



INTERVENTION WEBINAR

What Does Hitting Rock
Bottom in Addiction &
Mental Health Mean?

 Starting Soon



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President & Founder,
Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

What Does Hitting Rock Bottom in Addiction & Mental Health Mean?

What is Rock Bottom?

- **Rock bottom is something you feel.**
 - It's personal and depends on individual circumstances.
 - Often necessitates a significant environmental and family change for realization.
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The Role of Environment

- Environment includes everything influencing the individual's comfort and accountability.
 - Family's role in altering or maintaining the environment is crucial.
 - Environmental change is necessary for the individual to see the need for help.
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Misconceptions About Rock Bottom



- Common belief: *One must reach rock bottom to seek help.*
 - Reality: **Environmental and family changes can initiate recovery before hitting rock bottom.**
 - Intervention can redefine boundaries and responsibilities.
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Family's Role and Dynamics

- Dysfunctional family roles can prevent recognition of the need for change.
 - Enabling and codependency often mask the severity of the situation.
 - Family must understand their impact and initiate change, not just the individual.
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Understanding Codependency

- Codependency: *Acting in ways that perpetuate the loved one's unhealthy behaviors.*
 - Reflecting on whether actions benefit the individual or cater to one's own needs.
 - Importance of setting boundaries and reducing enabling behaviors.
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Signs of Hitting Rock Bottom

- Key indicators: **Increased anger and fear stemming from loss of control.**
 - Misconceptions that maintaining status quo can manage the situation.
 - When consequences outweigh perceived benefits, the individual may be ready for change.
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The Contemplation Stage of Change

- Critical stage where the individual considers changing or continuing their behaviors.
 - Importance of recognizing both sides of their situation (benefits vs. consequences).
 - How interventions address this ambivalence effectively.
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Family's Reflection on Their Own Limits

- Families also need to recognize their own 'rock bottom' in dealing with the individual.
 - Importance of detaching from chaos and managing one's own well-being.
 - How family intervention can lead to independence from the cycle of addiction.
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How to Help Without Hitting Rock Bottom



- **Helping doesn't always mean waiting for rock bottom.**
 - Strategies to encourage acknowledgment of consequences over comfort.
 - Role of professional intervention in shifting accountability to the individual.
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Our S.A.F.E.® Intervention Services

- Overview of S.A.F.E.® services and how they tailor to family and individual needs.
 - Emphasis on family recovery and understanding dynamics.
 - How intervention leads to **control over actions that contribute to the problem** rather than controlling the individual.
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
