

Free Support to Help a Loved One

Culture Heals™ comes with free access to Allies in Recovery, an online learning platform teaching CRAFT (Community Reinforcement and Family Training) to families.

Join Allies in Recovery in Three Easy Steps:



- 1** Go to: alliesinrecovery.net/sign-up-sponsored
- 2** Enter your email address and the promo code, **"Alaska"**
- 3** Select **"The Tlingit & Haida peoples of Alaska"** from the drop-down menu and then follow the next steps to complete the registration.

About Allies in Recovery

Allies in Recovery is a training program for families who have loved ones struggling with addiction. Using CRAFT, the only behavioral training method designed for families and scientifically proven to work, you'll learn how to communicate, behave, intervene, and guide your loved one toward recovery.

Allies in Recovery

Allies in Recovery Will Help You Learn How To:

-  Act and speak with your loved one when they're using or not using
-  Influence your loved one's behavior by giving or withholding rewards
-  Step back and allow natural consequences, and why this works
-  Use best practices for self-care and why it's a critical part of CRAFT
-  Engage your loved one into treatment or recovery activities

“ Allies in Recovery has been a lifeline. I'm learning new ways to communicate with my son that's positive. This program has been a light in a 10+ year storm. **”**

~ program participant

Culture Heals™ is a free program funded by the Central Council of the Tlingit & Haida Indian Tribes of Alaska.

Culture Heals™ is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The program is not a specific treatment or intervention.