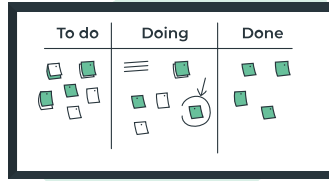


What Are The Stages Of The Intervention Process?



Form The Intervention Team

The first step is to decide who should be involved. It's best to limit the intervention team to people who are directly and closely involved with the person who has SUD.

Plan and Prepare

Now's the time when you choose an intervention model, decide if you want to work with an interventionist, and decide where the intervention will take place.

Write An Intervention Letter

Every person who's part of the intervention team should write a letter describing how their loved one's addiction has harmed them.

Stop Enabling Behavior

Make sure everyone on the intervention team is on the same page about enabling. It may feel like you're helping, but enabling behavior only shields your loved one from consequences and lets them keep being irresponsible.

Find A Treatment Program

It's always best to have a treatment program chosen and a weekend bag packed before the intervention even begins. That's because it's not uncommon for a person with SUD to accept treatment, then change their mind before they get there.

Agree On The Consequences

Work with your team to choose consequences that make sense for the situation. If your loved one doesn't go to treatment, you all should be on the same page about what happens next.

Choose The Time And Location

The time and the location can have a huge impact on how an intervention goes. Choose a place that feels safe, like your loved one's home.

Learn and Rehearse

Now's when you and your team rehearse what you're going to say and in what order. In many cases, it's helpful to have a therapist or an intervention specialist on hand at this point.

Prepare For Anything

Spend some time anticipating the reactions that you may encounter. That's not to say that anything will go wrong, but interventions aren't always known for being emotionally neutral encounters.

Conduct The Intervention

This is the part where the intervention begins. You and your team will sit down with your loved one and speak in turns according to the plans that you made in earlier stages.

Intervention Follow Up

The final stage depends on how the intervention went and what model you used. There could be additional meetings that continue until your loved one agrees to go to treatment. If your loved one agrees to go to treatment right away, you might make a follow-up plan for when they come home from treatment.



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