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## WHAT IS AN INTERVENTION?

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### **An intervention is a great act of love!**

#### **CanAm Intervention Approach:**

Accessing the services of a certified professional interventionist is lifesaving mission and one of the greatest gifts that you can give your love one, to help them recover from complex addictions.

An addiction intervention is a life-changing experience, whereby loving family members, concerned friends, or employers are educated about addictions and led by a trained addiction interventionist in presenting a sick loved one with an opportunity for recovery. An intervention is a transformational process in which the ultimate goal is to start clients/families on the path toward healing and wellness.

#### **Who can reach out to an Interventionist?**

Mostly, family members, friends, and employers reach out to access professional help for their love ones by contacting certified trained interventionists. It is important that you do not attempt to facilitate an intervention for your loved one on your own.

An intervention is a transformational process, and the ultimate goal of CanAm Interventions is to advocate for the identified patient while educating the family on recovery resources and support systems.

An Intervention begins with family members or friends coming together as a unit to address a loved one's problems such as substance abuse issues, sex/love addiction, eating disorders, mental health issues, Internet addiction, and gambling addiction.

Interventions are a form of confrontation, meaning a tough face- to-face encounters, but not the type which include physical abuse such as hitting.

The studies clearly show that when a family continues to enable, engage with, feel sorry for and accept responsibility for the identified patient, the family as a whole will become unwell and get caught up in the cycle of addictive behaviors.

An intervention is an act of empathy rather than sympathy. It is a proven fact that if you, as family members, stop reacting to your loved ones addicted negative behaviors and change your own actions, the addicted person will also make changes.

An intervention becomes a win-win situation for both the identified patient and the family and/or friends. By bringing out the truth, it is the beginning of the path of recovery for everyone involved.

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*PRESENTING THE TRUTH WITH LOVE*

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Watching a love one suffer from an addiction, and not being able to do anything about it, is one of the most painful and heart-wrenching experiences. You feel powerless. This is very agonizing for parents, friends and employers, and it is hard to sit back and do nothing. No one can stop an addicted person from using except for the addicted person, but families, friends and employers can start by letting their loved know they have not given up on them. This begins with the truth.

Parents of cancer-ridden children beg doctors for more information and opportunities to assist in making their child comfortable. Spouses of newly let-go employees search for ways to help their discouraged spouse. An addicted person is someone that is untreated; however, recovery can be possible with an intervention and implementation of resources by involving a professional, much like you would if your child had cancer.

There comes a point in time when you cannot carry on the lie anymore, as a friend of a addicted person, and realize that you are becoming more and more attached to the cycle of denial and living in the problem. You are starting to feel as sick as the addicted person. You may ask yourself what you can do, how you can truly help them, when you should let things go, and when you should take more dramatic steps to ask for help and gain support from a professional?

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### *WHAT ARE THE EFFECTS ON THE FAMILY?*

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The number of individuals suffering from addiction and mental health issues has risen dramatically over the last decade. Seeking help can be confusing and difficult due to the stigma and shame attached to chemical dependency. Patricia Pike has created CanAm Interventions to present families with a solution to support loved ones in gaining freedom from active addiction, through the process of recovery for the addicted person and for the family.

Many families have made numerous, unsuccessful attempts to help their suffering loved ones. They may have tried various approaches to control or “fix”, the addicted or struggling individual. They may have also sought help from resources such as friends, clergy, doctors, lawyers and other professionals to relieve their suffering. Despite these efforts, families often find little consolation and the addict, alcoholic, or mentally ill individual continues to struggle. Frustration, fear and anger build, disrupting the family unit until they reach the “jumping-off point”, and seek addiction-related professional help.

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## THE 3 TYPES OF INTERVENTION

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### **What is the Johnson Model (Surprise Approach)?**

Dr. Vernon Johnson saw the value in family and loved ones participating in an intervention. During the 1970s, this was something new and very unconventional compared to other Intervention methods. Instead of family members “ganging up” on the addict and blaming them for hurtful feelings as well as memories, Dr. Johnson encouraged caring as the priority. He asked the family members to confront the addict with letters that focused on how much they care for the addict. He had the family members write letters to the addict giving them a list of consequences if sobriety or rehab was not sought out.

The main purpose behind the Johnson Method is to confront the addict by motivating and encouraging them to change their lifestyle for the good of not only themselves, but for the good of the family around them. Dr. Johnson wanted the addict to be confronted, but in a way that their defenses would be low. He recognized that the addict's defenses are already raised when they are confronted in a surprise way. To continue to throw blame and insult would only cause the addict to break down and ultimately stop listening. The idea of sobriety is no longer an option because their defenses are so high that nothing will convince them to change their mind. -Vernon Johnson, *I'll Quit Tomorrow*, 1973

### **What is The ARISE Intervention Model (Invitational Approach)?**

A Relational Intervention Sequence of Engagement (ARISE) Model was designed by Dr. Judith Landau and James Garrett, along with other clinicians. Unlike the Johnson model, the ARISE Model involves the addict from the beginning. Those involved proceed through systematic steps, stopping the intervention as soon as the addict agrees to enter treatment, and assisting him from there. This model is attractive to those who oppose going behind the addict's back to organize an intervention.

Using a compassionate invitational intervention, the ARISE Model is a three-phase process which is a Continuum of Care that leads the untreated person into appropriate treatment and recovery. The addicted individual is invited to join the process right from the beginning with no surprises, no secrets, no coercion, and absolute respect and love. ARISE introduces the addicted person and the family to a new life of recovery and healing. The individual does not need to hit bottom before getting help.

The ARISE process breaks the cycle of repeated disappointment and failure without the blame, shame, and guilt that accompanies the disease. It brings healing to family, friends and co-workers who come together to build a solid recovery network. It works because the entire network is involved, and every decision is made by the majority.

### **What is the Family Systemic Model (Invitational Approach)?**

A Family Systemic Model is an invitational approach that was developed by Ed Speare and Wayne Raiter. The family is involved with the treatment process rather than focusing solely on the person with a substance abuse problem. The Invitational Model approach addresses the entire family together, with the addicted individual invited to attend the intervention. This model is based on the idea that if the system changes, every individual within the system will also change, including the addict (systems theory). It is designed to be a non-confrontational and non-judgmental form of intervention.

The ultimate goal of the Family Systemic Model is that the entire family will become motivated to seek treatment for themselves and the family is educated on healthy traits and empowerment of healing. The workshop is conducted, and each family member learns about their different treatment options. These may include addiction or co-dependency treatment, among others. The interventionist usually maintains contact with the family for up to a year, following up either in person or via telephone.

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## *THE STEPS OF INTERVENTION*

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### **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.