

The Family Intervention

Getting Help for a Loved One
Who Won't Stop
Using Drugs or Alcohol



**Sunshine Coast
Health Center**

Drug and Alcohol Treatment
and Recovery Services

www.schc.ca

Canada's Leader in Men's Treatment



At Sunshine Coast Health Center, we salute the many families who have taken the bold step of getting help for their loved one struggling with drugs or alcohol.



As a private residential program for men, we understand the important role families have in successful treatment outcomes. On behalf of the staff at Sunshine Coast and the family interventionists listed in this guide, thank you for being part of the solution.

Regards,

Daniel Jordan
General Manager
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Introduction

Admittedly, our modern society is surprisingly inept when it comes to helping people with addictions. For proof of this, pay attention to the next news story revealing yet another celebrity who is struggling with drugs or alcohol. Typically, an "expert" will observe that the celebrity "obviously hasn't hit bottom yet." If you are like most Canadians, you may think it has to get worse before it gets better. The good news is, however, that you don't have to watch helplessly as your loved one continues on their destructive path. Families and partners have the power to intervene in the downward spiral of addiction.

The Myth of Hitting Bottom

Don't be fooled by the advice of allowing a loved one to "hit bottom." "Hitting bottom" proponents reason that one day, when it gets bad enough or when they are ready, people with addictions will finally admit defeat and reach out for help. But what is "hitting bottom" for your loved one? Sometimes it means death. Obviously, that's an outcome you will do everything in your power to avoid.



Common Attempts to Get Them to Stop: Nagging, Pleading, and Threatening

If your family member or partner has a problem with drugs or alcohol, you have the power to influence change. Unfortunately, many of us resort to nagging, pleading, or threats. When this doesn't work, we may be led to believe



that trying harder may make the difference. So we nag more, plead more, threaten more. Doing so may, however, serve only to further isolate the individual and make it that much more difficult to ask for help. Over time, you may barely recognize your loved one's behaviour; he's no longer the person you thought you knew.

If this sounds familiar, you are witnessing addiction first hand. Before we offer an alternative solution to nagging, pleading, and

threatening, let's look at what separates misuse from addiction. As you will see, the key distinction is important when we start talking about a solution.

The 3 Cs of Addiction

One of the first orders of business when dealing with the problems of drug or alcohol misuse is determining the seriousness of the problem. Some family members will need proof that their loved one's behaviour is serious enough for them to intervene. There are many assessment tools available to quantify the severity of a drug or alcohol problem.

Sunshine Coast Health Center uses a simple self-assessment tool called the "3 Cs of Addiction." The 3 Cs (compulsion, control, consequences) measure whether a bad habit has become an addiction. You can apply the 3 Cs test to any person and any bad habit (coffee, cigarettes, fast driving, the internet, etc.).

If all three Cs apply then it could be more than just a bad habit—it could be an addiction:

1. The First C – Compulsion

Compulsion is the tendency of individuals to obsess about a bad habit during periods of abstinence.

Examples include:

- excessively talking about a bad habit
- withdrawing or isolating from others
- intentionally placing oneself in harm's way (person, places, things)
- being unusually depressed, excitable, irritable, or moody

2. The Second C – Control

Control refers to the inability to limit intake of, or participation in, a bad habit once the individual has surrendered to obsessive thinking. This is the relapse stage. Examples include:

- failing to set limits on amount consumed
- engaging in risky behaviour that endangers the health or well-being of one's self or others
- neglecting personal needs or a dependent's needs

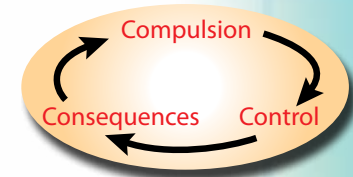
Control problems are early indicators of a growing problem. It is important to remember that sometimes your loved one may show signs of being in control but not consistently.

3. The Third C – Consequences

The refusal to end a bad habit—despite a growing list of negative consequences—is a good indicator of addiction. Negative consequences follow the relapse stage (lack of control). Examples include:

- missing payments such as rent, auto insurance, or utilities
- getting fired for frequent absences or tardiness
- experiencing legal problems such as assault or impaired driving

Individuals who are simply misusing alcohol or drugs and are not addicted will typically stop or cut back after experiencing a negative consequence. However, for a person with an addiction, stopping or cutting back without treatment often proves much more difficult. Of the 3 Cs, an inability to stop despite negative consequences, is the biggest indicator of addiction.



The Power of Natural Consequences: Raising the Bottom

A little known fact about helping loved ones is that you have the power to “raise the bottom.” Raising the bottom involves allowing a loved one to face the natural consequences of their addiction as early as possible, recognizing that people with addictions tend to have a deterioration in quality of life the longer they remain active in their addiction.

Unwittingly, families often contribute to the problem by becoming expert problem solvers. When your loved one spends everything she has on substances, do you pay the rent or the car insurance? When your loved one’s employer calls after another no-show at work, do you make excuses or cover up? If so, you may be unwittingly enabling addiction by shielding your loved one from the consequences of their actions.



Taking a Stand: Confronting Your Loved One’s Behaviour

By taking a stand and confronting your loved one’s behaviour head

on, you are taking the first steps toward a solution. Your conversation may go something like: “Bill, I realize that this has been going on a long time, but I can no longer idly stand by and pretend that I’m happy. You are destroying yourself, and I think you need professional help. I can help you find help, but if you choose not to then (fill in the blank)...”

At this point, your loved one can either accept or refuse your recommendation to seek professional counselling. If your loved one fails to follow through, then you respond with consequences such as not paying the car insurance, moving out, etc. Sounds simple enough, right? Yes, it’s simple but not easy. It can even feel impossible. This is when you will need to gather support from friends and family or engage the expertise of a professional trained in family interventions.

Strength in Numbers: The Family Intervention

If you find that confronting your loved one is too much to pull off by yourself, consider a family intervention. There is strength in numbers, and committed individuals who share your concern for a loved one can join with you in providing a united front. In fact, a united front is critical not only for creating confidence in the group but also for conveying the gravity of the situation to a loved one (“boy, this must be bad if all of these people are here”) and the hopelessness of resisting this act of compassion (“gee, even Granny is here and she usually bails me out when I get in trouble”).

While having all of the family there together is a good idea, coordinating a group of people, especially family members, is not always easy. Here are some questions to ask yourself:

- Who is going to lead the group?
- Does everyone know what they are going to say?
- Is everyone going to be at the right place and on time?
- How do we deal with the excuses if he refuses help?
- What do we do if she agrees to get help?

If you conclude that you may not be able to pull this off, consider hiring a family interventionist. Interventionists are trained for these situations and have the emotional detachment that you or others in your group may lack.



Hiring an Interventionist: Money Well Spent

Although having an interventionist is going to cost you money, it may cost you less than you think. Also, it may be a small price to pay compared with the expense in time and money for everyone involved: airfare, hotels, long distance calls, time off work, etc.

Besides the time and money involved, think about what is at stake for your addicted family member. The importance of this event may warrant professional guidance.

There is one more important, if often overlooked, reason to hire an interventionist: peace of mind. Family members who have followed through with professional interventions often report feeling a sense of relief, realizing that, regardless of the outcome,* they have done everything in their power to save a loved one. With the support of an interventionist, families who have faced their own 'demons' of guilt, shame, and despair, can begin the process of rebuilding.

(* Note: Typically, 90% of professional interventions result in a family member entering treatment. Please note, however, that there is no guaranteed outcome of the intervention process and results may vary. For further information on success rates contact directly the interventionists listed on pages 11 to 15.

What is a Family Intervention?

A family intervention is a structured method of assisting an individual who has resisted previous attempts by concerned others to get help for a drug or alcohol problem. An intervention involves a gathering of caring people who matter to the individual and sincerely want to help. This group of people should exert a strong influence upon the person and typically includes family members, friends, coworkers, an employer, or a member of the clergy.

The objective of an intervention is to confront your loved one in a non-threatening way to help them see their self-destructive behaviour and how it affects

themselves, family, and friends. A well-executed intervention is professionally facilitated by an interventionist, who has expertise in drug and alcohol counselling and specific training in the intervention process.



Types of Family Interventions

There are three models of intervention in use today:

1. The JOHNSON Intervention Model

The Johnson Intervention Model—or Structured Family Intervention (SFI)—was developed by the late Vernon Johnson, considered the “founding father” of addiction interventions. Johnson was the first to popularize the notion that there was another option besides just waiting for individuals to “hit bottom.”

There are two goals of a Johnson Model intervention: (1) break the denial of the addicted individual so that they admit they have a problem, and (2) have the addicted individual enter residential addiction treatment. All aspects of the Johnson Model focus on the intervention as a singular event where success is determined by whether the addicted family member accepts treatment.

The duration of the intervention depends on the size of the group, time that each group member spends sharing their story, and the resistance on the part of the addicted family member to go to treatment.

Finally, the Johnson Model recommends that family members keep private any knowledge of the pending intervention so that the addicted family member is unable to circumvent the process.

To this day, the Johnson Intervention Model remains the model of choice for the majority of family interventionists.

2. The SYSTEMIC Intervention Model

The Systemic Model—or Family Systems Model—of intervention builds on the Johnson Institute model of therapeutic intervention. The Systemic Model is an approach where the entire family, *including the addicted family member*, is invited. Together, the family learns about addiction in a two-day educational workshop format which typically includes material on the neurobiology of addiction, the process of addiction, the intergenerational nature of addiction, and the effects of addiction on the family.¹ These workshops are intentionally designed to create a no-pressure environment where all participants can feel safe and begin the healing process together.²

The goal of the Systemic intervention is that, by the end of the process, the addicted family member is engaged in getting professional help and family members are able to utilize new skills to help themselves. In other words, the Systemic intervention provides a benefit to all participants, not just the addicted family member.

(1) Source: *Family Intervention: Then and Now* (July 2008) Bette Ann Weinstein. *Counselor Magazine*.

(2) Source: Presentation: “Systemic Intervention.” *Moment of Change Conference*, Santa Monica, CA (February 2006) W. Raiter & J. Towle.

3. The ARISE Intervention Model

The ARISE (A Relational Intervention Sequence for Engagement) Intervention Model was developed by Judith Landau and James Garrett. It is similar to the Systemic model since it (1) invites the addicted individual to participate in the intervention process and (2) is not focused on a singular intervention event. It differs, however, from the Systemic model by:

1. assuming that families are more powerful than the interventionist to effect change
2. recommending outpatient treatment as the first stage of treatment
3. utilizing a three stage, graduated continuum of intervention where each stage involves an increased level of therapy and family involvement

By utilizing a graduated approach, the ARISE Model meets people “where they are” which, proponents of the ARISE Model assert, allows for more flexibility compared to other models.



Another important difference is that the ARISE Model is conducted over a series of 5 to 10 meetings. Meetings progress from being:

1. Telephone conference calls to
2. Face-to-face meetings with the whole group. If the addicted family member is not present, these meetings may involve discussions about how to engage the addicted family member. If the addicted family member is present, then meetings focus on taking the next

step and getting professional help with a promise to meet the following week for a progress report. Meetings then progress to

3. An actual intervention if the addicted family member has resisted all attempts to engage despite the efforts of the group as outlined in step 2.

Therefore, if telephone conference calls (step one) with the family group result in the addicted family member’s admission to treatment, then no further involvement by the interventionist is necessary. If, however, the family member refuses all attempts to attend family meetings, then the group plans for a family intervention (step three).

Recommended Interventionists

CANADA

The following professionals have had firsthand experience with interventions. Their approaches to interventions may be based on the Johnson, Systemic, or ARISE model, or variations of these, based on personal preferences and experience. Most, if not all, interventionists are willing to travel to other cities, so don’t discount accessing an interventionist if one is not available in your home community.

British Columbia Alcohol and Drug Intervention Services



Trudy Annand – RPC, MPCP, BRI (I)

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Qualifications: Trudy is a Credentialed Interventionist with the Association of Intervention Specialists, an international association that sets the standards for professional interventions. Trudy has a background in Counselling Psychology, expertise in the development and the management of addiction treatment programs, and retains a successful private practice specializing in addiction.

Trudy travels all over Canada facilitating both family and executive interventions with a remarkable success rate of 96%. Trudy’s personal experience with addiction and recovery gives her the compassion and ability to connect with the addicted individual and their families.

In her own words: “It is important that interventions are planned and facilitated with a professionally certified interventionist. By the time an intervention is sought, most families have tried everything they possibly can to help the individual struggling with an addiction. Understandably, the families are often left feeling frustrated, hopeless, betrayed, confused, and guilty. A professional interventionist begins

the process of healing for the entire family. The interventionist is the one person in the room who is not emotionally attached to the addicted individual. This enables a monitored environment of safety, respect, and non shaming for both the families and the addicted individual.

In this environment of love, care, and concern, the addicted individual’s bottom is raised, and the recovery process begins with the addicted individual accepting treatment. Often, interventions are the last resort, so working with a highly skilled, certified interventionist is paramount to success.”



James Dunn – LLB, MA and Janice Dunn – RPN

Successful Interventions
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Qualifications: James and Janice are highly skilled intervention specialists with years of experience in the addictions field. James’ experience as a lawyer and mediator provide him with the necessary skills to take charge of difficult clients dealing with addiction problems. In addition to his legal degree, James has a Master of Arts Degree in Conflict Resolution. Janice’s expertise as a Registered Psychiatric Nurse includes mental health and addictions, psychogeriatrics, sexual abuse, family violence, and eating disorders. Together, James

and Janice have the expertise to handle many self destructive behaviours including drug and alcohol problems, disordered eating, process addictions, issues facing seniors, and mental health challenges.

In their own words: "Our approach is to provide professional guidance and support throughout every aspect of the intervention, letting our clients know that they are being served by competent and caring professionals. This is not just a job for us. We have a passion for what we do and we know that our passion and commitment will translate into positive results for you and your family or business."

Janice and James recognize that each intervention is a unique experience for that family or business. They believe that what may work for one family or business may not work for another. Nothing is taken for granted, Janice and James ensure that everything is done to make the intervention a success.

With offices in Vancouver, Victoria, Nanaimo, and affiliations in Oregon, Washington, and California, Successful Interventions services all of Canada, the United States, and facilitates interventions internationally.



Kima Jones – MBA

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Qualifications: Kima has been working with children with specific needs for more than 20 years and has experience with a wide range of behavioural issues including drug and alcohol misuse. She has a Masters degree in Educational Management and an extensive history of professional development in special needs subjects including McMaster University's Addiction Education Program. Kima dedicates much of her time to community education; she gives workshops to parents and school counsellors on dealing with at-risk youth

and presentations to secondary school students on behalf of the Crisis Intervention and Suicide Prevention Centre of British Columbia

In her own words: "My own life experiences have given me insight, compassion and a genuine desire to help families heal and initiate positive change. I know first hand the feelings of fear, shame and confusion that loved ones experience when someone they care about is in jeopardy. As such, I am just as much a source of moral and emotional support for parents, as I am an advocate for youth.

I like to describe myself as a resource for families who want more than just the default options available to them. My expertise is in helping parents find private programs which take a holistic approach to treatment, health, and education. I can provide interventional opportunities unavailable through our public system and unknown to many professionals."



Kathleen Landry – MCS, RCC

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Qualifications: Kathleen has conducted hundreds of successful interventions, ranging from drug abuse, sexual inappropriateness, compulsive gambling, over work and other destructive behaviours. Kathleen is a Bowen family systems therapist that believes that addiction is a family disease that needs a family solution. Her gentle intervention process derived from her experience in family systems and the intervention approach outlined by Debra Jay's book *No More Letting Go, the Spirituality of Taking Action against Alcoholism and Drug Addiction*.

In her own words: "At Kathleen Landry and Associates, an intervention is the loving process into a troubled person's life to help motivate them

to change and seek help. It is a process that begins long before the troubled person is even spoken to and continues long after the person seeks help. It involves the caring support of the troubled person's closest friends, family and business associates. It is a process that brings the person's 'bottom up' rather than waiting for the person to 'sink to the bottom.'"

Alberta Alcohol and Drug Intervention Services



James Canniff – Registered Psychologist, PhD, MEd, CSATII

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Qualifications: Dr. Jim Canniff has been in private practice in Alberta since 1983. Through his practice he heads a team of therapists with expertise in counselling, assessment, and consultation of adults, teens, and children.

His practice currently includes teen groups, and addiction groups, including sexual addiction. Jim also provides support for a variety of professional assistance programs working with physicians, pharmacists, dental practitioners, nurses, veterinarians, and social workers struggling with substance abuse or other maladaptive behaviours. As the director, Jim addresses issues for these groups on a daily basis. He works actively to promote a healthier environment for his clients, his employees, and his community. His voice has been heard on national radio, and he has appeared on national television addressing child care issues. Jim has also presented internationally at various conferences on addiction issues and aftercare.

Jim has been called to the Provincial Court of Alberta and the Court of Queen's Bench as an expert witness on matters of sexual abuse, and child custody and access. For nearly 20 years he has had the opportunity to present on various topics to groups such as the Child Welfare League of America, B.C. Interior Child Care Workers' Association, Alberta Child Care Workers' Association, foster parent groups and many smaller associations/groups.



M. J. Macleod – Chartered Psychologist

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Qualifications: MJ is a Chartered Psychologist who specializes in addiction counselling, as well as depression, adult ADHD, trauma (utilizing EMDR), marital therapy (utilizing IMAGO), and interpersonal skills workshops.

In her own words: "Through honest, direct, solution-oriented discussion we can identify appropriate options and resources. My approach is tailored to each individual's needs. When someone needs help but refuses to accept it, an intervention can be appropriate. This is an action taken when a person is involved in self-destructive behaviour. It involves preparing a select group of people to provide non-judgmental feedback and encourage the individual to participate in a course of treatment. Consequences of not making a behavioural change are clearly outlined. It allows individuals and/or families to rest assured they have made a concerted effort to positively influence the situation."

Ontario Alcohol and Drug Intervention Services



Andrew Galloway

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Qualifications: Andrew Galloway, who is in recovery himself, completed the Addiction Program at McMaster University and was honoured with the Award of Excellence for Outstanding Academic Achievement. In 2008, he received the Transforming Lives Award from the Centre for Addiction and Mental Health. He has a supervised private practice at the Clinic on Dupont under Dr. Randy Katz in Toronto where he offers counselling, interventions and referrals. His work has taken him across Canada, the USA, Italy, Germany and the Caribbean. Andrew has guest lectured at University of Toronto and the University of Waterloo. In addition to his private practice, he is a counsellor for the National Hockey League/ National Hockey League Players Association Substance Abuse and Behavioural Health Program.

In his own words: "The goal of an intervention is to help the addict make an informed decision about going to treatment. It is NOT a confrontation but rather those involved describing in a loving and caring way how the addict's behaviour is affecting those doing the intervention. We don't want the addict to get defensive because we want to get past the guilt, fear and anger so that the addict can make an informed choice. The addict will be made aware of (if needed) of the consequences of his/her decision of not going to treatment because we can only control our response (and therefore our own well-being) NOT the addict themselves. Sometimes this can be hard for families and we work together to find what is best for your family. Therefore, each intervention is different and is ultimately a collaborative experience."



Rosemary Munro – CADC

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Qualifications: Rosemary is certified as an addiction counsellor with CACCF (Canadian Addiction Counsellors Certification Federation), offers specialized help for families with an alcohol or drug problem, and began her career in the addictions field in 1985. Rosemary is also a trained intervention specialist, coaching families on how to help someone who doesn't want help. In addition to her private practice, Rosemary facilitates workshops to train other professionals in intervention, and offers an intervention internship program.

Rosemary has been invited to speak on intervention to many community organizations, was a guest on the Canada wide Drew Marshall radio talk show, and has appeared twice on Rogers TV Medical Intelligence Show.

In her own words: "There is a lingering myth in our society that until an alcoholic or addict reaches their bottom, nothing can be done to stop this self-destructive process.

"Today more people are becoming aware of the intervention process which, simply put, is a way of presenting the reality of the addict's addiction in a caring way so that it can be heard by the alcoholic/addict. Sometimes this happens when a friend or family member has the courage and insight to tell a loved one how their addiction is affecting them and those around him/her. The alcoholic experiences a moment of truth and seeks help. Sometimes it requires the combined effort of several family members, friends, employer etc. to break through the defence system of the addict.

"With the help of a trained Intervention specialist, this team of friends and family can be educated about the nature of addictions. They learn about

the enabling process and identify their part in the merry go round of denial. Through specific training, they will learn how to present the reality of the addict's behaviour and the harm it is causing in a non-judgemental, respectful and caring way. This process usually takes about ten to twelve hours. Treatment is prearranged so the addict leaves the intervention and goes directly to treatment."



Sam Waldner – M.Ed.

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Qualifications: Sam has a master of education degree in Counselling Psychology and was trained as an addiction counsellor at the Hazelden Foundation in Center City, Minnesota. He has counselled in both outpatient and residential settings and has been counselling and coaching people since 1984.

In his own words: "I believe that no matter how hopeless you feel or how terrible your current situation seems to be, there is a way out. The solution for many people begins with the awareness that they cannot solve their problems on their own. Individual and group services are offered to family members, friends and associates who seek to assist the addicted person in breaking the destructive cycle of dependency. By learning to work as a 'united front,' they can effectively encourage the addicted person to seek help. I encourage you to reach out and ask for help."

UNITED STATES OF AMERICA

The following interventionists serve Canadian families:



Carefrontations

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Joyce Sundin

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Private Residential Treatment Centres Quick Reference Table

Interventionists prefer to work with private residential programs since they typically have shorter waiting lists and longer lengths of stay when compared with government programs. Furthermore, private programs offer greater flexibility at admission time in recognition of the unpredictable nature of interventions.

Adult F – Adult Female
 Adult GS – Adult Gender Separate
 Adult M – Adult Male
 MH – Mental Health Services
 Family – therapeutic services for family members

N/A – provincial licensing not required for private-pay treatment beds in Ontario
 Licensed or Accredited – provincially licensed or accredited for residential care
 Note: Per diem rates shown are as of April, 2009

Name of Program	Location	Serves	\$/Day	Stay (Days)	Beds	Detox	MH	Family	Fitness	Aftercare	Methodone	Licensed or Accredited	Phone
A Home Away Retreat	Kelowna BC	Adult Co-ed	690	42	8	No	No	Yes	Yes	Yes	No	No	866 337 3324
Addington House	Montreal QC	Adult Co-ed	167	min. 84	17	Yes	No	Yes	Yes	Yes	No	Yes	877 483 3869
Bellwood	Toronto ON	Adult Co-ed	550	30-80	55	Yes	Yes	Yes	Yes	Yes	No	Yes	800 387 6198
Business & Industry Clinic	Grande Prairie AB	Adult Co-ed	200	30, 49	20	Yes	No	Yes	Yes	Yes	Yes	Yes	800 419 1149
Cedars at Cobble Hill	Cobble Hill BC	Adult Co-ed	384	42	51	Yes	Yes	Yes	Yes	Yes	No	Yes	866 716 2006
Clear Haven	Chertsey QC	Adult Co-ed	125-178	30, 60, 90	72	No	No	No	Yes	Yes	No	No	877 465 8080
Crossroads Treatment Centre	Kelowna BC	Adult G S	40-180	28	57	Yes	Yes	Yes	Yes	No	Yes	Yes	866 860 4001
Edgewood Treatment Centre	Nanaimo BC	Adult Co-ed	325	min. 54	80	Yes	Yes	Yes	Yes	Yes	Yes	Yes	800 683 0111
Heritage Home	Huntingdon QC	Adult Co-ed	333	min. 30	12	Yes	No	Yes	Yes	Yes	Yes	Yes	866 330 9818
Homewood Health Centre	Guelph ON	Adult Co-ed	499-728	30	87	Yes	Yes	Yes	Yes	Yes	No	Yes	519 824 1010
Life Development Resources	Langley BC	Adult M	165	60	10	No	No	No	Yes	No	No	No	604 916 7100
Newgate 180	Merrickville ON	Adult G S	318-350	28	24	No	Yes	No	Yes	Yes	Yes	N/A	888 524 8333
Oceans Rehab	White Rock BC	Adult Co-ed	404-446	28, 42	10	Yes	Yes	No	No	No	Yes	No	877 538 5574
Orchard Recovery	Bowen Island BC	Adult Co-ed	450	10, 28, 42	25	Yes	No	Yes	Yes	Yes	Yes	No	866 233 2299
Renascent	Toronto ON	Adult G S	369	21	84	No	No	Yes	No	Yes	No	N/A	866 232 1212
Sage Health Centre	Kamloops BC	Adult Co-ed	190	28-84	28	No	No	No	Yes	No	Yes	Yes	250 374 6551
Serenity Ranch	Tees AB	Adult Co-ed	230	21, 42	22	No	No	No	Yes	No	Yes	No	403 784 3993
Sunshine Coast Health Center	Powell River BC	Adult M	333	42, 60, 90	30	Yes	Yes	Yes	Yes	Yes	No	Yes	866 487 9010
Top of The World Ranch	Ft. Steele BC	Adult Co-ed	419-453	30, 44, 58, 86	25	No	No	Yes	Yes	Yes	Yes	Pending	888 996 6306



Resources

I. Printed Resources – Family Intervention

I.A. Intervention Books for Clinicians

Addiction Intervention: Strategies to Motivate Treatment Seeking Behavior (1998) Robert K White, Deborah George Wright

Invitational Intervention: A Step by Step Guide for Clinicians Helping Families Engage Resistant Substance Abusers in Treatment (2006) Judith Landau, James Garrett

Inviting Change through an Invitational Intervention: A Step-by-Step for Getting a Loved One into Addiction Therapy (2007) Garrett Landau

Motivating Substance Abusers to Enter Treatment: Working with Family Members (2007) Jane Ellen Smith, Robert J. Meyers

Training Families to do a Successful Intervention: A Professional's Guide (1996) Johnson Institute

I.B. Intervention Books for Family Members

Addiction-Free: How to Help an Alcoholic or Addict Get Started on Recovery (2001) Gene R. Hawes, Anderson Hawes

Freeing Someone You Love From Alcohol and Other Drugs (1992) Ronald L. Rogers, Chandler McMillin

Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening (2004) Robert J Meyers, Brenda L Wolfe

Getting Them Sober: You Can Help (1998) Toby Rice Drews

Intervention: How to Help Someone Who Doesn't Want Help (1986) Vernon E. Johnson



Love First: A New Approach to Intervention for Alcoholism and Drug Addiction (2000) Jeff Jay, Debra Jay

No More Letting Go: The Spirituality of Taking Action against Alcoholism and Drug Addiction (2006) Debra Jay

When They Won't Quit: A Call to Action for Families, Friends and Employers (2002) Bruce Cotter

I.C. Boundary Setting For Family Members

Note: the following books may not be specific to addictions, however, boundary setting is an important factor in maintaining recovery in the family. Some books listed are written in a religious context.

Boundaries: A Guide for Teens (2000) Val J. Peter, Tom Dowd

Boundaries and Relationships: Knowing, Protecting, and Enjoying the Self (1993) Charles L. Whitfield

Boundaries: When to Say Yes, When to Say No to Take Control of Your Life (1992) Henry Cloud, John Townsend

Boundaries: Where You End and I Begin (1993) Anne Katherine

Boundaries with Teens: When to Say Yes, How to Say No (2006) John Townsend

Boundaries in Marriage (1999) Henry Cloud, John Townsend

Parents, Teens and Boundaries: How to Draw the Line (1993) Jane Bluestein

Where to Draw the Line: How to Set Healthy Boundaries Every Day (2000) Anne Katherine

II. Online Resources – Family Intervention

A & E Television - Intervention <www.aetv.com/intervention> is a television program that gives viewers a first-hand account of family interventions. Local TV listings times and dates provided.

The Association of Intervention Specialists (AIS) Directory <www.intervention.com> has a list of interventionists across North America.

Julie Kelly & Associates <www.joyofrecovery.com> has a website that helps clarify the Systemic Family Intervention approach.

Linking Human Systems <www.linkinghumansystems.com> is a website dedicated to promoting the ARISE model of intervention.

Love First: Intervention for Alcoholism and Drug Addiction <www.lovefirst.net> has lots of good intervention information.

Intervention Center <www.intervention.com> is Vaughn Howland's resource for intervention information.



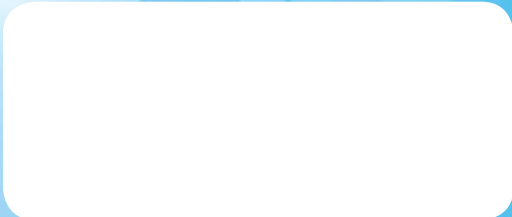
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Canada visit
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**Canada Alcohol and
Drug Rehab
Programs**

