

A Helpful Checklist for Holding an Addiction Intervention



1/1/2018

. Assistance in Staging an Intervention for a Drug Addict or Alcoholic

When a close friend or a loved one is struggling with drugs or alcohol addiction, close family, friends, or even an employer may want to intervene by holding an Intervention with the plan to help get the individual into a recovery and treatment program.

A Helpful Checklist for Holding an Addiction Intervention

When a close friend or a loved one is struggling with drugs or alcohol addiction, close family, friends, or even an employer may want to intervene by holding an intervention with the plan to help get the individual into a recovery and treatment program. Staging an intervention can be a great way to not only get them into treatment but also it can be responsible for saving his or her life.

Intervening for a Loved One

The first and most important step in staging an intervention is contacting an arranging help from an intervention specialist. A skilled intervention professional will keep the conversation honest and the communication moving. Intervention specialists help addicted people face reality and break their habit of denial.

Addicts are used to Confrontation. They've been confronted a million times already and are used to accusations, threats, and rude behavior. Confronting an addict alone can be the worst thing you can do because it will seem like more of the same behavior from the same people and they can become stubborn and uncooperative. Interventions should never be attempted by family and friends alone.

An intervention specialist is essential to staging a successful intervention!

How does an intervention work?

First, you need to know what an intervention is and how it works. You need to become familiar with every aspect of the process, know and understand the expected reactions and behavior of the person you are intervening for, and have a solid plan with a positive outcome.

Key to this intervention is a skilled professional that can assist you in the process and guide the intervention to a positive result. The professional will know exactly what to do and what to expect and will be essential to the eventual success of

your plan.

Also, form an intervention team and do not try to do this alone. A group of family members or close friends, working with your professional leader in a group as a team, will give you the best result.

Here's a checklist that will help you to Plan an Intervention

1. **Select** and contact a good treatment provider. Discuss your plan for intervention, ask for their recommendations, prepare a plan for the end of the intervention, and reserve a place for at the very least an Intake interview, evaluation, and assessment.
2. **Engage** an interventionist. Discuss your intentions with the specialist and get him involved in your planning.
3. **Gather** the intervention team. Talk to each potential member and make sure that they are committed and available for the occasion.
4. **Plan ahead**, know what your intentions are and what you hope to achieve and create some boundaries, safety nets, and ground rules. Keep it plain, simple, and understandable but keep your firm resolve. Don't allow any escape routes if possible.
5. **Where** do you plan to hold this intervention? You will need to choose a proper location and keep the privacy of the addict in mind. Public places are out and you need to have a location where the addict will be willing to meet with you.
6. **When** everything is organized, planned, and ready to go, you will need to invite the individual. Work closely with your intervention expert to manage the invitation in a way that your addict will agree to meet with you. Using deception may backfire on you so be careful in your invitation process.
7. **Now it's time** to follow your plan, manage the intervention, and hopefully achieve a positive result or outcome.

If you get stuck and can't seem to get an intervention organized, please consider calling one of the Intervention Experts at Chateau Recovery. They will be happy to discuss your needs and try to help you find a solution.

Chateau Recovery Center

Addiction treatment center in Midway, Utah
Address: 375 Rainbow Ln, Midway, UT 84049, USA
Hours: Open today 6 AM– 12 AM
Phone: +1 435-654-1082
<http://chateaurecovery.com>