

From Crisis to Connection: Integrating CRAFT, Harm Reduction, & WA Law for Youth SUD



**WASHINGTON STATE
COMMUNITY CONNECTORS**

Connecting Families, Resources & Ideas

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Supporting Youth with Substance Use Challenges

- CRAFT Model
- Harm Reduction Model
- WA State Laws
- Recovery IS POSSIBLE!



Introducing the CRAFT Model: A Different Approach

- **CRAFT:** Community Reinforcement And Family Training.
- **What it is:** A compassionate, non-confrontational, evidence-based intervention for family and friends (Concerned Significant Others or CSOs) of individuals struggling with SUD or substance use challenges.

Key Principles of CRAFT

**Focus on the
Family**

**Positive
Reinforcement**

Motivational

**Evidence
Based**

**Improves CSO
Well-Being**

Goals of CRAFT

Improve the
CSO's Quality
of Life

Reduce
Substance Use
in the Loved
One

Engage the
Loved One in
Treatment

Breaking Down the Principles

Functional Analysis: Understanding triggers and consequences of use.

Positive Reinforcement: Rewarding desired behaviors (non-using, engaging in healthy activities).

Natural Consequences: Allowing negative consequences of use to occur.

Communication Skills: Clear, empathetic "I" statements, active listening.

Encouraging Treatment: Specific strategies to motivate treatment seeking.

Self-Care: Prioritizing the caregiver's well-being.

Safety: Addressing potential risks.

Core Skills Taught in CRAFT

- ❑ Communication Skills:
 - Clear, Brief, Specific (CBS) Statements
 - Expressing Feelings
 - Active Listening
 - Validation

- ❑ Self-Care for the CSO

- ❑ Encouraging Treatment

CRAFT in Action: Effective Communication

"I" Statements: Express your feelings and needs without blame.

Instead of: "You always ruin family dinners when you drink."

Try: "I feel hurt and worried when you drink at family dinners because it makes it hard for us to connect."

Active Listening: Reflect what you hear to show understanding.

Loved one: "I'm just so stressed, I need to unwind."

Caregiver: "It sounds like you're feeling a lot of pressure and are looking for a way to relax."

Be Specific: Focus on behaviors, not character.

Self-Care



YOU CANNOT
EFFECTIVELY HELP IF
YOU ARE DEPLETED.



PRIORITIZE YOUR OWN
PHYSICAL AND MENTAL
HEALTH (THERAPY,
SUPPORT GROUPS,
HOBBIES, REST).




SET HEALTHY
BOUNDARIES TO
PROTECT YOUR WELL-
BEING.

Natural Consequences

Stop protecting your loved one from the negative outcomes of their use.



This allows them to feel the impact of their choices.



Example: If they lose their job due to use, they deal with the job search and financial impact.



Key Takeaways

SUD impacts families in predictable phases; your feelings are valid.

Recovery is a process with distinct stages of change.

The CRAFT model empowers families to influence positive change.

Effective communication, positive reinforcement, and self-care are powerful tools.

You are not alone; support is available. CRAFT information - <https://drugfree.org/parenting-toward-recovery/>

Harm Reduction Model

- Key Principles of Harm Reduction
- Identified Benefits
- Identified Challenges
- Common Concerns and Critiques

Harm reduction services include...



Syringe
Access



Syringe
Disposal



Safer Drug
Use



Naloxone



Medication
Assisted
Treatment



Supervised
Consumption
Services



Drop-In
Centers



Housing
First



Pharmacy
Access



Referral &
linkage

Key Principles of the Harm Reduction Model

- Start Where People Are
- Respect and Compassion
- Small Steps Matter
- Tools that Promote Health and Safety

Identified Benefits of the Harm Reduction Model

- Life-Saving Interventions
- Disease Prevention
- Gateway to Healthcare
- Public Health Cost Savings
- Community Safety

Identified Challenges of the Harm Reduction Model

- Fentanyl Dominance
- Resource Disparities
- Stigma and Public Opposition
- Implementation Gaps

Common Concerns and Critiques of Harm Reduction

- Enabling vs. Treating Addiction
- Public Safety and Disorder
- Racial and Demographic Inequities
- Limited Pathways to Long-Term Recovery
- Escalating Overdose Fatalities

Wrapping it Up

- Education
- Continued Research
- What Does Better Look Like?

Washington State Laws

- Age of Consent
- Family Initiated Treatment
- Ricky's Law

Age of Consent Overview

According to Washington law, a minor who is 13 years old or older may initiate an evaluation and treatment for outpatient and/or inpatient mental health services, substance use disorder (SUD) treatment, or withdrawal management without parental consent. The minor has the right to receive services in the least restrictive setting. A youth is admitted for inpatient treatment only if the professional in charge of the facility concurs with the need for treatment and the youth meets criteria for this level of care.

Family Friendly Language

- Once a youth is 13 years old, they have the power over their behavioral health treatment
- They do not need parental consent to initiate an evaluation or treatment for any behavioral health treatment and have the right to the least restrictive setting
- The professional in charge of the facility must agree that the youth needs this high level of care and the youth has to meet the criteria for inpatient level of care

The Other Side of the Coin

The power to initiate also gives them the power to decline those services





Youth May Be Told **AND** We Can Reframe

How parents/caregivers can reframe and educate our youth on the power of YES around the Age of Consent



You can decline services



You can keep things private



You can decide if you want help



You do not have to be accountable



You can do what you want



You can help determine how your treatment looks



You can choose what you share



You can decide how you get help



You get to be accountable to yourself



You can be true to yourself in getting help

Family-Initiated Treatment Overview

There are multiple pathways to access behavioral health services for children (ages 0-12) and youth (adolescents, ages 13 – 17) in Washington State. System of care in Washington is guided by 3 core values that include: A family driven, and youth directed framework. Emphasis on importance of community-based services, and delivery of services with cultural and linguistic humility to address issues of diversity and disparity. Within this framework youth always have the right to receive services in the least restrictive setting for their need. There may be times when the youth is not able to provide their consent to participate in behavioral health treatment voluntarily and Family Initiated Treatment (FIT) provides an additional access point for youth behavioral health treatment (mental health and substance use disorder treatment), FIT provides additional access point to behavioral health treatment.

What is FIT?

- FIT gives parents and providers more leverage.
- Allows for an evaluation by allowing a parent/caregiver to escort their adolescent child to certain licensed behavioral health facilities and request that a professional person examine the adolescent to determine whether treatment is medically necessary.
- Under the law, the definition of parent is expanded.
- The law enables providers to share information with parents without an adolescent's consent.

What is FIT?

- State laws continue to encourage autonomy for young people while recognizing that family involvement is important.
- An opportunity for provider/youth engagement to occur before consent is given.
- Encourages sharing of information to support collaboration between the clinical setting and home.
- A wonderful step in the right direction.

What FIT is NOT

- FIT does not limit an adolescent's ability to initiate treatment on their own
- FIT is not a guarantee of immediate services
- If a facility covered by this law does not have a professional person available to perform the examination, the facility is not required to make staff available on demand
- Implementation is not guaranteed
- A law forcing youth to participate in treatment
- A law allowing a provider to share specific details on what the youth has shared

Supporting Youth Wellness Around the Age of Consent

- Begin discussing the age of consent with your youth before the age of 13. Use strength-based language – what is positive about the age of consent law?
- Educate yourself on FIT and what the realistic expectations can be at this point
- Create a hard copy binder and/or an electronic folder to keep the details of your journey with your
- Have the FIT information from HCA available when you are seeking treatment.
- Gain strategies and tools to assist you in staying healthy while supporting your youth.
- Utilize your support team to help when you are feeling overwhelmed and are running on empty.

FIT Resources

- Health Care Authority FIT Information - <https://www.hca.wa.gov/health-care-services-and-supports/behavioral-health-recovery/family-initiated-treatment-fit>
- FIT Online Training Webpage - <https://fitwashington.com/>
- Behavioral Health Treatment Options for Adolescents Information - <https://www.hca.wa.gov/assets/free-or-low-cost/82-0029.pdf>
- FIT Parent Information Sheet - <https://www.hca.wa.gov/assets/program/Parents-guide-to-treatment.pdf>

FIT Resources

- Engrossed Second Substitute House Bill 1874 - <http://lawfilesexternal.wa.gov/biennium/2019-20/Pdf/Bills/Session%20Laws/House/1874-S2.SL.pdf?q=20200324134625>
- PAVE Newsletter on FIT - <https://wapave.org/adolescent-health-care-act-provides-options-for-families-seeking-mental-health-and-substance-use-help-for-young-people-resistant-to-treatment-2/>
- Children's Behavioral Health System of Care Fact Sheet - <https://www.hca.wa.gov/assets/program/fact-sheet-childrens-behavioral-health-system-care.pdf>

Ricky's Law – HB1713 History



- Unified involuntary commitment law needed
- Who is Ricky?
- A woman with passion
- Timing of the law
- Changes in the Involuntary Treatment Act (ITA)
- RCW's on patient rights

What is Ricky's Law?

- An opportunity for loved ones to request an evaluation for an Involuntary Treatment Assessment for a person who is in active addiction
- For youth and/or adults 13 and older
- An intensive intervention tool
- An avenue to guide towards treatment
- Focused drug and alcohol abuse treatment

What Ricky's Law is NOT

- A guarantee of immediate services
- An alternative to jail
- A law forcing a person to participate in treatment
- A tool for people experiencing a mental health crisis

When Ricky's Law Could Help

- Risk of harm or substantial loss or damage to property
- Physical safety of another or violent acts over the last 10 years
- An evaluation can be requested by a loved one under Ricky's Law and the evaluator and judge will want to see proof of addiction
- If there is no bed available, Ricky's law provides no further options
- Lesser restrictive options must have been utilized and been unsuccessful
- The Community Prevention and Wellness Initiative is a tool for less restrictive supports and treatment options

Information taken from WA State Hospital Association website and from information provided by En Route

Managing Challenges

- Create boundaries for yourself
- Understand what rights the user has
- Remember you are not the reason a loved one is using
- Use the strategies and tools you have learned to stay healthy– when we know better, we do better
- Network when possible

Supporting Success

- Discuss Ricky's Law and other supports for your loved one
- Educate yourself
- Separate choices made due to mental illness from those made while drunk or high
- Research the Community Prevention and Wellness Initiative
- Gain strategies and tools to assist you in staying healthy while supporting your loved one
- Utilize your support team

Recovery is Possible and We Can Make a Difference!

Reach Out

Share
Knowledge

Listen for
What's Real