

## What is an Intervention?

An intervention is an unconditionally loving, non-judgmental, and factual confrontation directed by a professional interventionist in which friends and relatives perform a great act of love!

An addiction intervention is a lifesaving mission whereby loving family members and concerned friends or employers are educated about addictions and mental health, led by a trained addiction interventionist for the purpose of helping a loved one, providing them with an opportunity for recovery.

- directed by a trained interventionist
- confrontation from family and friends
- great act of unconditional love
- education on addiction and mental health – related topics

**What is the goal of intervention?** To gently knock down the walls of delusion and denial, convincing the loved one that there is a problem and that recovery is possible. Interventions are not just for the addicted person, it is for the entire family system.

- break down the cycle of denial for the untreated person and whole family
- educating the untreated person on recovery and treatment

**What is the objective of an intervention?** The objective is to educate, facilitate change within the structure of the family environment to promote recovery. If the IP (Identified Patient, Intervened upon Person) does not agree and accept treatment, the family has gained recovery resources from the intervention process to continue on with their recovery process.

- to educate the family system and promote recovery
- build on coping skills and create personal recovery resources within the family system

**Facilitation of an Intervention:** Facilitating a pre-intervention involves family meetings, collaboration and unifying the family unit, addressing and educating the family on the importance of identification of addictive patterns and behaviors within the family system.

Defined and identified the type of intervention such as; chemical dependency, sex addiction, eating disorders, mental health, behavioral addictions, video games, gambling addiction and /or relationship dependencies.

- identified the type of intervention
- collaboration and unifying the family unit
- family meeting preparation
- addicted patterns in the family

**Intervention is an Act of Empathy Rather than Sympathy:** When family members stop reacting by not engaging and debating with the identified person, the process of recovery and healing happens for the family unit. An Interventions becomes a “WIN – WIN” for all the family members and IP (Identified Patient and Intervened upon Person).

- not reacting, engaging and debating with the IP
- understanding the importance of being empathic rather than feeling sorry for the IP

**What’s the success rate for interventions?** 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, as long as the family members are willing to follow through on the set limitations and continue to gain recovery support for the whole family unit. Interventions are a successful process that helps the whole family and friends understand the cycle of addiction also it helps to create recovery resources.

- 85% success rate of IP’s accept treatment on the day of the intervention
- 15% of IP’s access treatment within two weeks of an intervention
- Families sets boundaries and limitation/and stay consistent
- Practical recovery resources for the IP and the family members
- Family unifying and agrees to accept professional help
- 90 days of follow up with therapy and attends a family program

## THE STEPS OF INTERVENTION:

**First Call/Conference Call (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 CanAm Interventions, 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 best rehabilitation facility.

**Intervention Preparation:** This step involves supporting and working with the family or business in order to prepare the selected group and review the steps and process of getting ready for the intervention. This is where the intervention group members need to get 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 patient behaviors. This is not a time for therapy; it is a time to express the truth in a loving way, with help from an interventionist.

**Treatment Coordination:** CanAm Interventions 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 CanAm Intervention Service send the patient 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. CanAm Interventions 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 person 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. Each group member will be prepared with their written material and directed by the interventionist. A mock intervention session meeting will be held prior to the actual intervention in order to ensure that everyone is fully prepared.

**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 person and treatment location.

**Intervention Aftercare Services:** There is a post-intervention review and follow up for 7 days that involves case monitoring with 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. CanAm Intervention Services 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.

## Steps to performing an Intervention

### Step1. Assessment & Treatment planning

- This is a very important part of the intervention process. This is the time that all participants get to meet the interventionist.
- The interventionist will educate and support the family and friends in order to prepare everyone for the day of the intervention.



1. Screening and Gathering Information
2. Finalizing the Intervention Contract/  
Family's Commitment
3. Intervention preparation /  
Intervention Approach
4. Family and Patient Treatment  
Planning
5. Treatment Resources and Referrals
6. Preparation of Letters writing
7. The importance of family group  
process

**Step 1:** Make a list of the meaningful people that surround the chemically dependent person and is affected by their addictions.

**Examples:** Parents, siblings, children, friends, boss, co-workers, clergy and medical doctor.



**Step 2. Education & Preparation meeting:**

- The goal and work of an interventionist is to “break through the cycle of denial” within the family system using education tools for the entire family.
- The goal at the preparation meeting is help the intervention group process their feelings and identified their role in the IP life.
- The interventionist will help the family to decide if the intervention will be a surprise or invitation approach intervention.



**Discussions may include;**

- Setting health boundaries & limitations
- Enabling and codependency behaviors. Educating the family on the disease model and mental health diagnoses.
- Breaking the cycle of denial within a family system.
- Education on importance of healing and process of recovery and community services for the whole family is a way out of the chaos.
- Letter writing assignments using two letters approach.
- First letter approach ( love approach)
- Second letter approach (bottom lines)

### Step 3. Rehearsal Meeting & Process Meeting:

- Rehearsal meetings are important for many reasons; having a “*Mock Presentation*” and/or a process meeting can help sort out any issues either for a surprise or a systemic approach intervention.
- For a surprise approach intervention, the selected group members will read both letters with support from the interventionist to make changes as needed prior to the intervention meeting.
- Preparing prior to the intervention, family members may be holding back on sharing their truth about the IP.
- This is not about beating up the untreated person/IP – intervention preparation is mostly making sure that each family member can share their own truth before the intervention process, which helps the family to be more connected emotionally.



### Discussion will include:

- Group participants will read both letters to be prepared for the day of the intervention.
- If the IP does not go to treatment on the day of the intervention, how to deal with that process.
- Using other family members as a back up to help the interventionist containing the IP.
- Other discussions are addressed, such as; preparation for the family if the IP does not go to treatment on the day of the intervention.
- The interventionist will inform and remind the family to follow through on the intervention plan even if the IP does not accept treatment. It is not a failure if the IP did not accept treatment on the day of the intervention. *There is an 85% success rate of the Intervened upon Person accepting help -- only if the family follows through on the boundaries set in the second letter after an intervention.* It is important for the family to take part in the “*Recovery Management Aftercare Plans*”.
- The interventionist can continue to work with the family for 6 months to two years and make other referrals on the community.

### Treatment Referrals and Coordination :



- Each IP has many needs that need to be addressed while in treatment.
- The family depends on the interventionist to direct them to find the best treatment modalities for their loved one.

### Transportation Arrangements:

Upon conclusion of the intervention, based on the acceptance of treatment from the IP, travel arrangements such as;

- Assist with moving the IP into the selected treatment program can be arranged with the interventionist prior to the intervention day.
- This is usually discussed at the pre-intervention meeting.
- This may include an *extra cost* depending on details such as; the addicted person may need to stay overnight with the interventionist while waiting to attend treatment the following day or it may be a long way to travel to the selected treatment program.

- a. It is very important that the addicted person/IP is sent to a treatment facility that will meet the IP / family's needs such as; budgets, insurance, gender, mental health diagnoses, type of addiction, and location.
- b. The key component is to choose a treatment program that fits the addicted person's/ IP needs while meeting the family's budget.
- c. The interventionist coordinates this process by gathering information on three different treatment programs and offers these options to the family, prior to the intervention meeting.
- d. **Make arrangements for treatment.**
- e. **Make plans and organize any necessary treatments that should immediately follow the intervention.**
- f. **Choose the facility and make prior arrangements, considering all elements including location, quality of treatment, and good fit for the offender and financial implications of the treatment.**



#### Step 4. Intervention Meeting:

Intervention day – it's time to take action.

- The family has been waiting for this day, and it has taken lots of hard work and preparation for the intervention process to commence.
- The Intervention sessions will include the IP and “*family & friends*” that have been carefully selected at the pre-intervention meeting.
- The intervention meeting is led by the Certified Intervention Professional with a detailed, orchestrated and appropriate action plan that has been accepted and discussed by all group members at the pre-intervention and rehearsal meetings.
- Have a signed release of information by the IP and the Family for the selected treatment program.
- Ensure the safety and security of the environment beforehand i.e. no disruptions etc.



#### Group Participants:

- Each group member will be prepared with their written material for a surprise approach and/or on time for the invitational approach.
- a. Confront the individual with care and respect with everyone present in a private setting.
- b. Do not engage with the IP/follow the script.
- c. Come from a place of loved in a calm state.
- d. Express the need that your whole family needs help.



**Post - Intervention Aftercare Services:**

- o Post-intervention aftercare and follow-up is important for the family, as this acts as insurance for the family and the IP. This becomes the first step of change, implemented by the interventionist/family consultant.
  
- a. It is important to follow up with the treatment program to track the IP's progress and to implement a family treatment plan to move forward.
- b. Case management is very important for monitoring patient care at the treatment program.
- c. Follow-up with the family members by email, telephone and/or conference calls keep the family informed and reassured.
- d. It is very important for the Family Members to gain professional support and be accountable to recover as a family.
- e. It is not just about their loved one changing, the family also needs to change their old ways of responding to the IP and make changes in their ways of reacting to negative behaviors.

If you know someone that is struggling with addiction or mental health: We at **CanAm Interventions** offer Alcohol/Drug Interventions, Family Intervention Treatment & Mental Health Interventions and specialize in Adolescents Interventions. **Treating Individuals and Families for over 23 years.**

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