



CANAM INTERVENTIONS

Intervention Services

DRUG INTERVENTIONS:

What is the definition of A drug intervention? A drug intervention describes the situation of a person that is having some type of trauma/crisis intervention in their life. A drug intervention is mostly requested from concerned family members/friends and facilitated by a professional. Intervention - are using evidence-based techniques similar to therapeutic/group counseling.

* Intervention Drug Services California, United States

* Interventions Drug Services Vancouver, BC, Canada.

*We are certified intervention professionals, equipped to deal with family crises/chronic drug addictions by providing drug interventions for the toughest complex cases.

CanAm Interventions has highly educated and qualified Intervention Professionals and Addiction Specialists who can advocate for your families and persuade someone that is abusing drugs to accept treatment.

At CanAm Interventions, we are like "Addiction Fighters".

Drug addiction is cunning, powerful, self-harming and affects the persons closest to the drug addict. At CanAm Interventions, our motto is that "any person that has an addiction problem can lose the desire to use and find recovery through the gift of intervention treatment".

ALCOHOL ADDICTION INTERVENTIONS

What is the definition of an Alcohol Intervention?

A alcohol intervention describes the situation where an individual having a drinking problem is treated, using professional intervention techniques. A professional interventionist is privately retained by families or friends to facilitate a group intervention meetings.

At CanAm Interventions we provided Bay Area interventions and Vancouver interventions. Our consultants have extensive experience facilitating alcohol Interventions. It is very important for loved ones to become educated on alcoholism and gain an understanding of the effects of an untreated alcohol-addicted person.

The definition of Disorder of Alcoholism from the Mayo Clinic states that alcoholism includes an inability to control drinking despite health and social consequences, preoccupation with alcohol, physical dependence on alcohol, and denial of drinking. Symptoms include five or more drinks daily for a man or four for a woman, the need to start each day with a drink to feel guilty over drinking. Treatment may involve Intervention, individual or group counseling, an outpatient program, or a residential inpatient stay in a rehabilitation center.

People who are addicted to alcohol can have long-term stable jobs, have healthy-looking families and can appear to "have it all together".

Other examples of Alcoholics include stay-at-home moms having a glass of wine to deal with the stressors of being a mother, wife, and/or caregiver. Another type of Alcoholic is someone that is a hardworking person working a 9-to-5 daily job, providing financial support for their families.

An alcoholic does not have to end up on skid row and lose everything.

The progression of Alcoholism leads to the loss of control, inability to stop drinking alcohol and the need to drink alcohol in spite of the people they hurt, in order to continue to feel better physically, mentally and emotionally.

The Consequences of Alcohol Abuse can include:

- Losing jobs
- School interruptions
- Broken relationships or divorces
- Involvement in the criminal justice system
- Hospital visits, admission to psychiatric wards, and/or death
- The physical outcomes of alcohol abuse include liver disease, memory loss, cancer, brain damage, and loss of life.
- Alcoholism is a silent killer! Alcoholism is painful to watch, as a loved one is killing themselves, but recovery is possible.

ADDICTION INTERVENTIONS

CanAm Interventions has 22 years of experience working with addiction interventions, crisis interventions, detox interventions, treatment interventions and family interventions for addictions. There are many definitions of addiction. CanAm Interventions' definition and beliefs of addiction is that it is a complex illness that relates to behavioral and attachment issues.

Can Am Interventions research and findings over the last 22 years show clearly that persons with obsessive/compulsive behaviors will ignore the negative consequences despite self-harm to themselves or others.

The intensity of addiction involves an uncontrollable craving and the inability to stop using drugs/alcohol or practicing destructive behaviors, once addiction is activated. When the untreated person's addiction is activated, this triggers the use of a substance or self-harming behavior, such as ingestion of the first drink, first pill, or first substance, even in the face of devastating consequences. They become another person. They check out emotionally, mentally, physically and their thinking stops in terms of reality.

Most people begin experimenting with drugs or alcohol and/or self-harming behaviors for many reasons. Some of these reasons include: trauma in that person's life, the desire to fit in or be a part-of, the presence of peer pressure, or curiosity or the need to have fun. Persons that use self-harming behaviors, alcohol or drugs do not simply walk up to their drug dealer and/or a person selling liquor and say, "Can I be a drug addict or alcoholic or can I harm myself?"

An addicted person does not plan to become addicted or plan to lose everything in their lives. Some people become addicted from the first time they use drug or take first drink, and/or act out on self-harming behaviors. Some people who practice self-harming behaviors (such as disordered eating, gambling addictions, video gaming addictions and other addictions) may not become hooked immediately. Other persons, from the beginning of practicing such behaviors show signs of chronic addictive patterns and behaviors immediately, regardless of age, race, identity and/or living environment.

Another type of addicted person may become chronic over time with a slower process, working their way into addictive or self-harming behaviors such as lying, manipulating, denial of the problem, using negative behaviors to justified, minimize and rationalize their addictions and/or lifestyle.

INTERVENTIONS FOR YOUNG ADULTS

CanAm Interventions facilitates Young Adult Interventions the U.S. and Canada. We have extensive experience, with a 92% success rate of getting adolescents into alcohol or drug rehabs in order to deal with addictions/behaviors. We provide teen crisis interventions for families that are dealing with their young adult person's challenging behaviors, which can be a difficult/overwhelming situation without the help of a professional.

Addictive personality in adolescents can show up in negative behaviors, self-defeating actions, outbursts, drugs or alcohol addictions, acting out on self-harm, involvement in the criminal justice system, and repeated negative consequences due to the addictions.

It takes a special skill set to make the connection with adolescents. At CanAm Interventions, we are top interventionists specializing in dealing with young adults. We have facilitated drug or alcohol interventions and/or behavior interventions for young adults in Vancouver British Columbia, Toronto Ontario, San Francisco California, Halifax Nova Scotia St. John's Newfoundland and Moncton New Brunswick. These interventions include working with teens and their families in the development of alternative approaches for complex cases.

Unlocking the mystery of addiction for your son or daughter, parents tend to ask themselves, "Where did I go wrong?" Parents share with our counselors their feelings of guilt, remorse, and sadness, not knowing what steps to take next. Parents want to protect their child from the world of addiction, no matter what the age of the child. A parent's goal is to keep their child safe. We at CanAm Interventions can help make this happen. Professional intervention help is available today, you do not have to do this alone.

When you stop fighting your child's addiction, and start fighting for recovery, miracles happen.

23 million young people in America and Canada are addicted to drugs or alcohol.

Young Adult Addiction Warning Signs:

- School performance and grades are progressively declining
- The use of outside influences to feel good about themselves
- Tendency to push family members and close friends away, and to not attend family functions
- Parents noticing their loved ones are sick more than usual
- Young adults hanging out with new friends and/or not meeting curfews
- Prescription drugs and alcohol are going missing from the home
- Irritability, loss of interest of school or sports, or emotional withdrawal
- Criminal activity and involvement with police and/or violent behavior
- Red eyes, poor personal hygiene, decreased body weight, needle marks, scratching and/or picking at the body
- Mood swings, depression, anxiety, dishonesty, and secretive and suspicious behavior

SEX ADDICTION/LOVE ADDICTION INTERVENTIONS

CanAm Interventions provides interventions for sex addiction. Those that live with sex addiction are unsure of how to stop the cycle of self-abuse so they tend to hide behind the shame of asking for help.

What is the definition of Sex Addiction?

Sex addiction is based on a person's compulsion and need to have dysfunctional sexual relationships and/or find ways to act out on their sexual drive as a need to find intimacy. Sex addiction is progressive, and finding ways to act out on sex addictions becomes the addict's way of life and the way to feel loved by another person.

What Are the symptoms of Sex Addiction?

Sex Addicts are not persons that crave having sex all the time. The addiction usually stems from shame, anxiety, depression, attachment and /or some underlying problems.

What is the definition of Love Addiction? Love addictions is considered a condition of a need to be loved. Love addicts tend to find partners that are not available in the relationship and will not return affection, they feel much neglect and rejection.

Sex Addiction Interventions:

- The studies states that sex addiction is mostly due to loneliness, depression, anxiety and an overwhelming fear of someone finding out about their sexual fantasy. There are negative results that come out of sex addictions such as being completely preoccupied for hours and days with thoughts and behaviors related how to engage in sexual fantasies.
- Much like chemical dependences, sex addiction is another form of trying to exert control, denial, justification, dishonesty, often resulting in the addict hurting the people closest to them. Sexual addictions interventions includes; pornography addictions, illegal sex addictions, sex with under age persons, non-consensual sexual acts, hiring prostitutes, and attending strip clubs. All sex addictions can be treated with professional help. It is very important to have professional help to engaged with your "loved ones" and find the best treatment modality that specializes in sex addictions.

INTERVENTIONS FOR BEHAVIORAL ADDICTIONS

What are Behavior Addictions?

CanAm Interventions provides Interventions for Behavior Addictions, which are defined as negative actions and/or behavioral patterns that involve negative consequences by self-harm and/or harm to others. The symptoms of behavior addictions can show up with similar characteristics as those of someone with a chemical dependency/addiction, but without the individual using drug and/or alcohol.

An example of behavioral problems is a young adult acting out in school, sabotaging their family relationships, swearing, aggression and fixation on having control over everyone and anyone in their lives and mostly focused on the need to control outcomes of situations.

Persons with behavior issues put themselves in risky situations, developing other addictions such as gambling, unhealthy relationships, love addictions, clothing addictions, spending addictions, violent behaviors, and passive and aggressive behaviors. Mostly behavior addictions come from not learning effective coping skills to deal with life stressors, emotional issues, and/or mental health diagnoses.

We at CanAm Interventions can help. Call today. Giving love and making connection is key for the treatment of Behavioral Addictions.

The American Society of Addiction of Addiction Medicine (ASAM) definition of Behavior Addictions makes a departure from equating addiction with just substance dependence, by describing how addiction is also related to behaviors that are rewarding.

Information taken from: The Good Drugs Guide.com - Not all addictions involve ingesting a substance. In fact, behavioral health problems can cause as much if not more damage to the health, finance, and livelihoods of those affected. Behavioral addictions occur when someone participates in an activity to the point where it negatively affects their lives, and they are unable to stop doing so. The compulsion to do the activity gets in the way of the addict's ability to sleep, work, or have meaningful personal relationships.

What is the definition Gambling Addiction?

Compulsive Gambling, also called Gambling Disorder, works on a reward system much like drugs such as alcohol can, leading to addiction. Many people enjoy trying their luck in a game of chance. There is a certain "rush" associated with the possibility of winning. When this behavior become compulsive and the gambler can't control whether they want or need to continue playing, they are dealing with a full-blown addiction.

What is Food Addiction?

Do you eat to live or live to eat? Not only do we need nutrition to keep our bodies healthy and functioning properly, but eating is a very pleasurable experience. The sight, smell, and taste of food are all part of it. What and how much we choose to eat can affect the brain, and is all part of the reason some people become addicted to it.

What is the definition Sex Addiction? Compulsive sexual behavior, the clinical phrase for sex addiction, is what experts call a Progressive Intimacy Disorder, meaning that it worsens the longer it's left untreated.

You may not have thought of it like this, but sex is a mind-altering experience. Being a sex addict isn't the same as having a high sex drive, although some addicts do act out regularly on their impulses. When you get caught up in sexual behaviors as a way to zone out or get a high rather than to intimately connect with your partner, you are a sex addict.

What is the definition Love Addiction?

Love addiction is a human behavior in which people become addicted to the feeling of being in love. Love addicts can take on many different behaviors. Love addiction is common; however, most love addicts do not realize they are addicted to love.

Love addiction isn't about love at all. It has to do with the addict's need to either be in a relationship or to hang onto the person they have fixed on at all costs. As a result, they strive to become the person they think their partner wants, up to and including tolerating bad behavior and abuse. Other love addicts can't let go of the relationship, and become stalkers.

What is the definition Porn Addiction?

Pornography addiction is a conceptual model assessing behavioral addiction characterized by compulsive, repeated use of pornographic material until it causes serious negative consequences to one's physical, mental, social, or financial well-being. This definition does not explicitly include porn addiction.

When a person's interest in looking at pornographic images goes from something that is a part of their life to the focus of a good portion of their time and energy, they are in the midst of a porn addiction. Some people spend hours or days at a time looking at or thinking about porn, which has an effect on their real-world relationships.

What is the definition of Work Addiction?

There is no generally accepted medical definition of such a condition, although some forms of stress, impulse control disorder, obsessive-compulsive personality disorder, and obsessive-compulsive disorder can be work-related. "Workaholism" is not the same as working hard.

From the time we are children, a lot of us are taught that working hard is something desirable. When we are looking for work, we want to impress the employer with the fact that we are responsible and will diligently perform our duties if hired. The slippery slope from wanting to do well on the job and work addiction starts when work becomes the focus on the person's life and the person can't stop thinking or obsessing about work.

What is definition of Exercise Addiction?

Exercise addiction is an unhealthy obsession with physical fitness and exercise. It is often a result of body image disorders and eating disorders. Exercise addicts display traits similar to those of other addicts

An exercise addiction is another example of someone participating in an activity that when done in moderation is considered a good thing. Over time, the person with this kind of addiction issue starts to behave compulsively around exercise. They work out longer, and more intensely, than is required to be fit or to train for a particular sport.

What is definition Video Game Addiction?

Video game addiction is an excessive or compulsive use of computer games or video games, which interferes with a person's everyday life. Online game addiction has a negative image and is becoming a public concern.

Video game addiction occurs when playing is no longer simply a pleasant way to spend one's time. When game use gets to the point where it becomes more important to the player than work or school and their personal relationships, it's one of the red flags that may indicate an addiction problem.

What is definition of Shopping Addiction?

Compulsive shopping may be considered an impulse control disorder, an obsessive-compulsive disorder, a bipolar disorder, or even a clinical addiction, depending on the clinical source.

We live in a consumer-driven society, and spending is something that drives the economy. For a person with a shopping addiction, the urge to spend is out of control. They use shopping as a way to cope with anxiety or stress, which can lead to some severe financial consequences if it isn't brought under control.

PRESCRIPTION DRUG INTERVENTIONS

CanAm Interventions is highly qualified in facilitating Interventions for Prescription Drugs. Prescription drug abuse has become extremely common. In fact, prescription drugs have caused many drug overdoses. Whether it is Oxycodone, Fentanyl, Valium, sleeping medications, stimulants, Methadone, and/or their withdrawals, prescription drugs can be extremely dangerous.

The National Institute on Drug Addiction estimates 9 million people use prescription drugs, and 100 Americans die each day from overdose to prescription medication.

We at CanAm Interventions have received calls from many Canadian and American parents in distress, sharing their stories of sending their son or daughter off to college with such excitement, only to find out later that their child has become addicted to prescription medication.

Other studies are of overdose in elderly people, who tend to get many prescription medications for various medical issues related to aging. They tend to take too many pills, use too much medication for depression and many other issues, and accidentally overdose.

"When you do what you fear most, then you can do anything" - Stephen Richards

You Will Succeed!

Another big issue surrounding excessive prescription pill use is pain management, which can turn into a long-term addiction. One of the biggest result of overuse of pain medication is that the person tends to become addicted to the drug.

When persons gets treatment for prescription medication abuse – they will learn how to cope and manage their pain by working with addiction doctors. In addition, there are treatment programs available specifically for patients with pain.

Many persons that become addicted to prescription medication does not plan to do so. Overtime, with overuse, a person that is addicted to prescription medication is much like the person that is standing on the street corner, waiting for the drug dealer to come, to get that "fix".

EATING DISORDER INTERVENTIONS

CanAm Interventions provides interventions for binge eating, interventions for anorexia, interventions for over eating, interventions for eating restrictions, and interventions for disordered eating. The definition of Eating Disorders is: complex emotional and physical addictions that occur for individuals that have deep emotional disconnection, feel too much, and/or have undergone historic traumatic experiences.

Eating Disorders usually start from childhood, escalate and progress into adolescence, and continue into the adult years. Most studies show that ED begins with low self-esteem, anxiety, mood swings, peer pressure, mental health diagnoses, and social anxiety, history of sexual, mental, or physical abuse, and negative self-perception or body issues.

Eating disorders are not just about body weight and food suppression, they are mostly about the need to stay in control and manage internal emotional conflicts so that all problems seem to go away in the moment. This creates an external solution to end personal emotional turmoil.

"The greatest glory in living lies not in never falling, but in rising every time we fall."

-Ralph Waldo Emerson

The DSM-5 Diagnostic Criteria taken from "The Alliance for Eating Disorders" states the following:

Restriction of energy intakes relative to requirement leading to a significantly low body weight in the context of age, sex, development trajectory, and physical health.

Intense fear of gaining weight or becoming fat, even though underweight.

Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self- evaluation, or denial of the seriousness of the current low body weight.

Types of Eating Disorders include:

- **Anorexia Nervosa:** People with Anorexia Nervosa tend to be perfectionists who suffer from low self-esteem and are extremely critical of themselves and their bodies. They don't maintain a normal weight because they refuse to eat enough, often exercise obsessively, and sometimes force themselves to vomit or use laxatives to lose weight.
- **Bulimia Nervosa:** Insatiable overeating is a medical condition. In particular, it is an emotional disorder involving distortion of body image and an obsessive desire to lose weight. This typically involves bouts of extreme overeating, followed by depression and self-induced vomiting, purging, or fasting.
- **Compulsive eating disorder:** Compulsive overeating can affect women or men. Because compulsive overeaters feel that they cannot control their intake of food, they are likely to describe themselves as lacking in willpower usually say that they are eating for comfort rather than for genuine physical need.
- **Binge eating disorder:** People with binge eating disorder have an inability to stop eating once they start, using food in excess. When overeating feels out of control and becomes a regular

occurrence, it crosses the line to binge-eating disorder. This is mostly related to emotional dysregulation.

MENTAL HEALTH INTERVENTIONS

CanAm Interventions provides interventions for Mental Health both in Canada and the US. We have a high success rate of providing treatment and case management for clients with complex mental health issues.

CanAm Interventions' health research indicates that people who have mental health conditions often exhibit symptoms which may include:

- Being emotionally overwhelmed to the point of disassociation
- Suffering from mental and/or psychological impairment
- Experiencing problems in social situations and/or difficulty relating to others
- Having difficulty handling stress
- Showing signs of mood disorders and/or depression

Mental health conditions can stem from a person's childhood or adolescence. In addition, they may be triggered by certain life choices or traumatic events. Factors that can contribute to mental health diagnoses or mental health conditions may include:

- Biological factors such as brain chemistry
- Family history of mental illness
- Trauma and/or abuse related to life experiences

Some people come into our lives as blessings and some people come into our lives as lessons. If you know someone that is experiencing any of the following warning signs, you may be dealing with a mental health problem:

- Emotionally eating, sleeping or isolating from people
- Low energy, feelings of helplessness or hopelessness
- Increased use of alcohol or drugs and/or participation in a risky lifestyle
- Out-of-control eating, sleeping too much, or not sleeping for days
- Confusion, anger, anxiety/worrying, or displaying obsessive behaviors
- Mood swings (from sadness or anger to happiness, for example)
- Yelling, screaming, and fighting with family and friends
- Thoughts of harming self and/or others
- Hearing voices or experiencing hallucinations
- Exhibiting self-abusive behaviors such as cutting
- Inability to care for self and/or loss of ambition to perform daily tasks

Drug and Alcohol Addictions:

If you're a family member that does not know what to do, CanAm Interventions can help.

CALL TODAY FOR A FREE CONSULTATION

INTERVENTIONS FOR INTERNET OR VIDEO GAMING ADDICTIONS

Are you worried that your child may have a Video Addiction?

CanAm Interventions facilitates interventions for Internet & video gaming addictions, which have become a sign of the times since the use of computers, Internet, and video games are part our generation. Some of the behaviors that are attached with video gaming and Internet addictions are the need to relieve emotions stress, frustration, and boredom, irritability, and mood changes. If you have a child, young adult and or an adult that may be experiencing a problem with Internet and /or video gaming, it is important to seek help and support by using intervention support, treatment services and professional support for your family.

What is Internet and video gaming addiction?

It is described as an impulsive control disorder that can display the same characteristic of substance abuse/use (without the use of a substance). Also, it falls into the same category as pathological gambling addiction based on the excessive need and use of computer games, Internet and/or video games. Recent research has found that nearly one in 10 young adults gamers (8 to 18 years old) can be classified as addicted to Internet games and or video gaming.

"Efforts and courage are not enough without purpose and direction." - JFK

CanAm Interventions research and personal theories show that Internet, video gaming addiction can have the same correlations/reactions as Reactive Attachment Disorders (RAD). RAD, as defined by Mayo Clinic describes Reactive Attachment Disorder is a rare but serious condition in which an infant or a young child does not establish attachments with their parents or caregivers. The needs of a child for comfort, affection, nurturing and the need for love and connection are not met. Some parents reading this may ponder, reflecting on the memories of caring for their child, and ask themselves, "Where did I go wrong?" and believe they did everything to make sure that they were completely attached to their child.

CanAm Interventions theories are that RAD can in fact be historically passed on to their children much like being predisposed to addiction. Addiction to Internet and video gaming can in fact take the place of human connection in dealing with stressors or coping with loneliness, fear, shame, guilt, depression, and end up creating self-sabotaging behaviors. It is important to "break the cycle" within your family system by educating your whole family on this cycle of RAD.

My question to your family: Is Internet and video gaming a need for your child, to gain the connection to fantasies as a way to create attachment in order to survive in their world? Whether, you think it is or not, Internet and video gaming is an addiction, which requires treatment.

Warning Signs of Internet and Video Gaming Addictions:

- Obsession, compulsion, and preoccupation with video gaming
- The use of gaming and time spent playing, in order to live in the fantasy world of the games
- Justifying, rationalizing and minimizing the use of video gaming with a constant need for control
- Risk and loss of significant relationships, family engagements, school, jobs, and careers
- Dishonesty with friends and family; restlessness, moodiness, depression, or irritability when trying to cut down the use of video game

- Using Internet and video gaming to escape from problems, and being afraid of others finding out the extent of video game use
- Falling asleep in school, aggressive behaviors, declining performance in classes, dropping out of school, isolating from friends to play video games, or getting suspended from school as a way to increase video gaming time

HEROIN INTERVENTIONS

A Heroin intervention is an orchestrated attempt by one or many people – usually family and friends – to get someone to seek professional help with an addiction or some kind of traumatic event or crisis, or other serious problem. The term intervention is most often used when the traumatic event involves addiction to drugs or other items. Intervention can also refer to the act of using a similar technique within a therapy session.

What is the definition of Heroin Addiction? A strongly physiologically addictive narcotic that is highly addictive analgesic drug derived from morphine, often used illicitly as a narcotic producing euphoria.

What are some of the signs and behavioral symptoms of the drug Heroin addiction?

- Chemical change in the pleasure center of the brain that produces relation
- History of drug abuse/using other drugs to deal with heroin addiction
- Intervene use/needle track marks on arms and other parts of the body
- Hospital visits to deal with infections/abscesses at injection sites of the body
- Weight loss/medical illness /running nose/vomiting
- Increased in lying to family & friends
- Criminal activities, drug user friends
- Not using eye contact, deceptive behaviors
- Sleeping all day/awake at night
- Loss of motivation/and hostile behaviors towards loved ones
- Lying and stealing money from family and friends
- Lying about the amount of drugs taken
- Getting kick out of school for poor attendance
- Losing jobs, and unable to pay bills
- Becoming increasing angry towards loved ones

Heroin Withdrawal symptoms may include:

- Dizziness/light headed
- Chills/vomiting/fever
- Cramping/cold sweats
- Unable to eat/nausea
- Seizures/body movements
- Constipation or diarrhea
- Muscle and body aches/kicking
- Twitching.

Heroin Addiction Interventions Treatment

If you are a family member that is struggling with your loved ones heroin addiction and do not know what to do, we at CanAm Interventions specializes in “Heroin Addiction Interventions”. It is important or you as family member to understand that you are dealing with a deadly addiction and you cannot

rationalize or talked your loved one in to stop using heroin. We advised you to seek professional help today from an intervention counselor that specializes in getting help for your heroin addicted loved one. Heroin is an addictive drug and the only way for your loved one to stop using heroin is to access treatment, to have medical trained staff available, to navigate support services and help manage the withdrawal symptoms. It is also very important that your loved one access treatment for “heroin addiction”.

Information/References taken from: <https://en.wikipedia.org/wiki/Heroin>

A “Borderline Personality and Addiction Interventions” is an orchestrated attempt by one or many people – usually family and friends – to get someone to seek professional help with an addiction or some kind of traumatic event or crisis, or other serious problem. The term intervention is most often used when the traumatic event involves addiction to drugs or other items. Intervention can also refer to the act of using a similar technique within a therapy session.

What is the definition of Borderline Personality?

An indeterminate psychological condition commonly featuring aggression, impulsive behavior, emotional instability, suspicion of others, and unexpected mood swings. BPD) is a pattern of abnormal behavior characterized by impulsivity, unstable affect, inconsistent interpersonal relationships, and poor self-image. Some individuals also display uncontrollable anger and depression. The pattern is typically present by early adulthood, and occurs across a variety of situations and contexts. Other symptoms include intense fears of abandonment, sensitivity to feelings of rejection, and irritability of vague or uncertain origin. People with BPD often engage in idealization and devaluation of others, alternating between high positive regard and great disappointment. Self-harm, suicidal behavior, and substance abuse are commonly associated.

Information/Research from: https://en.wikipedia.org/wiki/Borderline_personality_disorder

What are some of the signs and behavioral symptoms of Borderline personality disorder?

(BPD) may be characterized by the following signs and symptoms:

- Has a loss of personal identity with mood swings
- Self-harm behaviors such as; substance misuse, excessive spending, unsafe sex, over eating and driving under the influence and reckless.
- Anger outburst, rage and frequent physical violence
- Self-injury, impulsive, worthlessness, depression and sadness
- Concerns and very fearful of abandonment
- Intense or uncontrollable emotional outbursts
- Dysfunctional relationship, splitting person against each other
- Unstable interpersonal relationships and self-esteem

Borderline Personality Disorder & Addiction Interventions:

If you are a family member that is struggling with your loved ones “Borderline Personality Disorder & Addiction” and do not know what to do, we at CanAm Interventions specializes in “complex Borderline Personality Disorder & Addiction interventions”. It is important for you as family member to understand that you are dealing with a Mental Health Illness & Addiction and you cannot rationalize or talked your loved one in to stopping their behaviors or addictions. We advised you to seek professional help today .Borderline Personality Disorder & Addiction requires professional supports, mental health trained staff to assess and diagnose treatment such as; psychiatrist, psychologist, clinical persons, addiction professionals and medical trained staff to address detoxification (if there is an addiction or medication

management) to support and help manage the symptoms "Borderline Personality Disorder & Addiction" and create a clinical treatment plan that has a mental health/addiction track.

Information/Reference taken from: https://en.wikipedia.org/wiki/Borderline_personality_disorder

BIPOLAR DISORDER & ADDICTION INTERVENTIONS

A “Bipolar Disorder and Addiction Interventions” is an orchestrated attempt by one or many people – usually family and friends – to get someone to seek professional help with an addiction or some kind of traumatic event or crisis, or other serious problem. The term intervention is most often used when the traumatic event involves addiction to drugs or other items. Intervention can also refer to the act of using a similar technique within a therapy session.

What is the definition of Bipolar Disorder?

Bipolar disorder is a “mental illness” characterized by periods of depression and periods of elevated mood. The elevated mood is significant and is known as mania or hypomania depending on its severity or whether symptoms of psychosis are present. During mania, an individual behaves or feels abnormally energetic, happy or irritable. Individuals often make poorly thought out decisions with little regard to the consequences. The need for sleep is usually reduced during manic phases as well. During periods of depression there may be crying, a negative outlook on life, and poor eye contact with others. The risk of suicide among those with the illness is high at greater than 6 percent over 20 years, while self-harm occurs in 30-40 percent. Other mental health issues such as anxiety disorder and substance use disorder are commonly associated.

Information/research from: https://en.wikipedia.org/wiki/Bipolar_disorder

What are some of the signs and behavioral symptoms of Bipolar Disorder?

Bipolar Depression may be characterized by the following signs and symptoms:

- Feelings of sadness, emptiness and hopeless
- Irritability, unable to feel or experience pleasure
- Fatigue or loss of energy
- Physical and mental sluggishness
- Appetite or weight changes
- Sleep problems
- Concentration and memory problems
- Feelings of worthlessness or guilt
- Thoughts of death or suicide

Bipolar Disorder & Addiction Interventions:

If you are a family member that is struggling with your loved ones “Bipolar disorder & Addiction” and do not know what to do, we at CanAm Interventions specializes in “complex Bipolar disorder & Addiction interventions”. It is important for you as family member to understand that you are dealing with a Mental Health Illness & Addiction and you cannot rationalize or talked your loved one in to stopping their behaviors or addictions. We advised you to seek professional help today. Bipolar disorder & Addiction requires professional supports, mental health trained staff to assess and diagnose treatment such as; psychiatrist, psychologist, clinical persons, addiction professionals and medical trained staff to address detoxification (if there is an addiction or medication management) to help you navigate support

and manage the symptoms “Bipolar disorder & Addiction” and create a clinical treatment plan that has a mental health/addiction track.

Information/Reference taken from: https://en.wikipedia.org/wiki/Bipolar_disorder

OXYCODONE ADDICTION INTERVENTIONS

An oxycodone intervention is an orchestrated attempt by one or many people – usually family and friends – to get someone to seek professional help with an addiction or some kind of traumatic event or crisis, or other serious problem. The term intervention is most often used when the traumatic event involves addiction to drugs or other items. Intervention can also refer to the act of using a similar technique within a therapy session.

What is the definition of Oxycodone Addiction?

Drug Oxycodone is an opioid, a close relative of morphine, heroin, codeine, fentanyl, and methadone. It is synthetic analgesic drug that is subject to abuse and addiction.

Information/Research taken from: <https://en.wikipedia.org/wiki/Oxycodone>

What are some of the signs and behavioral symptoms of the drug Oxycodone addiction?

- Obsessive/a need to obtain more prescription for Oxycodone
- Isolation from family and friends becoming more withdrawal socially
- Lying about the amount drugs used
- Missed work, unable to attain information in school or remember family events
- Trying to find other doctors to prescribe Oxycodone
- Having multiple of prescriptions for Oxycodone
- Lying and stealing money from family and friends
- Lying about the amount of drugs taken
- Increasing the amount of Oxycodone

Oxycodone Withdrawal symptoms may include:

- Dizziness/light headed
- Sweating / unable to sleep
- Chills/vomiting/fever
- Cramping/cold sweats
- Unable to eat/nausea
- Seizures/body movements
- Constipation or diarrhea
- Muscle and body aches /kicking
- Twitching.

Oxycodone Addiction Interventions Treatment:

If you are a family member that is struggling with your loved ones “Oxycodone Addiction” and do not know what to do, we at CanAm Interventions specializes in Oxycodone interventions. It is important for you as family member to understand that you are dealing with a deadly addiction and you cannot rationalize or talked your loved one in to stop using Oxycodone. We advised you to seek professional help today from an intervention counselor that specializes in getting help for your Oxycodone addicted loved one. Oxycodone is an addictive drug and the only way for your loved one to stop using Oxycodone

is to access treatment, to have medical trained staff available, to navigate support services and help manage the withdrawal symptoms. It is also very important that your loved one access treatment for Oxycodone addiction.

Information/Reference taken from: <https://en.wikipedia.org/wiki/Oxycodone>

FENTANYL INTERVENTIONS

A Fentanyl intervention is an orchestrated attempt by one or many people – usually family and friends – to get someone to seek professional help with an addiction or some kind of traumatic event or crisis, or other serious problem. The term intervention is most often used when the traumatic event involves addiction to drugs or other items. Intervention can also refer to the act of using a similar technique within a therapy session.

What is the definition of Fentanyl Addiction?

A synthetic, short-acting narcotic analgesic and sedative, C₂₈ H₃₆ N₂ O₈, used in combination with other drugs in anesthesia and in neurolept analgesia. A narcotic analgesic used in combination with other drugs before, during, or following surgery. Fentanyl is one of the strongest opiate drugs on the market.

What are some of the signs and behavioral symptoms of the drug Fentanyl addiction?

- Obsessive/a need to obtain more prescription for Fentanyl
- Isolation from family and friends becoming more withdrawal socially
- Lying about the amount drugs used
- Missed work, unable to attain information in school or remember family events
- Trying to find other doctors to prescribe Fentanyl
- Having multiple of prescriptions for Fentanyl
- Lying and stealing money from family and friends
- Lying about the amount of drugs taken
- Increase in drug-seeking behaviors

Fentanyl Withdrawal symptoms may include:

- Dizziness/light headed
- Sweating / unable to sleep
- Chills/vomiting/fever
- Cramping/cold sweats
- Unable to eat/nausea
- Seizures/body movements
- Constipation or diarrhea
- Muscle and body aches /kicking
- Twitching.

Fentanyl Addiction Interventions Treatment:

If you are a family member that is struggling with your loved ones “Fentanyl Addiction” and do not know what to do, we at CanAm Interventions specializes in Fentanyl interventions. It is important for you as family member to understand that you are dealing with a deadly addiction and you cannot rationalize or talked your loved one in to stop using Fentanyl. We advised you to seek professional help today from an

intervention counselor that specializes in getting help for your Fentanyl addicted loved one. Fentanyl is an addictive drug and the only way for your loved one to stop using Fentanyl is to access treatment, to have medical trained staff available, to navigate support services and help manage the withdrawal symptoms. It is also very important that your loved one access treatment for “Fentanyl addiction”.

Information/Reference taken from: <https://en.wikipedia.org/wiki/Fentanyl>

Recovery Management Support Services

CanAm provides a complete continuum of services to help those struggling with addiction using a recovery management approach that can work with patients and families in the privacy of their own home. We use family consultants, companionship services and monitoring to promote personal responsibility and accountability.

Addiction and Mental Health Referral Services

Can Am offers a full range of community-based addiction and mental health referral services such as residential, outpatient, and intensive day program models. Our goal is to work closely with patients and families while patients are accessing these services. It is an extra assurance that patients can transition into the community with support networks

Aftercare Monitoring Program:

Aftercare refers to the phase of treatment that follows discharge, when the client no longer requires the intensity of primary treatment. Having a clearly designed discharge plan helps clients continue to re-orient their behavior to the ongoing reality of a sober lifestyle.

The Aftercare Monitoring Program is designed to allow clients to increase their independence or review their progress in overcoming addictive behaviors. Aftercare treatment gives clients the flexibility and support to determine whether they're ready to move forward in treatment phases and/ or whether they may need to return to a higher level of care.

Purpose of the Aftercare Monitoring Program:

- Hold the monitored participant accountable for their own actions
- Help them develop responsibility for their sobriety
- Provide assurance to family members, employers or others involved
- Provide involved participants with a higher success rate in achieving long term sobriety

Practical Steps to Recovery Management:

- A signed treatment contract that outlines post-treatment recovery activities, including meetings, individual sessions, urine tests, etc
- Reporting protocols for non-compliance with terms of the contract
- Random forensic urine testing, with a minimum of four per month for the first year
- A minimum of three weekly documented 12-Step or other Self-Help support group attendances
- Participation in at least one weekly facilitated therapy group
- Minimum of at least one weekly individual session
- Minimum of at least twice monthly meetings with the Monitor or service Provider
- Monthly written progress reports to the designated employee representative or family member

FAMILY CONSULTATION

What is Family Consultation?

CanAm Interventions Services offers Family Consulting, Case Management and Aftercare Services for families and their loved ones that has been proven for a high rate of recovery success.

Patti's beliefs about working with families as interventionist, addiction specialist and family consultant comes from her own research and from helping many families recover. What is often heard from families that sent their loved one to treatment is this: "Our loved one did so well in treatment – he conformed to all levels of primary, secondary and outpatient treatment. They were so solid. I don't understand what happened. He was the model recovering person in treatment while he was getting treated for addiction/behavior issues. Then he relapsed as soon as he was not in a confined environment with someone telling them what to do." The next part of the story goes like this: "This is the fifth time he been in treatment and as soon as he completed the treatment program, he relapsed."

Patti's work with families includes preparing families, embracing the pain within a family system which is mostly grief, loss, and fear. The focus is to have family members empathizing with each other in relationships which creates and fosters change. Using family education, and systemic therapy approach, instead of focusing on individuals and/or isolated behaviors, it is best to treat the core family problem as a whole. The aim of family systemic education/therapy and using recovery tools adaptations is to work on these problems by encouraging family members and their loved ones to build on family strengths and ultimately make useful changes in their lives and relationships. Families coming together and learning to work together, leads to new opportunities to obtain resources and appreciate the needs for emotional wellness of each member within the family unit.

Goals of a Family Program:

- Gain better understanding of how your family functions
- Identify strengths and weaknesses within your family system
- Set family goals and devise strategies to resolve problems
- Develop and build healthy communication skills within your family
- Make useful changes to make your entire family unit stronger
- Establish family agreements and make useful changes for a stronger family unit

Who can benefit from Family Consultation?

The purpose of Family Consultation is for the whole family to help to gain education on how to stop destructive patterns, negative reactions and learn how to have a different relationship with your loved one.

When your loved one accepts Drug Rehab and/or Alcohol treatment - either inpatient, outpatient and/or community-based treatment, family members are so excited that their focus is on the loved one making changes.

It is the family that needs to make personal changes, too, by gaining support and direction from a family consultant.

If the family does not learn a new language on how to communicate with your loved one, the family member can sabotage and interrupt your loved one's treatment.

How long is Family Consultation?

Family Consultation can be available for 3 months, up to 5 years. The statistics show that it takes 90 days of recovery treatment to change old behaviors and two years of consistent recovery to change old ways of thinking.

Engaging families in an exploration of strengths, values, and goals helps to build mutual trust and respect between them. This, in turn, often leads to more successful outcomes. This relationship can be built upon when problems arise. In the presence of open communication, families and helpers can work together to identify the informal and formal supports that can reduce or eliminate the factors causing harm or risk.

Steps of Case Management:

- Initial Consultation - Develop a thorough history of the problem and the family dynamics. With this information, we can begin formulating a list of options and a direction of how best to deal with your loved one. It is important to learn effective communication without any debate or negative engagements.
- Preparation - Family consulting requires a commitment from family members by using: Skype, telephone, emails, and texting as needed, to gain better awareness and to learn to communicate with your loved one with a goal of not enabling or feeling like you are being held hostage by their addictive/mental health behaviors.
- Treatment Coordination - Treatment planning, helping your family research Drug Rehabs for your loved one's placement into treatment and follow up with the recovery center, after the clients enters also following up with the family.
- Family/Patient Assessment - The family consultant will assess each family member and/or patient to make recommendations as needed. The family consultant will also collaborate with the treatment team weekly to follow up on the progress and report the outcome to your family.
- Family Consulting - Family Consulting Session includes: working with individual family members and/or a family group. Sessions are led by Patricia M. Pike and/or her team with a detailed appropriate action plan that is focused on personal self-awareness, gaining new insight and finding solutions on best approaches to support your loved one in treatment.

CALL TODAY FOR A FREE 30-MINUTE CONSULTATION

CLIENT MONITORING SERVICES

What is Client Monitoring?

CanAm Interventions provides Aftercare Monitoring Services using Sober Link and various testing labs in the United States and Canada with a focus on providing accountability/abstinence. We work with many post-treatment referrals that need to have accountability on staying abstinent from alcohol and drugs for many reasons such as:

- Court Mandated Clients
- Workplace Mandated Clients
- Treatment Compliance
- Family Supervision
- College Compliance

Who can benefit?

Families that are ready to rebuild relationships and invest in developing new family agreements (new rules of engagement and operation) can benefit. Mostly, when loved ones accept either in-patient, outpatient and/or community-based treatment, families are so excited that their focus is on their loved one making changes. The family also needs to make personal changes by gaining support and direction from a family consultant. If the family does not learn a new language on how to communicate with their loved one, the family members will sabotage and interrupt their loved one's treatment.

Recovery Monitoring Process:

The Recovery Management Model has demonstrated the effectiveness of combining a community-based case management program with a continuum of addiction treatment services to be highly successful for long-term recovery.

Studies have shown that 90 days of treatment for patients and families has better long-term outcomes of treating the whole family, facilitation of education, family consultation, patient monitoring. In addition, case management with the selected treatment center helps to break down the patterns of addiction behaviors within the family system.

Case managers encourage client autonomy through the development of social and personal skills and focus on helping clients link with community-based agencies, such as addiction treatment, housing, entitlement programs, and vocational services.

Individuals who have received recovery and case management services have had better outcomes around monthly income and employment, housing stability, and substance use patterns compared to a randomized group of individuals who received standard referral services.

Practical Steps to Recovery Management:

- A signed treatment contract that outlines post treatment recovery activities, including meetings, individual sessions, urine tests, etc

- Reporting protocols for non-compliance with terms of the contract
- Random forensic urine testing, with a minimum of four per month for the first year
- A minimum of three weekly documented 12-Step or other Self-Help Support group attendance
- Participation in at least one weekly facilitated therapy group
- Minimum of at least one weekly individual session
- Minimum of at least twice monthly meetings with the Monitoring Service Provider
- Monthly written progress reports to the designated employee representative or family member

Approved for 25 CIP/PCB NAADAC, continuing education and CACCF credit hours

MISSION STATEMENT:

"To enrich and inspire the behavioral health community and raise the bar of the quality of treatment for those struggling with addiction and mental health challenges."

CanAm Interventions is pleased to present a diversified team of professionals with over two decades, working in the Addiction and Behavioral Health Care System. We are offering a Comprehensive Practical Intervention Skills & Training that will provide 25 CE's hours and 10 hours of supervision which can be applied toward becoming a Certified Intervention Professional (C.I.P.). Credentials are from the Pennsylvania Certification Board.

Our goal is to equip, educate and provide information to all participants at the training, so they can start on a professional path to becoming effective Certified Intervention Professionals.

A journey of a thousand miles begins with the First Step.

INTERVENTION TRAINING - SIX MODULES:

Module 1 - Introduction of Intervention Approaches: This module introduces intervention approaches that provide a clear understanding of the history and various approaches and practices of interventions work.

Module 2 - Intervention Practical Techniques & Case Management Skills: This module introduces practical skills for intervention styles and approaches & Case Management skills, defining a clear action plan for the process and preparation of pre- and post-intervention work.

Module 3 - Understanding Family Dynamic and the Cycle of Addictive Behaviors: This module introduces participants to the patterns and traits of addiction & mental health within families & relationships, the importance of education for the intervention group, assessment of referral, and treatment planning & aftercare services.

Module 4 - The Disease Model and Alcohol & Drug Information: This module is designed to give participants basic information on The Disease Model as well as give will give you a clear understanding on alcoholism, and chemical dependencies, information on drugs, treatments and the various traits of addictive behaviors in preparation for intervention cases.

Module 5 - Ethics and Confidentiality Laws for Interventions: This module addresses the importance of ethics and confidentiality and obtaining a professional organization to practice professional guidelines for interventions work such as NAADAC and PCB.

Module 6 - Business Contracts, Professional Forms, Mock Intervention Cases and Business Development:
This module will help participants to gain a clear understanding of the professional and business side of becoming a professional and certified interventionist.