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INTRODUCTION

What is Community Reinforcement and Family Training (CRAFT)?

- CRAFT aims to increase patients' readiness to change their substance use, decrease families' distress, and improve the patient-family relationship.
- Topics include building motivation and self-care, communication, functional analysis of substance use, positive reinforcement of healthy behaviors, allowing for negative consequences, and discussing treatment.

Why study CRAFT in early psychosis?

- Approximately 50-70% of people with early psychosis have a lifetime history of substance use disorder and many endorse recent tobacco, alcohol, and cannabis use.
- Co-occurring substance use disorders significantly increase the likelihood of treatment dropout.
- The CRAFT protocol has not targeted families of individuals with early psychosis, nor has it been adapted for administration via a telehealth platform (e.g., Zoom) prior to this study.

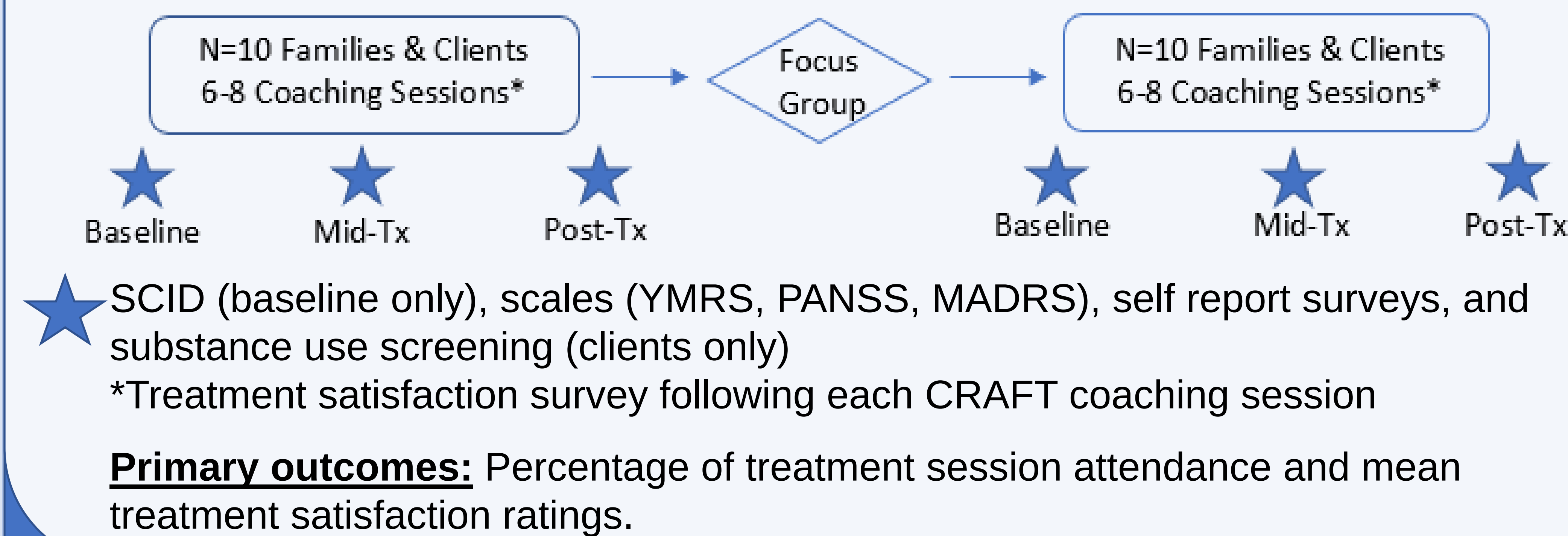
AIM

Develop and evaluate the feasibility of a telemedicine CRAFT protocol to improve treatment engagement and reduce distress among families of individuals diagnosed with early psychosis and co-occurring substance use.

RECRUITMENT

Participants: family members and patients from McLean's OnTrack First Episode Psychosis Clinic. Patients must have had their first episode of psychosis within the past six years and use substances.

METHODS



CRAFT for early psychosis is feasible, acceptable, and can be delivered via telehealth!

RESULTS

Percentage of Participants Experiencing Technical Issues Per Telehealth Session

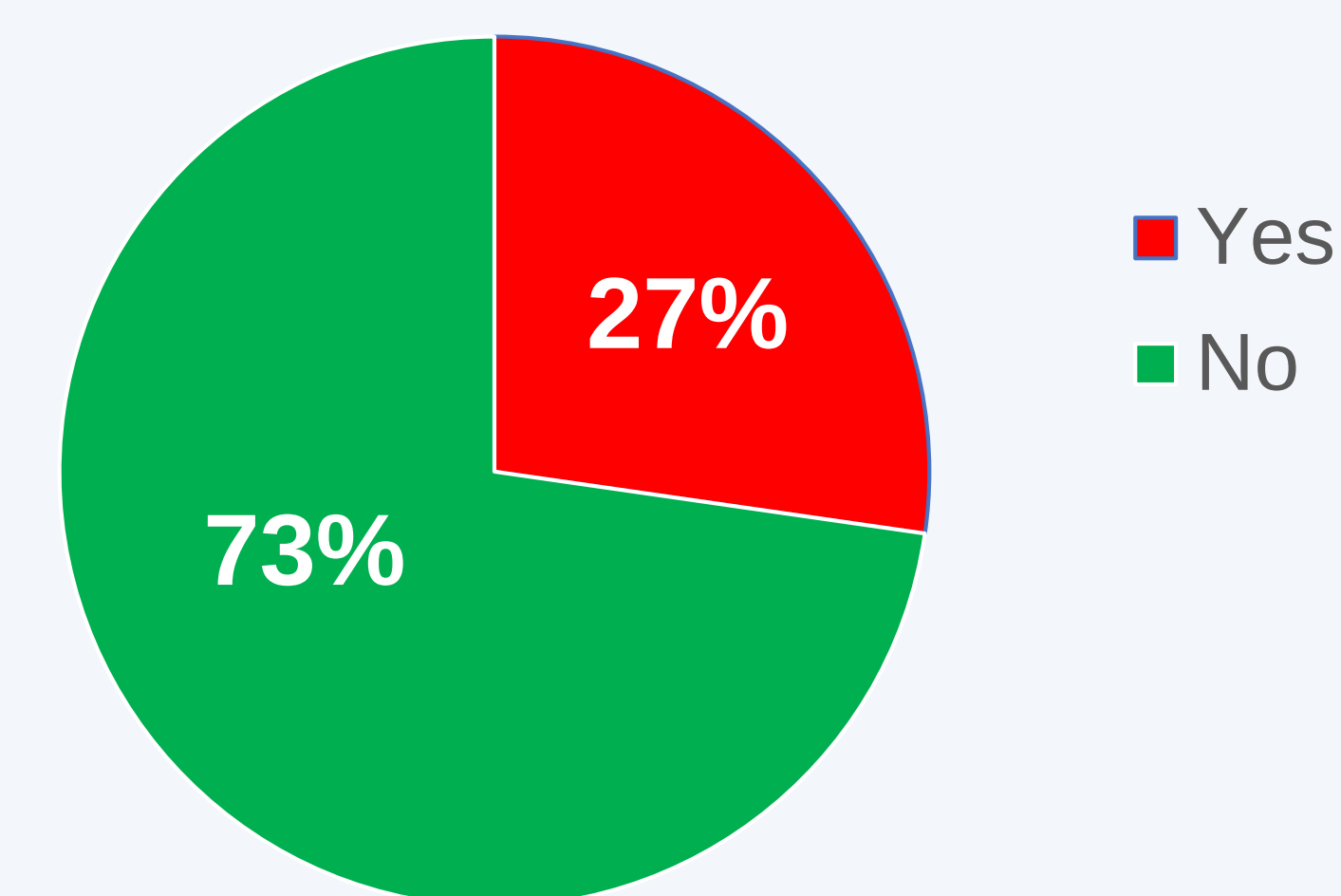


Figure 1. Percentage of Participants Experiencing Technical Issues Per Telehealth Session. Out of the 44 treatment sessions conducted as of January 8, 2021 only 12 had a technical issue reported.

Feasibility and Acceptability Outcomes

Session Attendance	100%
Mean (SD) Treatment Satisfaction Rating	4.92 (0.29)
Mean Improvement in Current Problems	72%

Table 1. Feasibility and Acceptability Outcomes. Session attendance: out of 6 sessions. Treatment satisfaction: Mean treatment session ratings from 0 (Poor) to 5 (Excellent) for helpfulness and convenience. % Improvement question: "By the end of the treatment period, how much improvement in your current problems do you think has occurred?"

RESULTS (cont.)

- All family members were white non-Hispanic mothers with a mean age of 56.6 years old (SD 5.8).
- 71.4% of the mothers coded for major depressive disorder, another 71.4% coded for at least one substance use disorder, and 14.3% of which coded for at least one anxiety disorder.
- 100% of family members would recommend the program to others.

CONCLUSION

- Preliminary data suggest that the CRAFT for early psychosis protocol is feasible and acceptable.
- We will use feedback from the focus group, session surveys, and treatment satisfaction interview to improve the treatment protocol to reassess feasibility and acceptability with a new sample of N=10 families and clients.
- The final treatment protocol will serve as the active treatment in a pilot randomized controlled trial comparing CRAFT early psychosis to treatment as usual.

LEARN MORE



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