

7-Stage Crisis Intervention Model

This type of intervention includes stabilization, crisis resolution, and mastery of new coping strategies. A crisis counselor typically guides the process from start to finish.

Check for imminent danger

If the precipitating crisis is an overdose, then seeking medical attention should be the very first step.



Establish contact

The crisis counselor will reach out to your loved one and establish a therapeutic relationship.



Explore feelings and emotions

You can't move on from a critical event like a relapse or an overdose (or the end of a relationship or the death of a loved one) without feeling your emotions. The crisis counselor will help your loved one understand and process those feelings in a safe way.



Identify the problem

Every crisis has a chain of events leading to it. The more that we understand the background behind a crisis, the better we can avoid replicating it again.



Generate coping strategies

Drug and alcohol use often starts as a maladaptive coping mechanism before addiction begins. In this case, treatment is often necessary before your loved one can use coping skills to their greatest advantage.



Restore functioning

You'll create an action plan to help your loved one meet their goal of functioning again post-treatment. In an addiction crisis, this stage and the previous stage often overlap.



Plan follow-up

Addiction treatment isn't a one-time deal, and having crisis intervention after an overdose doesn't mean that you're cured.



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