



# Intervention Preparation Workbook

This workbook provides families, friends, and loved ones of someone who struggles with addiction a framework for discussing objectives with a professional interventionist. It's a place to store ideas, information, and thoughts as you learn what to expect during this process.



Recovery Centers *of* America

## Introduction

This is not a substitute for receiving professional assistance with crafting and executing an intervention. The presence of a professional is a critical aspect of an intervention. The journey to recovery does not begin and end with treatment. It's a process that requires:

- Experience
- Patience
- Teamwork
- Empathy
- Aftercare
- Maintenance
- Commitment (from the individual receiving treatment and by that person's surrounding support system)
- Accountability
- Transparency

By reading this, you're taking the first step to create a plan that, when coupled with the help of a trained and experience interventionist, could save the life of your loved one.



## The Purpose of Intervention

An intervention provides loved ones an opportunity to share why they believe someone in their life requires treatment.

Entering treatment is the goal of the intervention, but treatment alone will not end someone's struggle with drugs or alcohol - it's part of a lifelong process (Stanton, 2004). The goals of an intervention are to help an individual in need of addiction treatment:

- Conclude that they have a substance use disorder and need some type of treatment
- Enter treatment at the appropriate level of care
- Complete a full course of treatment, develop and follow an aftercare plan, and maintain his or her recovery

Throughout this workbook, you’ll be prompted to answer questions that will help you solidify why you feel your loved one needs treatment and who will be available to support them.

### **WHY DOES THIS PERSON NEED AN INTERVENTION?**

---

---

---

---

---

---

---

---

---

---

---

---

---

## **What is an Interventionist?**

According to the National Council on Alcoholism and Drug Dependence (NCADD), interventions that are done with a trained professional are successful in enrolling individuals in treatment more than 90% of the time.

An interventionist is a professional who works with you to provide guidance in the development of intervention strategies. There are several models of intervention.

A professional interventionist may work with the team (or “support system”) in varying ways depending on which intervention style suits the individual of concern.

A quality interventionist:

- Is open and honest with the team about the process
- Spends a good deal of time collaboratively planning, either by phone or in-person when possible
- Educates the team about treatment options
- Provides direct feedback to the individuals involved based on the development of a plan

The interventionist will also conduct a safety assessment of the individual of concern and their environment to avoid dangerous situations and determine if more immediate crisis intervention is needed. We will explore both later in the workbook.

## The Team

Building a team is one of the most critical factors in a successful intervention, as well as providing the proper support for the individual of concern (Jarvis, Tebbutt, & Mattick, 2005).

The team should be comprised of people who are influential in an individual’s life, such as those who the individual will listen to, those they trust, and those who can have a profound effect on them. The ideal team is typically about 6-10 people. It is important to stress – the work begins well before the intervention, providing education, understanding, and empathy to the individuals on this “team.”

Please list below the ideal members of this team and their role in the individualof concern’s life.

**NAME**

**ROLE**

---

---

---

---

---

---

# Before the Intervention

An interventionist can help you come up with the team of individuals who will be present and ensure everyone is safe, educated, and aligned on the goals and strategies for the intervention.

Utilize this section to list areas where you feel the team could use additional education or support from your interventionist.

---

---

---

---

---

---

---

---

---

---

# Obstacles

Individuals often put forth many obstacles to going into treatment.

They can be anything from “I don’t want to miss work” to “I don’t need treatment” to “treatment is too expensive.” In preparing for an intervention, it’s critical to know what these potential obstacles may be and have answers to each of these possibilities for the individual of concern. Below are a few examples of common obstacles or objections and suggested responses to get you started:



**OBSTACLE****SOLUTION**

*Treatment is too expensive*

*Utilize insurance coverage*

*I cannot leave my job*

*Discuss with employer, utilize Family Medical Leave*

Utilize this section to list possible obstacles that the individual of concern may point out during the intervention. If you're unsure of the solution, raise this concern with your professional interventionist.

**OBSTACLE****SOLUTION**


---



---



---



---



---

## Logistics

One common objection to accepting treatment is the logistics of such a major commitment.

A person may have concerns about their job, home, children, pets, etc. It is important to provide the individual of concern with reassurance that these things will be taken care of if they enter treatment. Below are a few examples of common logistical challenges and suggested solutions to get you started:

**LOGISTICAL CHALLENGE****SOLUTION**

*I cannot get to treatment*

*Someone on the team can drive you*

*Who is going to pay my bills?*

*Speak with loved ones, team will help you*

List any possible logistical challenges below, as well as possible solutions.

**LOGISTICAL CHALLENGE**

**SOLUTION**

---

---

---

---

---

---

## Safety Concerns

Safety is an important consideration for both the individual and their support system.

Example safety concerns:

- Individual attempted suicide recently
- Individual possesses weapons
- Individual has threatened physical violence towards members of the team

List any possible safety concerns below and share with your interventionist.

**SAFETY CONCERNS**

---

---

---

---

---

---

# Intervention Methods

There are several ways to approach an intervention.

A professional interventionist will discuss options with the team and develop the best way to approach the intervention based on the individual of concern, their needs, and the team.

Older methods focus on confrontation, which includes addressing all issues that have caused hurt and pain for the people in the individual of concern's life (Jarvis, Tebbutt, & Mattick, 2005). Recovery Centers of America focuses on newer methods that remind the individual how much their team loves and cares for them while sharing their concern for them. Use the space below to reflect on the reasons you care for the individual of concern.

## WE LOVE THIS PERSON BECAUSE

---

---

---

## WE WANT TO HELP THIS PERSON BECAUSE

---

---

---

## WE WANT THIS PERSON TO SEEK TREATMENT BECAUSE

---

---

---



# Crisis Intervention

Crisis intervention may be needed if the individual is in immediate danger or their drug or alcohol abuse has placed them in a state of needing care immediately.

**If you feel that the individual is contemplating suicide, exhibiting dangerous behavior, or has a medical emergency and in need of immediate intervention, call 911 immediately.**

# Treatment Options

One major component of an intervention is providing treatment options. Recovery Centers of America offers numerous treatment options that can be discussed with the individual of concern during the intervention.

## Levels or Modalities of Care

The treatment modalities refer to the “level of care.” Just like other medical conditions, Substance Use Disorders are also treated with many services and at different levels of care. These include:

- Detoxification
- Residential
- 3 types of outpatient treatment
- Partial hospitalization
- Intensive outpatient
- General outpatient services
- Medication Assisted Treatment

## Detoxification (Detox)

Detox is for patients who need a physical/medical detoxification from drugs.

After a comprehensive medical evaluation, patients are provided medications when needed to ensure a medically safe withdrawal from the drugs in their system. Patients are closely monitored 24 hours a day by physicians, nurses, and other clinical staff. Typical length of stay in detox is 4-7 days and then the patient is transferred to another level of care.

## Residential Treatment

Residential treatment provides an intensive and structured environment while patients reside in the treatment program and benefit from 24-hour supervision and services including but not limited to individual and group therapy, education on the disease of addiction, recovery support services, nursing and medical care, and family services. Patients generally do not leave the facility without supervision during their course of residential treatment.

## **Partial Hospitalization Program**

This level of care is designed for individuals who need structured programming but do not need 24-hour nursing care or services. Patients participate in therapeutic groups, structured activities, and discharge planning. Many patients who have been in an inpatient or residential program can “step down” to this level of care because it continues to provide a high amount of structure and support. Typically, 5 days per week, 6 hours per day, 9 AM – 3 PM.

## **Intensive Outpatient Services (IOP)**

Intensive Outpatient Program is for patients who have established abstinence and recovery. It includes therapeutic and educational groups and patients typically attend 3 days per week, receiving 3 hours of services each day including a 90-minute primary therapy group and a 60-90 minute educational/experiential seminar. These can be delivered in the morning, afternoon, or evening hours. In addition to this programming, family sessions and individual therapy should be included in intensive outpatient programming.

## **General Outpatient Services (GOP)**

General Outpatient Program is for patients who have continued abstinence and recovery and are transitioning to a lower level of care from IOP. It helps patients gain and maintain skills for a substance-free lifestyle with services that occur one per week. Services include assessment, treatment planning, individual, group, and family counseling. Typically, 1-2 days per week 1 – 1.5 hours per visit.

## **Medication Assisted Treatment**

Medicated-Assisted Treatment (MAT) is the use of FDA- approved medications in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders.

## **Specialized Programs**

RCA develops specialized programs that cater to our patients’ needs when they’re in both residential treatment and in long-term recovery. Our specialty programs include Young Men’s addiction group, First Responders group, Young Women’s Addiction group, and many more.

Working with your interventionist, list at least three treatment options below, and how they may best fit the needs of the individual of concern.

1.

---

2.

---

3.

---

What treatment modalities and services have been attempted in the past?  
(Check all that apply)

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Individual Therapy  | <input type="checkbox"/> AA, NA, Other meetings         | <input type="checkbox"/> General Outpatient Treatment |
| <input type="checkbox"/> Education           | <input type="checkbox"/> Intensive Outpatient Treatment | <input type="checkbox"/> Intervention                 |
| <input type="checkbox"/> Inpatient Treatment | <input type="checkbox"/> Sober Living                   | <input type="checkbox"/> Detox                        |
| <input type="checkbox"/> Family Therapy      | <input type="checkbox"/> Medication-Assisted Treatment  | <input type="checkbox"/> None                         |

### **LIST ANY OTHER TREATMENTS THAT HAVE BEEN ATTEMPTED IN THE PAST**

---

---

### **Aftercare**

Successful treatment includes an aftercare plan that addresses an individual’s living situation, work or educational goals, and how they will continue to get support for their recovery. This can include meetings, a place to stay, a recovery home, a plan for schooling or work, etc.

You can speak with your interventionist to discuss the appropriate aftercare options for the individual of concern and provide them below. Discuss who may be responsible for setting up these options with the individual.

Examples include:

- Development of a support network
- Continued psychiatric care, family therapy, etc.
- Vocational training, college, or work plans
- Referrals

### **Next Steps**

By thinking through the items addressed in this workbook, you already have taken the first step toward treatment and recovery for your loved one. It is critical that you share the information gathered with a trained interventionist who can help you move forward in the process and conduct a thorough safety and crisis assessment.

**CALL TODAY AT (855) 401-0478**

## **About Recovery Centers of America:**

Recovery Centers of America provides evidence-based addiction treatment that is in network with many major insurers so that care is affordable for families. RCA's modern, comfortable facilities are located in patients' neighborhoods. Being nearby provides continuity across all levels of care, from medically-monitored detox and residential to outpatient and alumni support programs. Recovery Centers of America employs an elite team of drug and alcohol specialists, as well as medical professionals to provide a level of care consistent with an individual's needs.

Learn more at: [RecoveryCentersOfAmerica.com](https://RecoveryCentersOfAmerica.com)