	5	138	1.223	0.324	40	1.223	0.001
Major depressive disorder	Secondary	1	45	-0.068	0.254	40	-0.068	0.788

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

Citations Used in the Meta-Analysis

- Bischof, G., Iwen, J., Freyer-Adam, J., & Rumpf, H.J. (2016). Efficacy of the Community Reinforcement and Family Training for concerned significant others of treatment-refusing individuals with alcohol dependence: A randomized controlled trial. *Drug and Alcohol Dependence*, 163, 179-85.
- Brigham, G.S., Slesnick, N., Winhusen, T.M., Lewis, D.F., Guo, X., & Somoza, E. (2014). A randomized pilot clinical trial to evaluate the efficacy of Community Reinforcement and Family Training for Treatment Retention (CRAFT-T) for improving outcomes for patients completing opioid detoxification. *Drug and Alcohol Dependence*, 138, 240-243.
- Kirby, K.C., Marlowe, D.B., Festinger, D.S., Garvey, K.A., & LaMonaca, V. (1999). Community reinforcement training for family and significant others of drug abusers: a unilateral intervention to increase treatment entry of drug users. *Drug and Alcohol Dependence*, 56(1), 85-96.
- Miller, W.R., Meyers, R.J., & Tonigan, J.S. (1999). Engaging the unmotivated in treatment for alcohol problems: A comparison of three intervention strategies for intervention through family members. *Journal of Consulting and Clinical Psychology*, 67(5), 688-697.

Sisson, R.W., & Azrin, N.H. (1986). Family-member involvement to initiate and promote treatment of problem drinkers. *Journal of Behavior Therapy and Experimental Psychiatry*, 17(1), 15-21.

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