

## Dear Friends,

As we look forward to this season of giving, we are thankful for the incredible support that South Shore Peer Recovery has received from the community. With your help, SSPR has supported and provided a safe setting for people facing the most difficult challenges of their lives – those suffering from substance use disorder and their families. One great example is the CRAFT (Community Reinforcement and Family Training) program that provides needed support and skills for families dealing with a loved one's substance use disorder.

When a loved one is involved in active addiction, families often sacrifice their own peace and happiness to keep their loved one safe and alive. They suffer sleepless nights, anxiety and other serious symptoms affecting their physical and emotional health. The 14-week CRAFT program is facilitated by peers with similar lived experiences who are trained to help family members connect with each other, learn new skills and encourage their loved ones to find treatment and recovery. In fact, 100% of our CRAFT program participants report improved quality of life and confidence in discussing treatment options with loved ones, while 70-80% report that their loved ones have entered treatment.

## Here is what some of our families say about the program:

“It’s helpful to hear how others interpret the program, how they try to implement it and how they get feedback from others regarding the challenges they face. It helps to not feel so isolated, knowing you’re not alone.”

“CRAFT provides parents with a framework for which they can be actively involved in a positive solution for their family.”

“This is a most valuable and accessible program. I found the program much more beneficial than individual counseling because of the insight and peer support.”

“It taught me a new way to talk to my loved one because the approaches I have been using are not working.”

CRAFT is just one of the family support and education programs offered at our Recovery Center in Scituate Harbor. We serve an average of 100 people in recovery and families each month and all of our programs are FREE, eliminating any barrier to participation.

We need your help to continue to provide this critical support for people in recovery and those who love them. Please show your support by making your gift today and bring the hope and joy of recovery to the South Shore!

*Wishing you peace in your heart and in your home.*

**MARK MULHERN**, *Center Director*

**MIKE BULMAN**, *Chairperson of the Board*