



INTERVENTION WEBINAR

Why You Need a Family Intervention

 Starting Soon



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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.

Why You Need a Family Intervention

Recovery From Addiction Is An Inside Job



The way your family is addressing the problem may be drawing you further away from a solution.

The family member with the substance use disorder is often viewed as the cause of the problem. Although a valid point of view, the way the [family roles](#) change in response to the chaos and drama of the addiction is equally problematic.

The family is often forgotten in this drama. We started Family First Intervention to meet an unaddressed need in dealing with the addiction problem and, hopefully, its solution. We believe that rare is the [drug abuse addict](#) or alcoholic capable of sustaining a comfortable situation (i.e., the addiction) without assistance from someone or something else. With all, we know about addiction and with all the opinions and theories as to what works best, we have witnessed one thing, both professionally and personally, that appears to be nonnegotiable for the treatment process to begin. That nonnegotiable is some form of recognition of the hardships and consequences of the addiction. We do not believe these things alone get or keep anyone sober. We do believe it is the most impactful way to start the process. In order to move through the stages of change, at least from precontemplation (denial) to contemplation (awareness that a problem exists), ambivalence needs to be introduced into the situation. Until the substance user sees a greater need to seek help than not to, it is inevitable that little to nothing will change.

Recovery From Addiction Is An Inside Job (cont'd)



Many believe the problem is solely the addiction. Very few see early on that the shifting of the family system as a result of coping with the problem is of equal importance and requires attention. If an addict or alcoholic is comforted by the family, he or she may never see the need for change and ask for help. Families react, engage, and enable for various reasons. Some of these reasons may include their own family of origin, guilt, shame, and the role of being needed in the relationship. Others may feel that serving as the loved one's caretaker will prevent things from becoming worse. What we know and see today is that families often enable and react to the chaos in exchange for the comfort they receive in doing so. Families receive comfort as well by avoiding a confrontation. Interestingly enough, therapeutic confrontation is one of the most effective tools used by professionals to bring about change within a group. The fear of change needs to become secondary to the fear of staying the same. Until then, all those involved are likely to have further struggles.

We believe in our mission, values, and goals statements. Remaining faithful to our purpose reveals itself in our performance. By focusing on families and remembering what it is we are trying to accomplish, we can help improve upon our goals. We know from experience that the families who use our services see their loved ones do far better in treatment than those whose families fail to change as well. Common reasons for a successful outcome include family boundaries, self-awareness, education, insight, and accountability with regard to the substance user.

Our Goal Is to Help You



Empathetic listening to a family allows us to hear and understand what your needs and goals are. During this process, we seek to achieve a clear understanding of what the substance user is experiencing, what may be needed, and the impact on the family structure. Families often aren't aware of what they want or need when they call—they only want the madness to stop. We frequently hear families say they just want their loved one out of the house or for him or her to stop using drugs or abusing alcohol. Other times, families may tell us “if their loved one could just find a meaningful job or a significant other,” that would be all they hope for. We try to help families understand that although these are helpful goals at some point in the process, they may not be appropriate for an immediate or long-term solution. One of our goals is to provide education, self-awareness, and insight into how our program works. Things the family never considered may need to be addressed, e.g., issues that are holding the family back from being made whole and the substance user from seeking help.

We Want You To Understand Addiction Recovery



If you have been part of any type of counseling, you may have heard the term “meet them where they are.” At Family First Intervention, we most certainly meet you where you are, and we also try to help you understand why you are where you are, as this will ultimately [help you in your addiction recovery](#). Our goal is to help bring you to a new way of looking at things to better address the problem. Most of “where you are” and what you know has been seen through the perspective of a substance user and family members who may not be the best source of information and guidance. There are also those who have an opinion on how the situation should be handled. All the advice from those sources may be quite sincere, but is it effective? We look forward to sharing some of our solutions with you while we help you understand and come to embrace them. We know the fear of change, of the unknown, causes many to cling to the status quo. We seek to build trust and to walk you through the process. The more you know what the change can and will be, the less fearful of it you may become

An Overview of Our Drug and Alcohol Intervention Process



What makes Family First Intervention different is this: we are a team. Although there are many good intervention professionals who can help, most operate alone or with only a few others in their organization. Our process starts with a call or a chat with a live person or filling out a contact form which receives prompt attention. Beginning with the initial contact, it is our responsibility to listen to you, to hear where you are, and to see how we can help. Most families do not know what they want but even when they do, they don't know how to achieve it. By listening, we can understand how best to proceed.

Once scheduled, the next step is put the intervention together. We base much of our assessment on knowledge received from the family. During this process, we ask a series of questions based on three tools which are industry standards in substance abuse. The first tool is the DSM V Diagnostic Criteria for substance use disorder. This tool helps classify the disorder as mild, moderate, or severe. A second tool is the Addiction Severity Index (5th edition) which helps us understand different problem areas in the substance user's life, including Medical, Employment, Support, Alcohol and Drug use, Family, Social, and Mental Illness. The third tool is based on criteria from ASAM, the American Society of Addiction Medicine. These criteria are almost always used for treatment planning. Although we are not a treatment center, it is this tool that helps us know the needs of a client entering treatment.

An Overview of Our Drug and Alcohol Intervention Process (cont'd)



After the assessment is completed and the days of the intervention are determined, we come to meet with you in your home or at an agreed upon location. Those in attendance include all willing family participants. The substance user does not attend and is not aware of the pre-intervention meeting. The goal of that day is to provide the family with insight, knowledge, and self-awareness. A Family First Intervention manual is provided to each family member as a guide in order to set a foundation for accountability and boundaries for the substance user. This eye-opening process will bring much clarity to the struggle the family has faced and the reasons why we have been brought together. During the pre-intervention, families will hopefully see the importance of engaging in their own recovery and understanding they have little to no control over the addiction. There is a big difference between wanting help and having to seek help. Families will understand that in most cases, they have played a role in the substance user not asking for help. The pre-intervention meeting will include (1) preparing the intervention letters that will be read during the intervention and (2) constructing and preparing boundaries in the event the substance user declines help. The boundary letters apply at all times should the loved one try to leave treatment or complete treatment and then experience a relapse at a later time.

Once the pre-intervention is complete, the next step is the intervention meeting that includes the family and the loved one. This event almost always happens the following day. At this meeting and under the guidance of the interventionist, family members read their letters and inform the substance user of the gift of recovery that is available to him or her. The family is essentially informing the substance user of a path to recovery alongside the family's decision to begin its own a path to recovery, set in place by professionals and family members. The intervention is not about whether the substance users agrees or not to accept help. Rather, the goal is to accept the loved one's decision and, notwithstanding that decision, for the family to start its healing process and to set healthy boundaries. Regardless of the substance user's decision, things will never be as they were previously.



An Overview of Our Drug and Alcohol Intervention Process (cont'd)

Before the process begins, families often think they are bringing in a miracle worker to offer a motivational speech to convince their loved one to enter treatment. Although there is much discussion about the need to accept help, it is just as important that families understand the process is also about them taking care of themselves going forward. After all, addiction affects the family as much if not more than the substance user. The family needs to understand that what they expect their loved one to do is something they will have to do themselves: undertake the recovery journey, too.

After the intervention is complete, the family will be invited to enter our S.A.F.E Family Recovery Coaching (S.A.F.E is an acronym for self-awareness family education), which includes an introduction and orientation call to familiarize the family with the process. The structure that follows is a module-based system that educates you and helps your family stay on track with recovery and growth. The goal of this process is to create self-awareness, to understand misplaced emotions, to lessen the reactivity to your loved one's actions, and for family to learn how to accept and live with the changes that have happened.



We Listen and Collaborate with Other Addiction Professionals



Family First Intervention has several professionals on staff, each with impressive certifications, licensures, and educational backgrounds. We not only discuss cases among the team, we also defer to the science and knowledge of other professionals. We understand addiction and know it to be a problem that affects far more people than the substance user alone. Many families and substance users behave in a textbook fashion. The substance user is the conductor of chaos and the family reacts by forming unhealthy, counterproductive family roles. This is not to suggest that all families and substance users are the same; there are, however, many similarities in every intervention we conduct.

If substances were the only problem, the family would quickly heal after the intervention and the substance user would require no more than a detox to recover. Understanding how a family is pulled apart allows us to help your family be put back together. An intervention that focuses solely on your loved one going to a treatment center would not constitute an intervention.

Our services are structured in a way for families to achieve closure. This includes the preparation and the intervention followed by family recovery coaching. The face-to-face interaction with the intended patient is but one part of the services offered. There are significantly more parts to an intervention than a formal sit down with the substance user.

Consulting Family and Close Friends on Addiction



Your family and friends have good intentions. Hopefully, all of them would like the substance user to recover and the family to stop suffering. Unfortunately, those closest to the situation are often overwhelmed, and the approaches they suggest as solutions may be based on biased insights. Our services encourage all those affected to be part of the process. Many are unaware how much they are affected until after the intervention has occurred, at which point they are overwhelmed with emotion. The one seeking to take charge unwittingly plays the hero role with a solution that ultimately results in punishment for the substance user. The martyr who asks for help is also the voice that had obstructed the intervention, fearing personal consequences if the loved one is away at treatment or refuses help.

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
