

Colorado Consortium for Prescription Drug Abuse Prevention

Affected Families & Friends Work Group Meeting Minutes

November 15, 2024 via Zoom

Present:

Sarah Werner and Tracy Ritter, Co-chairs
Waltrina DeFrantz-Dufour, University of Denver
Kourtney O'Connor, The People Biz
Christine Gregory, Find Your Joy Counseling
Jessica Triplett, BHA
Consortium: Jen Place, Michael Davidson, Teresa Cantwell

Absent: See attached roster.

Work group Co-chair Sarah Werner called the meeting to order at 12:05 p.m.

Approval of Minutes:

A motion was made to approve the October meeting minutes. Motion approved.

Presentation: Family Support in Recovery – How to Empower Loved Ones and Influence Change (Jessica Triplett):

Jessica Triplett is a Certified Community Reinforcement Family Training (CRAFT) clinician, coder, supervisor, and trainer and the Program Manager for the Behavioral Health Administration State Opioid Response Grant. She has a BS in Social Work and a background working as a case manager and addictions counselor. Presentation slides: <https://docs.google.com/presentation/d/1kbrwMz5HDFf1ssXGZWQ5gT3SiQE5GFvH/edit?usp=sharing&oid=115233445400402897847&rtpof=true&sd=true>

Presentation summary:

The CRAFT Program is designed for families who have a loved one dealing with substance use. There is no cost for families to participate. The program teaches family members a more effective communication method, including positive communications and reinforcement as well as self care and boundary setting. Evidence has shown that the CRAFT approach results in much higher positive outcomes. Behavioral modification skills learned by family members can be used throughout the continuum of addiction treatment, from active use through recovery.

The state SOR funding supports the CRAFT Program. Some of the funding has been used for an anti-stigma campaign (Lift the Label - <https://liftthelabel.org/>). Jessica previewed a video from the Lift the Label campaign. Other available video subjects include recovery, Narcan, medications for opioid use disorder, and available resources.

The CRAFT model is used in Canada, Sweden, Japan, Holland, Ireland, the United Kingdom, and Australia, but is not as well known in the US as Al-Anon.

As an evidence-based practice, the CRAFT Program focuses on problem solving, positive messaging (teaching family members to reward positive change), and common-sense solutions

to problems. Groups are available to join in person or online. There are also hybrid options and Spanish-speaking groups available.

For additional information about the CRAFT Program and available resources:

<https://bha.colorado.gov/behavioral-health/CRAFT>

Website of CRAFT founder Dr. Robert J. Myers: <https://www.robertjmeyersphd.com/>

Jessica Triplett: jessica.triplett@state.co.us

Comments:

Work group members discussed ways in which information regarding CRAFT Program could be publicized, including presentations for professional organizations like the Rotary.

Announcements:

“Stories in Black and White: Sharing the impact of the Overdose Epidemic,” is a photography exhibit that focuses on reducing the stigma of substance use disorder (SUD) by highlighting the stories of those in recovery and honoring those who lost their lives to an overdose. The exhibit was presented during the Attorney General’s Opioid Abatement Conference on September 30th and during the Rethinking Recovery Conference on October 1st in Loveland, Colorado. The work group plans to continue working with the CDC Foundation and the RMHDTA to assist in the creation of similar exhibitions in communities throughout Colorado.

Compassion Cards Project: Compassion cards express the work group’s concern for families affected by substance use disorder. Cards include a QR code and a link to the work group’s Resource Guide. Cards have been printed and delivered to the Denver Medical Examiner’s Office for distribution to families suffering the loss of a loved one. Additional cards will be shared with advocacy and support groups.

Colorado Families and their Role in Combatting the Opioid Crisis – A Family Organization Roundtable. The roundtable was held on October 24th from 2-4 p.m. via Zoom. 10 family-founded organizations, 13 individuals, and 4 consulting/development organizations attended. The purpose of the roundtable is to enhance awareness and foster communication and cooperation. Topics included how to run a non-profit like a business, grants, board members, and collaboration. A second meeting will be held in the new year.

Future Meeting Topics:

The work group is currently planning 2025 meeting topics. Suggested topics, including community developments, can be shared during future work group meetings.

Adjournment/next meeting date:

The meeting adjourned at 1 p.m. The 2025 meeting schedule will be distributed in December.

Attachments: Work group roster, presentation slides