



## **What is an Intervention?**

# **An Act of Love for the Addicted Family**

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## **An Act of Love for the Addicted Family**

An intervention is one of the most loving things a family can do for an addicted loved one and themselves. It is a process that is based in fact and presented in a kind, non-judgemental, loving manner. Directed by a professional, the process allows the family to learn about addiction, so they have a better understanding of what they are dealing with, while confronting the addicted loved one and sharing their concerns and feelings.

The goal of the intervention process is to gently knock down walls of denial for everyone and convince the addicted loved one there is a problem. The family then offers a solution of recovery in the form of treatment. This process allows the everyone, including the addicted loved one to be taught about their rolls in the family and how to change the dynamics to support recovery. It allows the entire family to engage in the process and find a recovery solution together that works for each person involved.

Not all interventions are successful in terms of the addicted loved one going to treatment immediately, however, success can be defined by the change of rolls and behaviour within the family to promote recovery. Often, the seed is planted and although the addicted loved one may not go to treatment then, the door has been opened and the addicted loved one becomes aware of recovery and the possibilities. Many will go seek out some form of recovery as the reality of their situation sets in and the family withdraws financial and material support.

According to research, interventions work 85% of the time. The 15% who do not seek treatment at the intervention meeting are more likely to accept treatment within two weeks, if the family members are willing to follow through on the set limitations and continue to gain recovery support for the family as a unit.

## **The Steps of an Intervention**

**The First Call or Conference Call** – This call is a free consultation. Making that first call to reach out to a professional for help can be a difficult step to take. The first call usually comes from a concerned family member inquiring about a loved one’s addiction and needing to obtain some information on the process of interventions. At Families Do Recover – Interventions and Education (FDR), we are here to help provide guidance and direction and to support your family. This is done with highest level of ethics and confidentiality from trained Certified Intervention Professionals.

**Initial Consultation** - Developing a thorough but brief investigation into the history of the family/clients problems helps the interventionist understand the nature of the situation. It is also important to gather information on the dynamics of the family system and their personal struggles with the addicted person. A basic intervention assessment will be included in the package upon request, along with a contractual agreement. With the information gathered in this brief assessment, we can begin formulating a list of intervention options and best treatment resources available for the affected person/family. Each patient has a unique set of emotional and mental health issues that are best assessed prior to making a referral to a specific treatment program, with an end goal of making the placement into the most appropriate rehabilitation facility.

**Intervention Preparation:** This step involves supporting and working with the family in order to prepare the selected group of participants and review the steps and processes of getting ready for the intervention. This is when the intervention group members need to be completely honest and remember that an intervention is not a place to solve all the family conflicts. Rather, it is designed for the family to share their concerns and ask their addicted person to get help. This is not to say that the family, friends or employers are not being affected by the addicted loved one’s behaviors, but this is not a time for therapy; it is to determine who will participate in the intervention process and the final intervention with the addicted loved one.

**Pre-Intervention Sessions** – An intervention is not just about the addicted loved one going to treatment. The intervention is a process for everyone in the family to learn and understand what addiction is and how everyone has been affected. A complete intervention is usually 3 days and the pre-intervention sessions are filled with valuable information for the family to learn to cope with the dysfunction addiction has created in the family unit. Day 1 and half of Day 2 are devoted to education and some counselling to provide new coping skills for the family. The family is taught a new perspective in helping the addicted loved one that allows them to take responsibility for their behavior and actions. This forces the addicted loved one to accept the consequences of their addiction and accountability for their lives.

The second half of Day 2 is used for writing the intervention impact statements. The family members take the time to consider what they are willing to withdraw in the form of financial and material support to motivate the addicted loved one to enter into recovery. Each family member prepares what they would like to say to the addicted loved one. Often, family members choose to write a letter to be read in the intervention meeting. Others choose to make notes they can refer to. During this process, the interventionist guides each family member to clear and concise. Although this is an emotional process, it is important that all the information used in the letters or notes is fact. By sticking to facts, the addicted loved one has less ability to manipulate or dispute what is being said.

The last part of Day 2 is used to do a “run through” or rehearsal of the intervention meeting. This allows the family members to practice delivering their statements and the interventionist can give any objections the addicted loved one might have. This allows the family members to be prepared and not be caught off guard by the loved one’s response or reaction.

**Treatment Coordination:** FDR provides treatment referrals/coordination in both the U.S. and Canada. A person may have addictions as well as complex mental health issues that need to be addressed while in treatment. It is very important that FDR sends patients to the best treatment facility for their specific needs. The interventionist will coordinate this process, including the family in the decision, by gathering information on at least three treatment programs as well as information regarding financial costs and family budgets for treatment. An important aspect of making a referral to treatment/drug rehab is that it fits the patient's needs as well as the family's budget. FDR does not work exclusively with any one treatment program; however, we are familiar with many treatment facilities both in the U.S and Canada.

**Intervention:** The intervention session will include the addicted loved one and the people in the intervention group. These are individuals who have been carefully selected during the pre-intervention meetings led by the interventionist with a detailed, orchestrated, and appropriate action plan that is discussed and accepted by all involved. Group members will be prepared with their written material the meeting is directed by the interventionist.

**Transportation:** Upon the conclusion of the intervention, we will arrange and assist with transportation of the patient to the selected treatment program. This may include an extra cost for the family, depending on the specific needs of the addicted loved one and treatment location.

**Intervention Aftercare Services:** There is a post-intervention review and follow up for 14 days that involves case monitoring of the patient's care at the selected treatment program and consultation with family members by email and/or telephone, as needed. Family recovery management is available and strongly suggested for 1 to 12 months following the intervention. FDR will also make appropriate referrals to other professionals for family members as needed. It is very important for all family members to gain support for healing and to start on the road to their own recovery. Please be mindful that the whole family needs to change their old ways of responding to the addicted person.

**The Outcome:** The outcome of an intervention is always different for each family. If the patient refuses treatment on the day of the intervention, it is NOT a failure although it is an emotional letdown for all involved. The reason why interventions are most often sought out is because 85% of patients make the decision to access treatment either at an intervention meeting and/or after the intervention.

## **After the Intervention**

After the intervention can be a challenging time for families. It is strongly suggested that family members engage in their own recovery that involved education, a support group or 12-step group and counselling. Whether the addicted loved one went to treatment or not, the family unit still needs support and healing. If the addicted loved one did go to treatment, family members need to learn how to support that person's recovery in a positive manner and that is going to require changing behaviour and family dynamics. If the addicted loved one did not go to treatment, family members are going to have to stick to the plan they outlined in the intervention. It is going to be imperative they learn how to withdraw financial and material support while maintaining an emotional

connection with the addicted loved one. Connection is vital to helping someone from addiction to recovery. Having a support group and other people in the family member's circle of friends that are understanding and supportive is critical to healing the family members individually and as a unit.

Families Do Recovery – Interventions and Education is available for support, coaching and counselling. If you have any questions, please email [Jodi@FamiliesDoRecover.com](mailto:Jodi@FamiliesDoRecover.com), find us on [Facebook](#) or call 778-241-5988.