

The Complete Guide to Drug and Alcohol Intervention

What is an Intervention?

An intervention is a planned meeting where friends and family members try to convince a loved one to seek professional help.

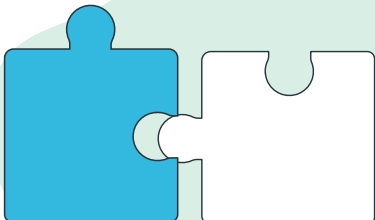


What is the Goal of Drug and Alcohol Interventions?

The goal is usually to get your loved one into addiction treatment and to stop using substances.



What are Examples of Substance Abuse Interventions?



When to Intervene for a Loved One

It is time to intervene for a loved one when their substance abuse is:
Threatening their own, or someone else's life, health, and wellbeing.



1. Johnson Intervention Model
2. ARISE Intervention Model
3. Family Systemic Intervention Model
4. 7-Stage Crisis Intervention Model

Why Is An Early Intervention Essential?

Early intervention can prevent drug-related damage to your body such as brain, heart, and lung damage.



Perceptions of Intervention

The media and the public at large often have false perceptions about how drug and alcohol addiction interventions are conducted.



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What Are Intervention Models?

Johnson Intervention Model

The Johnson Intervention model focuses on planned confrontation with the goal of getting the **SUD** target into treatment.
SUD = Substance Use Disorder

First Meeting

A primary caregiver works with a therapist to assess which loved ones should be involved in the intervention.



Second Meeting

The caregiver and loved ones will discuss the dangers of enabling, the intervention strategy and associated goals.

Third Meeting

The network of caregivers and loved ones confront the recipient of the intervention, usually with a therapist present.



ARISE Intervention Model

The ARISE method is a family-based intervention that marks itself with a respectful, coercion-free approach that comes from a place of love.



Level 1: The First Call

The process starts when a concerned family member receives phone coaching with the end goal of your loved one attending the first meeting

Level 2: Strength in Numbers

During and between meetings, the Intervention Network acts as one, so everyone interacts with the subject of the intervention together.



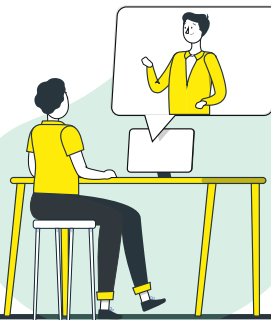
Level 3: Formal ARISE

It's rare for a person with SUD to need level 3 of ARISE, but if necessary, it's very effective!

Family Systemic Intervention Model

Family Involvement

Every conversation involves the family and the target, so everyone gets a chance to speak.



Weekly Meetings

Family Systemic Intervention can last for months with meetings every week.

Positive Encouragement

Meetings both giving and receiving positive encouragement and emotional support.



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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.



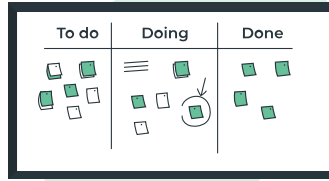
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What Are The Stages Of The Intervention Process?



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.

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.

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.

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.

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.

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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How Much Does An Interventionist Cost?

Are you considering using a professional interventionist?
Professional intervention services give you access to addiction expertise.

Training / Degrees

The cost of an intervention is increased based on the interventionist's degrees, credentials and specialized training.



Package

What is covered in the Interventionist fee? Is lodging and transportation included or an added expense?



Expertise

The intervention model is a major factor in determining the time it takes to complete the interventions and thus the associated costs.

Benefits of Working With A Professional Interventionist

An interventionist can help you with all the logistics and planning involved in having an intervention. That frees up time for you to spend thinking about how to best support your loved one.

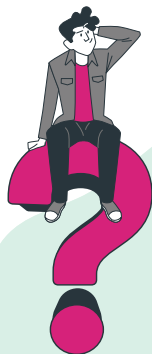


A Personalized Approach

A personalized approach that takes into mind your loved one's circumstances and situation.

Neutral Third-Party

The presence of a neutral third-party, which can be useful if the confrontation goes sour.



Different Models of Intervention Expertise

Expertise on the different models of intervention so you can use the right one for your loved one's needs.



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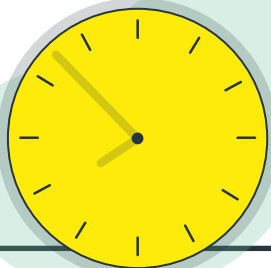
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Tips for a Successful Intervention

Don't fret too much over the success of the intervention. Rather, take its success into your own hands by planning it carefully and thoughtfully.

Choose the right time to talk

It can be impossible to find a good moment for an intervention, especially when your loved one is always under the influence.



Rehearse, rehearse, rehearse

Roleplay the intervention before it happens. You'd be surprised how tearful an intervention can get, and the heat of the moment can cause you to lose what you were going to say.



Be careful who you invite

Your intervention team should only include people who have a good relationship with the person in question. That means no inviting estranged family members who want a second chance.

Use open body language

Be conscious of what your body is saying! Sit with your legs uncrossed, look at your loved one while speaking, and lean in. Don't clench your hands or sit stiffly.



Speak in the right order

The goal of an intervention is simple... you've done well if the intervention ends and your loved one goes to treatment. Think about the script order before the intervention starts.

Get Your Loved One's Intervention and Treatment Started

At Bedrock Recovery Center, we offer comprehensive drug and alcohol addiction treatment that includes Detox Programs, Residential Inpatient Programs, Medication Assisted Treatment (MAT) and more.

Visit The Bedrock Website

Visit our website: [BedrockRecoveryCenter.com](https://www.BedrockRecoveryCenter.com) and fill out a form or email Bedrock at: hello@bedrockrecoverycenter.com



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