

## Goals

1. To describe the CREST program
2. To identify several skills that are important to teach volunteer sponsors from religious communities
3. To identify some of the practical challenges to implementing CREST in a treatment program

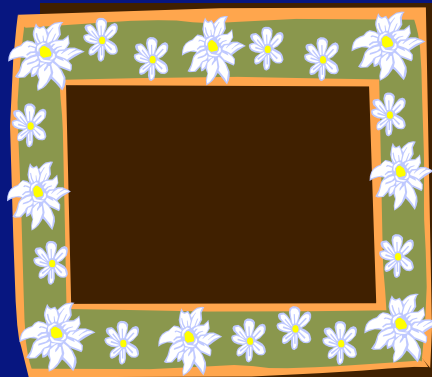
## Introduction to the CREST Program

Consists of two components:

Volunteer Sponsors or  
Community Anchor Persons  
(CAPs)



Group Meetings



## **Community Anchor Persons (CAPs)**

- **Well-functioning women who belong to a religious or spiritual organization**
- **Do not need to be in recovery**
- **Recruited by Group Leader**
- **Representative of clients' religious denominations**

## **CAP Recruitment**

- **Contact clergy or church representative responsible for outreach**
  - **Provide 1-page flyer**
- **Present to congregation**
- **Encourage word-of-mouth**
- **Advertise in community paper**

## **CAP Selection**

- **Reliable**
- **Able to connect with another person and be supportive**
- **Nonjudgmental and accepting**
- **Good listener**
- **Patient**
- **Interested in helping others**
- **Member of a faith community**
- **Good connections to the local community**
- **Good role model**
- **Able to advocate for the client**

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## **CAP Responsibilities**

- **Help the woman become connected to a religious or spiritual community**
- **Also connect to needed social services, education, etc.**
- **Maintain the confidentiality of all *CREST* participants**
- **Attend weekly activity meetings, CAP training, supervision meetings**
- **Make daily contact with the mentee**
- **Follow safety guidelines**

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## CAP Training

- 14 - 16 hours
- Orientation
  - History of program
  - Expectations and responsibilities of CAPs
  - Overview on addiction
  - Confidentiality and safety
  - Setting limits (e.g., Asks CAP to baby-sit, hold money, etc.)

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## Matching CAPs and Recovering Women

- Natural Selection
- Preference Ranking
  - Women
  - CAPs
- Matching based on preferred faith community and church

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## What To Do with Unmatched CAPs?

- Attend meetings and fill in for absent CAPs
- Help lead meetings
- Become secondary CAP to woman struggling

## Group Meetings

- Held weekly at treatment program
- Includes group leader, clients, CAPs
- Standard format for meetings:
  - Spiritual/Inspirational readings or songs
  - Abstinence celebrations
  - Activities that encourage social interaction

## Group Meetings Should Be

- Fun
- Inclusive
- Active
- Spiritual

## General Group Format

- Setting the mood
  - Music, food
  - Seating arrangements
- Welcoming arrivals
- Invocation/Opening reading
- Ceremony for welcoming new members
  - Developed by group members
- Abstinence celebrations
- Activity
- Closing

## Planning Weekly Group Activities

- Icebreakers
- Crafts and games
- Holiday Celebrations
- Skills Training
  - Time management
  - Problem-solving
  - Social skills training
  - Relapse prevention

## Planning Weekly Group Activities

- Vocational counseling
- HIV risk reduction, protection negotiation skills
- Other health education
- Domestic violence prevention
- Budgeting and financial management
- Outings

## Managing the Group

- Sensitivity to members' emotional states
- Monitoring interactions
  - Arrive early and stay late
  - Encourage welcoming and acceptance
  - Correcting cold or disrespectful interactions
- Using active listening
- Flexibility
- Generating enthusiasm
- Maximizing interactions

## Monitoring the Group

- Contact logs from CAPs and recovering women
- Relationship assessment
- Group activity rating and feedback
- Abstinence data

## Supervising CAPs

- **Group supervision at least every other week**
  - Forum for CAPs to raise issues
  - Focus on problem-solving and mutual support
  - Help CAPs evaluate progress with recovering woman and set goals

## Supervising CAPs

- **Contacts with CAPs during the week**
- **Individual supervision when necessary**
  - New CAPs
  - CAPs who are having trouble fulfilling responsibilities, developing relationship, utilizing training

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