

About CRAFT

AHA works with a method known as CRAFT, a communication approach directed at family members of people with substance use issues, i.e. alcohol and drug problems. The method is designed to support the individual's family members, and, in many instances, this results in a person with substance use issues adopting an alternative life choice. Through individual and group discussions, AHA seeks to build up a discussion structure based on the CRAFT method. The method is aimed primarily at supporting family members by adopting an evidence-based approach that complements the various support services available within the Municipality of Örebro and throughout the county. CRAFT instructs family members on how to alter their environment, and by doing so alter the dynamics of their relationship.

Family members learn the skills required to change their lifestyle and improve their well-being, regardless of whether the individual with substance use issues changes or not. CRAFT also instructs family members on how to moderate or cease behaviour that could facilitate continued substance use.



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www.aha-forening.org



Search for AHA Örebro



Are you
concerned
about
someone
close to you?

Information about AHA in the County of Örebro

AHA is an association that provides support for people who have a family member with substance use issues.

AHA is a non-profit association, with no political or religious affiliation, through which family members can help other family members. We use our own personal experience as a starting point, and we work with established, research-based tools to improve the family members' well-being. Everyone within the Association is bound by a duty of confidentiality.

We cooperate with different bodies and on various levels within the County of Örebro, including the Addiction Centre, municipal authorities, social services, and the police. The aim is to exert an influence and collaborate around addiction problems in a manner that is both comprehensive and inclusive.



We offer

- Staffed out-of-hours telephone service
- Telephone advice line
- Individual advice
- Self-help groups
- CRAFT-inspired advice (see www.craftsverige.com)
- CRAFT-inspired study group



What does it cost?

To make use of the help and facilities that are available, you must be a member of the Association.

The membership fee is 200 kronor per year, which gives you access to everything we have to offer.

You can also take out associate membership, which costs 100 kronor per year. This is designed for those who are not in direct need of our help but who would still like to support us.



How do I pay?

The fee is 200 kronor for full membership or 100 kronor for associate membership.

Payment can be made into plus giro account number 17 31 89-2, or by swish to 123 419 84 12. Please write 'Membership fee' in the box.



Where are we?

Our meetings and events take place at an anonymously located venue in the centre of Örebro.

The address is Drottninggatan 11

