

Intervention Planning Guide

Planning an intervention for a loved one struggling with addiction can feel overwhelming. Use this guide to help you prepare a compassionate and effective approach, gather the right team, and handle the process smoothly.

Understanding the Basics of an Intervention

An intervention is a carefully planned process involving family and friends, often with the help of a healthcare professional, to address a loved one's addiction and encourage them to seek treatment. The goal is to confront the addiction before it reaches a critical point and show available support.

Step 1: Gathering Information and Setting Goals

Research the addiction and its causes to:

- Outline specific destructive behaviors and their impacts
- Set realistic goals
- Personalize the strategy
- Encourage acceptance of help

List Specific Behaviors and Impacts:

- 1.
- 2.
- 3.

Set Goals for the Intervention:

- 1.
- 2.
- 3.

Identify Potential Treatment Centers:

1. [Asana Recovery](#)
- 2.
- 3.

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Step 2: Assembling the Intervention Team

A successful intervention team consists of 4 to 10 close friends and family members. Choose people the loved one respects and cares for deeply.

List Team Members:

- 1.
- 2.
- 3.
- 4.
- 5.

Role and Contribution of Each Member:

1. Name: [] Role: [] Contribution: []
2. Name: [] Role: [] Contribution: []
3. Name: [] Role: [] Contribution: []

Step 3: Planning the Logistics

Choose an appropriate location and time to create a safe and focused environment.

Location:

[]

Date and Time:

[]

Contingency Plan for Potential Reactions:

- 1.
- 2.
- 3.

Step 4: Creating a Supportive Environment

Use a calm and respectful tone to help the individual feel less defensive and more open to the discussion. Highlight concern and care, rather than anger or blame.

Step 5: Crafting Your Messages

Express concern and compassion without blame. Use 'I' statements to share how the loved one's behavior has affected you personally.

Craft Messages (Example Format):

1. "I feel [emotion] when you [behave], because [reason]."
2. "I am concerned about your [behavior] because it affects [impact]."
3. "We care about you and want to support you in getting help."

Personal Messages:

1. []
2. []
3. []

Step 6: Rehearsing the Intervention

Practicing the intervention process is crucial. These sessions allow team members to familiarize themselves with the intervention's flow and maintain a compassionate and non-confrontational tone.

Rehearsal Notes:

- 1.
- 2.
- 3.

Step 7: Conducting the Intervention

Follow a clear and structured plan. Each participant should speak directly to the person, sharing their personal experiences and feelings.

Intervention Plan:

1. Opening Statement by [Name]: []
2. Statements by each participant: []
3. Closing Statement by [Name]: []

Step 8: Managing Reactions

Handle reactions calmly and constructively. Practice active listening to facilitate communication and demonstrate support.

Potential Reactions and Responses:

1. Reaction: [] Response: []
2. Reaction: [] Response: []
3. Reaction: [] Response: []

Step 9: Post-Intervention Steps

1. Arrange immediate treatment to prevent delays. If treatment is refused, follow through with the consequences outlined during the intervention.

Immediate Treatment Plan:

1. [Detox in Orange County](#)
2. [Residential Treatment in Orange County](#)
3. [PHP in Orange County](#)
4. [IOP in Orange County](#)
5. [Virtual IOP California](#)

Continued Support Plan:

- 1.
- 2.
- 3.

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