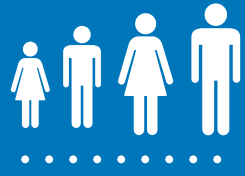


# Why Engage A Family Interventionist?

The right intervention is the one tailored to the unique medical, mental health, financial, cognitive and interpersonal needs of the individual. A well-versed family interventionist also engages the family members in the recovery process addressing their needs and any developed dysfunction in order to pave the way for a more holistic recovery environment.



**Recovery Life Collective**  
Peer Support Resources Education & Mentorship

## Steps To An Effective Intervention

- ☑ Create the planning/intervention team
- ☑ Identify a professional to lead the intervention
- ☑ Gather Information - Explore the extent of the problem, research the condition and treatment options
- ☑ Determine appropriate resources - Treatment, counseling and support options that are immediately available.
- ☑ Determine appropriate consequences - Set boundaries and clear expectations
- ☑ Write narratives - Express emotional impact and specify urgency for change
- ☑ Create a concise follow-up plan - Determine necessary support resources and ensure significant others are prepared to evolve to create an environment conducive to maintaining recovery

## Do all interventions look the same?

- No, but regardless of the format, the aim of the intervention is to provide feedback to help the patient understand that their substance use is putting them at risk, the responsibility for change lies with them, provide advice and information, offer a menu of options for treatment and support, express empathy and support in order to encourage them to reduce or give up their substance use
- A Total Family Intervention (TFI) recognizes the impact of addiction or mental illness on not only the identified patient, but also the entire family system
- A Total Family Intervention is more holistic in that it seeks to support significant others who regularly interactive with the identified person. Often the family needs to learn coping skills, improved self-care and how their own reactions may have impacted their loved one

*Recovery Life Collective offers Total Family Intervention Options on a sliding scale. We provide Hope, Humility, Mutuality, Collaboration.*

## A well-trained family interventionist will have a working knowledge in these areas:

- Understanding Substance Use and Mood Disorders
- Detoxification and Medical Emergencies
- Screening for Substance Use and Mental Health Issues
- Pharmacology
- Family Systems
- Motivational Interviewing
- Crisis Management
- Treatment and Aftercare Resources
- Case Management
- Ethics
- Documentation
- Other Common Addictive Disorders
- Extensive Aftercare Support Planning

*Contact us to find out more and begin your family's recovery journey with an empathetic and experienced interventionist by your side.*