

## Trusted Resources for Loved Ones

Supporting someone you love through addiction or harmful patterns is incredibly hard.

Many families are told they have only two choices: **step back completely** or **enable the behavior**.

Research, and lived experience, tells us neither extreme truly helps.

Family recovery research consistently shows that **how loved ones respond matters**:

- Family involvement is associated with **higher rates of treatment engagement and better long-term outcomes** for individuals struggling with substance use.<sup>1</sup>
- Loved ones who receive structured, skills-based support report **lower stress, reduced depression, and improved family functioning**, even when the person using substances is not yet ready to change.<sup>2</sup>
- Approaches grounded in behavioral science and motivational strategies are **significantly more effective** than confrontation, ultimatums, or shame-based methods.<sup>3</sup>

That's why I recommend programs that strike the balance that matters most:

- **Connection with boundaries**
- **Compassion without enabling**
- **Support without losing yourself**
- **Science-based tools instead of fear or shame**

These approaches help families create environments where change becomes possible — not through pressure or disconnection, but through **understanding, communication, and healthier relational patterns**.<sup>4</sup>

As someone in long-term recovery myself, I know how critical it is for families to have guidance rooted in **respect, choice, and hope**. The resources below are ones I trust enough to stand behind and share.

## The Invitation to Change Approach (ITC)

### Compassion-Focused | Holistic | Skills-Based

The Invitation to Change Approach integrates behavioral science, motivational principles, and self-compassion practices. Families learn how to:

- Maintain connection without self-abandonment
- Respond rather than react
- Support change while respecting autonomy

This aligns with research showing that **autonomy-supportive communication increases motivation and reduces resistance**, especially in the context of substance use.<sup>6</sup>

Website: <https://cmcffc.org/>

Resources: <https://invitationtochange.com/>

## SMART Recovery: Family & Friends

### Non-12-Step | CBT-Based | Boundaries & Communication

SMART Family & Friends uses cognitive-behavioral and motivational tools to help loved ones:

- Set clear, healthy boundaries
- Reduce emotional reactivity
- Improve communication
- Manage stress and burnout

CBT-informed family education programs are associated with **reduced family distress and improved coping**, regardless of whether the loved one is actively in treatment.<sup>7</sup>

Website: <https://www.smartrecovery.org/family/>

# FAMILY RECOVERY PROGRAMS



## Community Reinforcement and Family Training (CRAFT)

Free | Evidence-Based | Highly Effective

CRAFT is one of the most extensively researched family approaches available. It teaches loved ones how to:

- Communicate effectively
- Reduce unintentional enabling
- Reinforce positive behavior
- Care for their own well-being

Multiple studies show CRAFT helps **64–74% of resistant individuals engage in treatment**, while also improving the emotional health and quality of life of family members.<sup>5</sup>

Website: <https://motivationandchange.com/what-is-craft/>

## Tipping Point Recovery / Stop the Chaos

Action-Oriented | Empowering | Family Support

This program focuses on helping families interrupt the chaos addiction creates and restore stability. Stability, predictability, and reduced conflict are well-documented factors that support **both family well-being and readiness for change**.<sup>8</sup>

Website: <https://tippingpointrecovery.com/>

## Be a Part of the Conversation

Community Education | Family Support | Connection & Understanding

This organization offers workshops and education that help families:

- Understand addiction more clearly
- Reduce stigma and isolation
- Build informed, supportive communities

Community-based education is linked to **reduced shame and increased help-seeking** for individuals and families alike.<sup>9</sup>

Website: <https://conversation.zone/>

## References

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