



# Three Ways You Can Help Someone Struggling With Addiction

## Focus on the pain driving an addiction, not the behavior of the addiction.

The outward manifestation of addiction is not the core problem. The real problem is what's driving it. It might be pain, trauma or genetic predisposition combined with exposure or other factors, but addiction is a response — not a cause.

Trying to stop someone from using drugs without addressing why they're using won't be successful. Deep healing is what people need most. People struggling with addiction already feel profound self-loathing because addiction often leads them to act against their own values and harm the relationships they care about most. Condemnation won't produce transformation, but connection and support toward a long-term healing journey can till the soil for sobriety to grow.

## Get trained in CRAFT.

Community Reinforcement and Family Training (CRAFT) is an evidence-based approach for families who have a loved one struggling with addiction who is not interested in changing their behavior. It teaches family members how to take care of themselves with healthy boundaries while also equipping them with different ways to communicate with their loved one.

The goal is to heal the connection between them and support behavior change such as lowered use and both engagement and retention in care. CRAFT has been studied and proven effective at helping families stay healthy through the storm of addiction while providing tools for lasting change ... for everyone involved.

## Support all pathways to recovery.

Every person has a different pathway into addiction, and they will each have a different pathway out of it. For some people, medication is the most effective form of treatment. For others, intensive outpatient therapy might be best. For others, inpatient treatment might be most helpful. There is no one-size-fits-all approach to recovery from addiction.

If we want more people to find the path that works for them, we need all options on the table — including medication and emerging research on psychedelic treatments. Even if it's not the path we would have chosen or on the timeline we wish it was, all positive change should be celebrated.

