



# INTERVENTION WEBINAR

 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.

# What if my Loved One Says NO at the Intervention?

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# What should we say or do if our loved one refuses help?

- It's important for you to focus on the idea of setting boundaries and saying no to the addiction.
  - Your loved one needs you more than you need their addiction.
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# How does an Addict or Alcoholic Think?

- Addicts and alcoholics are always on edge, easily agitated, and discontent.
  - They plan their entire days, events, gatherings, and tasks around obtaining the drugs or alcohol they need to get through anything.
  - They are constantly rationalizing and making excuses for their destructive behavior.
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# Family's Resistance to Change

- The most formidable challenge we professionals face is families not hearing our suggested solutions and only hearing us trying to remove theirs. Interventions are equally about families letting go of their old ideas as they are about being open to new ones.
  - Before a family can decide to do something about the problem, they must stop allowing it to persist. These same thoughts and principles apply to your loved one needing help
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# Family's Resistance to Change

- The family is resistant to change for fear of the unknown outcome.
  - The family acquires maladaptive coping mechanisms to manage stress from chaos and drama.
  - Family roles form to adapt to the lack of attention that's primarily going to the substance user.
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# Common Denominators



- What you say matters, but what you do matters more.
  - What you say may get them into treatment, but what you do keeps them in treatment.
  - You do not have to wait for them to want help or to hit rock bottom.
  - You can accept their decision to use drugs and alcohol and ask them to accept your decision not to help them use drugs and alcohol.
  - It is okay to detach and say no.
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# Common Denominators

- It is not okay to enable, which ultimately helps them stay sick.
  - The family is often too close to their loved one and emotionally attached. As a result, they need professional guidance to find the right things to say at the right time.
  - The acquired family roles have often had a hidden agenda that is not in the best interest of the substance user getting better.
  - The substance user often says no to the intervention for several reasons. They may choose to continue using drugs or alcohol, they may believe the family isn't strong enough to hold their boundaries and say no to them, they may not be finished punishing their family, or it may be a combination of all.
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# Early Stages of Recovery



- Substance users and their families can be more unstable during the early stages of recovery than during active addiction.
  - Instability is one of the reasons why many addicts and alcoholics relapse after treatment.
  - The focus must be on both the substance use and the underlying causes and family roles in enabling the addiction.
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# Effective Communication with Substance User

- You need a third-party mediator to help and a strategically written and effective letter to start productive communication.
  - A third-party mediator can better understand the substance user.
  - The letter brings the substance user to a place of listening.
  - There are evidence-based communication skills that interventionists and clinicians can utilize to help the substance user see the need to change.
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# Motivational Interviewing

- A conversation between two people that seeks to motivate one of the people in the conversation to change.
  - Aims to move the person needing help from sustained talk to change talk.
  - The more that people talk about staying the same, the less they talk about change.
  - MI seeks to address the five dimensions of motivation: **Desire, Ability, Reasons, Need, and Commitment.**
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## Some things to avoid and what not to say to an addict or an alcoholic

- Avoid overloading on closed-ended questions.
  - Avoid telling the substance user what they need to do or what they should do.
  - Do not focus on drug or alcohol use. Focus on behavior.
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## Some things to avoid and what not to say to an addict or an alcoholic

- Do not throw their past in their face.
  - Do not let the hero, the martyr, or the enabler do all the talking.
  - Don't bring up instances of concern that took place more than 3-6 months ago.
  - Never validate positives that occurred while they were intoxicated.
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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](https://family-intervention.com)

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