

THE FAMILY INTERVENTION



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INTRODUCTION

It is no secret that our modern society struggles to help people with addictions. Just look at news stories on celebrities with struggling with drugs and alcohol. These articles regularly discuss how these celebrities “haven’t hit bottom yet” and are helpless until they realize that. If you are like most Canadians, you may think it has to get worse before it gets better. The good news is 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 popular advice telling you that your loved one needs to “hit bottom”. Supporters of the “hitting bottom” concept believe that people with addictions will finally admit defeat and ask for help when it gets bad enough. But when do you “hit bottom”? For some, it could mean death. Obviously, this is 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 believe that trying harder will make the difference. So we nag more, plead more, threaten more. Doing so, however, serves only to further isolate your loved one and make it that much more difficult to ask for help. Over time, you may barely recognize your loved one's behaviour; he or she is 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 Centre 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 sometimes referred to as 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 fundamental indicator of addiction.

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, the inability to stop despite negative consequences is the biggest indicator of addiction.

THE 3 Cs OF ADDICITON

1. COMPULSION

2. CONTROL

3. CONSEQUENCES



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 their 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 the boundaries you laid out 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 you and provide 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 (“wow, this must be bad if all of these people are here”) and the hopelessness of resisting this act of compassion (“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.



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HIRING AN INTERVENTIONIST: MONEY WELL SPENT

Although having an interventionist is going to cost you money, it may cost you less than you think. It may even be a small price to pay compared with the expense in time and money for everyone involved (e.g. 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.

Another 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 professional method of assistance that targets an individual who has resisted previous requests to get help for a drug or alcohol problem or other addiction.



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 recognize 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 participates in a two-day educational workshop format that discusses material such as 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, by the end of the process to have, the addicted family member 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 Weinstein, B. A. (July 2008). *Family intervention: Then and now*. Counselor Magazine.

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

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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 is claimed to allow 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:

1. Telephone Conference Calls

2. Face-to-face Meetings

If the family member with an addiction isn't present, meetings may involve discussing how to engage him or her. If this family member is present, meetings may focus on taking the next step, getting professional help, and agreeing to a progress report the following week.

3. An Actual Intervention

If the family member with an addiction has resisted all attempts to engage despite the family's efforts, enact an intervention as outlined in Step 2.

In other words, 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



Donaldson, Sue – RSW

Pegasus Interventions
550 – 2950 Douglas St.
Victoria, BC
Phone: 1.250.514.1083

Email: sue@pegasusrecoveryolutions.com

Qualifications: Sue Donaldson is a trained and Board Registered Interventionist who has conducted many successful interventions. She is a full member of the Association of Intervention Specialists, a Registered Social Worker, and a Certified Executive Coach. She brings her 15 years of experience in Mental Health and Addictions and has worked with individuals, families, groups, and organizations in both residential and outpatient settings. Sue has extensive counselling, coaching, and facilitation training that she draws upon when working with individuals and groups to move them towards change and a positive outcome. She has offices located in Victoria, Vancouver, and Nanaimo and also travels to North American or international destinations to facilitate interventions.

Sue lives with her family in Victoria, British Columbia, daily celebrating and relishing the fruits of her own 21 years of sobriety.

In her own words: "With the support, guidance and facilitation of an intervention specialist, the family or workplace can play a critical role in supporting the addicted individual to get the help they need. Often people are quite desperate by the time they seek this type of support and the situation has often deteriorated significantly. Most people don't really understand that

addiction is a chronic, progressive – and often ultimately fatal – disease, and therefore don't know how to confront the issue in a helpful way. They are often trapped in a cycle of despair, blame, anger and futile attempts to control or change the situation. Because circumstances vary widely, each intervention is individually structured based upon a thorough assessment of the family or organization and the situation. This customized approach best ensures an optimal, two-fold outcome: the addicted person agrees to accept treatment and the family or workplace is able to openly identify and address the problem – often for the first time – and learn how to support and participate in the recovery process."



James Dunn – LLB, MA and Janice Dunn – RPN

Successful Interventions
British Columbia
Phone: 1.250.714.0055

www.successfulinterventions.com

E-mail: jamesnrduhn@shaw.ca

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

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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.



Marcelli, Joey – CCRC, CIADI, CIMI

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Toll-Free: 1.855.857.6771

E-Mail: joey@canadaintervention.ca

Credentials: Joey is an Internationally Certified Level II Masters Interventionist and instructor and is a member in good standing with the National Association of Drug & Alcohol Interventionists. He is also a certified addictions specialist and has worked with all levels of addiction and behavioral issues. Joey holds certifications in Conflict Resolution / Anger Management and Satir Systemic Family therapy.

In His Own Words: “Working with families performing interventions has been a passion of mine for many years and I believe that recovery is a family process.”



Andy Bhatti – CACC

Vancouver, BC

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www.andybhatti.com

E-Mail: support@andybhatti.com

Andy Bhatti is a professional drug and alcohol Interventionist operating out of Vancouver, B.C.

Andy has a background in addiction counseling and working in high-risk foster care homes in Canada. Andy works closely with addiction treatment programs all over Canada, USA, and Asia, to help clients find the right treatment centre for their needs. Andy also provides addiction counseling and intervention services in Calgary, Vancouver, Newfoundland, Alberta and several other locations across Canada, USA, and Asia. He works closely with victims of childhood trauma as well those living with addiction.

In 2015, Andy Bhatti won the “addiction category” for the Courage To Come Back Awards, presented by Coast Mental Health. His personal experience with living in addiction and recovery gives him the compassion, understanding, and ability to connect with people with addictions and their families.



Alberta Alcohol and Drug Intervention Services



James Canniff – Registered Psychologist, PhD, MEd, CSATII

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11503 124 St., Edmonton, AB
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Fong Ailon Canniff
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Calgary, AB T2V 0E4

Toll free: 1.800.CANNIFF (226.6433)
www.canniff.ca
E-mail: jim@canniff.ca

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.



Le Brocq, Suzie ICAADC, MPCP

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Qualifications: Suzie Le Brocq is an Internationally Certified Advanced Alcohol and Drug Counsellor through the International Certification and Reciprocity Consortium. She is also a Master Practitioner in Counselling Psychology through the Canadian Professional Counsellors Association. She has 12 years of global experience primarily with individuals and families dealing with addiction and eating disorders.

In her own words: "As a private therapist I have a lifelong passion for working with people. I thrive on what is learnt from every treatment experience and I maintain a level of humor, honesty and fairness in my work. Recognizing the importance of treating addiction as a family disease; I work predominately with a cognitive-behavioural model of therapy focusing on the relationship between a person's thinking, emotions and behaviours. Treating the family as a whole is key to the treatment I provide and this is also reflected in the systemic family interventions that Le Brocq Counselling & Life Services undertakes."



M. J. Macleod – Chartered Psychologist

2011 – 10 Ave. SW
Calgary, AB T3C 0K4
Phone: 1.403.289.0056
www.mjmac.ca

Email: mjmac@nucleus.com

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

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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



Rosemary Munro – CCAC

Journey to a New Life Counselling
4211 Yonge St. Suite 302, Toronto,
ON M2P 2A9
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www.newlifecounselling.com

Email: rosemary.munro@sympatico.ca

Qualifications: Rosemary is a certified CACCF addiction counsellor and offers specialized help for families with alcohol or drug problems. Rosemary is a Love First certified clinical Interventionist. She 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 seek help. Sometimes it requires the combined effort of several family members, friends, employer etc. to break through the defense 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-judgmental, respectful and caring way. This process usually takes about ten to twelve hours; the actual intervention takes approximately half an hour. Treatment is pre-arranged 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.”



Recommended Interventionists

UNITED STATES OF AMERICA

The following interventionists serve Canadian families:



Carefrontations

Scott and Jenny Graham
Camano Island, WA
Phone: 1.360.387.6821
www.carefrontations.com



**Pike, Patricia M. – LAADC,
CAAADC, ICADC, CIP, BRI-I**

CanAm Intervention Services
Phone: 1.415.827.3725

www.canaminterventions.com and
www.interventionscanada.com

E-Mail: patti.pike@canaminterventions.com

Patricia has over 24 years working in Addictions and Mental health. She is a Nationally Board Registered Interventionist who has conducted many successful Interventions both in Canada and in the U.S. with a 92% success rate.



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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. Private programs also offer greater flexibility at admission time in recognition of the unpredictable nature of interventions. Below is a comparison of all private inpatient treatment programs in Canada. For help on finding the right program for you or your loved one, contact our public directory at www.canadadrugrehab.ca or 1.866.462.6362

Name of Program	Location	Serves	\$/Day	Stay (Days)	Beds	Detox	
Bellwood	Toronto ON	Adult Co-ed	550	30, 50	55	Yes	
Business & Industry Clinic	Grande Prairie AB	Adult Co-ed	395	30, 49	65	Yes	
Cedars at Cobble Hill	Cobble Hill BC	Adult Co-ed	395	42	65	Yes	
Edgewood Treatment Centre	Nanaimo BC	Adult Co-ed	425	min. 56	80	Yes	
Homewood Health Centre	Guelph ON	Adult Co-ed	320–1070	30	35	No	
Life Science	Rigaud, QC	Adult Co-ed	333	30, 60, 90	8	No	
Newgate 180	Merrickville ON	Adult G S	383	30 only	24	No	
Oceans Rehab	White Rock BC	Adult Co-ed	404-446	28, 42	10	Yes	
Options Okanagan Treatment Ctre	Salmon Arm, BC	Adult Co-ed	416	30–60	24	Yes	
Orchard Recovery	Bowen Island BC	Adult Co-ed	563	10, 28–42	33	Yes	
Renascent	Toronto ON	Adult G S	393	28–42	90	No	
Sage Health Centre	Kamloops BC	Adult Co-ed	283	28–84	28	No	
iRecover – Serenity Ranch	Tees AB	Adult Co-ed	566	30, 60	40	Yes	
Sunshine Coast Health Centre	Powell River BC	Adult M	566	30–90	40	Yes	
Top of The World Ranch	Ft. Steele, BC	Adult Co-ed	531	30–90	24	Yes	



Private Residential Treatment Centres

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

	MH	Family	Fitness	Aftercare	Methadone Suboxone	Licensed or Accredited	Phone
	Yes	Yes	Yes	Yes	No	Yes	800.387.6198
	No	Yes	Yes	Yes	Yes	Yes	800.419.1149
	Yes	Yes	Yes	Yes	Yes	Yes	866.716.2006
	Yes	Yes	Yes	Yes	Yes	Yes	800.683.0111
	Yes	Yes	Yes	Yes	Yes	Yes	519.824.1010
	Yes	No	Yes	No	No	Yes	450.451.9995
	Yes	No	Yes	Yes	Yes	N/A	888.524.8333
	Yes	No	No	No	Yes	No	877.538.5574
	Yes	Yes	Yes	Yes	Yes	Yes	855.335.0331
	Yes	Yes	Yes	Yes	Yes	Yes	866.233.2299
	Yes	No	No	Yes	Suboxone only	N/A	866.232.1212
	No	No	Yes	No	Yes	Yes	866.414.1206
	Yes	No	Yes	Yes	Yes	Yes	877.387.4155
	Yes	Yes	Yes	Yes	Suboxone only	Yes	866.487.9010
	No	Yes	Yes	Yes	Yes	Yes	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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