

# Family Intervention

**Help IS available - you are not alone**



Helping your loved one accept help

Over **92%** of Interventions result in the person entering treatment **THE SAME DAY**

Family, friends and work colleagues have often spent years suffering the consequences of someone's drug misuse or drinking, usually having made repeated attempts to help the person accept and benefit from effective treatment.

**An opportunity for life-long change.....**

**Call**

**01253 723400**

Making a difference by leading the way in quality outcomes



We may be able to help you with a process that is **proven, simple, effective and life changing** for all concerned.

Some people may have attempted treatment a number of times, but not followed it through to the point where they have been able to stop drinking or using drugs.

Pierpoint is one of the UK's leading Addiction Recovery Centres specialising in helping families that have been totally broken by the impacts of addiction

## Find Full Family Recovery

- As a family you want your loved one to **STOP** drinking or using drugs – to stop killing themselves
- You've probably **EXHAUSTED** all of the **STRATEGIES** and **TACTICS** you can think of
- Some of your family probably really **CAN NOT TAKE ANYMORE**
- You **LOVE** the person but **HATE** what they are doing to themselves and those around them
- You've **GIVEN** up because you just **DON'T KNOW WHAT TO DO** or where to turn to
- The person you are concerned about may have asked you to find some help

"I didn't know it was an illness – I thought it was just a matter of willpower and that he is just weak willed. Now I know he is very ill and needed our help"

## What those who have gone before you have said:-

"Thank you so much Pierpoint, for giving us our family back."

*A Family Intervention is a process whereby, with the support of a professional Interventionist, a family, using the love that they have for their addicted family member, enables that person to reach the point where they truly accept that they have a life-threatening problem and accept admission into Recovery Treatment on a specific date.*

*The clear message from a family who has the courage to intervene through this carefully planned, managed and supported loving process, is that as a family you **love the person** and **WILL** fully support their RECOVERY but **WILL NOT** support the ADDICT. As A FAMILY UNIT you all agree that **you will support RECOVERY but NOT ADDICTION.***



**What those who have gone before you have said:-**

*“ Before I came into treatment I never knew how much I needed to learn and change. Pierpoint has given me the time and space and the help to really put my life back on track.”*

**"It's almost time for our son to come home, so I just wanted to say thank you for your good work. I know you will say that it's what you are here for, but I know you give a lot more than your weekly duties".**

## So what's the process?

### The outcomes you can expect for your loved one:

- To be free from alcohol and drugs
- To leave this phase of treatment with a link to ongoing help or treatment

Once you have decided that you would like your family to offer this loving opportunity for addiction-free life to your loved one all you have to do is call us on 0845 458 3700.

We will take you through the whole process from there.

1. Our team will speak with you and assess the treatment needs of your loved one & your family
2. We'll discuss suitable treatment strategies with you
3. Our team will fully explain what a family intervention is and how it would work for your family
4. We work with you to bring the right family members into the \*Intervention Team
5. The \*Intervention Team will agree the Treatment Strategy and Intervention Plan
6. The \*Intervention Team is fully briefed and prepared by our Professional Family Interventionist
7. The Intervention takes place at a pre-appointed time and place that only the family and the interventionist are aware of
8. In the vast majority of cases your loved one will enter treatment ON THAT DAY
9. We continue to work with your family to support you through your loved one's recovery process

### \*The Intervention Team

Consists of family members, possibly friends, an employer and other persons of influence (if there are any) and our professional Interventionist.

#### What those who have gone before you have said...

"I thought heroin was the answer to all my problems but soon heroin became the problem. It took a while, but today I have little desire for drink or drugs and I'm feeling better every day".



## **Hitting a 'Rock Bottom'..... Versus Being Intervened On**

### **Hitting Rock Bottom....**

Why is it important to understand this? For every addict, there comes a point where they decide they can no longer continue doing what they are doing and they begin the process of recovery. Referred to as “hitting rock bottom”, it is the moment in time when an addict surrenders to their disorder and decides to do something different.

For those in recovery, this is the “what happened” in people’s story of what brought them to recovery. The rock bottom is different and unique for each person. Whereas one person gets into recovery because they were arrested for driving under the influence, countless people get arrested multiple times for the same offence, yet never make it to recovery.

Hitting a rock bottom is what leads to a person seeking treatment. They have suffered in some terrible way: lost their job, lost their family or might be on the brink of being homeless.

Because of that rock bottom, the addict has made a conscious decision to seek help and at that moment in time are willing to do “whatever it takes” to get into recovery.

Therapists often say the best patient is the one who is suffering. They work the hardest to make the changes needed. Thus self-admits often come to treatment ready to “do the work”.

### **....Versus Being Intervened On**

Interventions are conducted on addicts who are typically very deep in denial about their addiction. Before the intervention, there has been no rock bottom for the addict.

During the process of the intervention, the family—with the guidance of a trained professional—raise the rock bottom to help motivate their loved one into treatment. This is where the difference between the self-admit and the intervention client shows.

Intervention clients, having experienced their rock bottom and been presented with it on the day of the intervention (an extremely short time period in comparison to the decade it might take an alcoholic or drug addict to reach the same point) sometimes become easily overwhelmed once settled in treatment. This is where our specially trained team comes into play.

Both types of clients can be difficult and have varying degrees of willingness and surrender at any point of treatment. Generally, the intervention client will lapse back into their denial more quickly and more aggressively than a self-admit client. However our experience is that once they have been supported through this phase they engage more effectively and intensively in their treatment often leading to deeper emotional and more controlled abstinent recovery.

Addictiontoday.org 2011 et al

“I now know I have done everything I can for my son. I am never going to support his addiction again – I can take my life back now”

## Common Mistakes Family Members Make

### **MISTAKE 1: WASTING A CRISIS**

When a series of events culminates in a situation which is no longer under control, we call it a crisis. Until the crisis, a loved one has been walking on a stressful, dangerous, perhaps life threatening tightrope. Time is of the essence. Yet, all too often, family members and friends reach down and prop the loved one back up—onto the tightrope to resume their dangerous act. They do this because they don't know exactly how to give help that will really be helpful.

So helping someone onto the tightrope is, as they say, merely rearranging the deck chairs on the Titanic. At best, it is a band-aid. The goal of an interventionist is to use, not waste, the crisis.

When it is improbable that the loved one will climb off the tightrope on their own initiative, it becomes the job of the interventionist to provide a loving, supportive environment in which people who care can “push” the loved one off the rope, resist efforts to pop them back up, and provide a net of appropriate, qualified expert help catch them and guide them to a life with their feet on the ground.

### **MISTAKE 2: PLAYING SOLO**

People in need of an intervention cannot, or are unwilling, to see the impact that their lifestyle has on those around them. The task of the interventionist is to help friends and family members play their parts in harmony so that, the loved one can begin to understand what their life looks like and how it affects others.

### **MISTAKE 3: SKIPPING REHERSAL**

The most important part of the (usually) one or two day intervention process is the first morning or day, the pre-intervention training session. Typically, this involves a lengthy and intense training session during which the family members and other participants—but not the prospective client—become equipped to communicate their concerns and proposed course of action to their loved one in ways that are the most helpful.

### **MISTAKE 4: HALF MEASURES**

Sometimes when a person agrees to seek help, family members are so excited that they accept an inadequate solution to the problem. For instance, a person who is addicted and whose body is physically compromised from years of alcohol abuse needs to go to treatment. But first they need a safe, medically supervised detoxification program to avoid the dangerous and sometimes life threatening effects of withdrawal. But they refuse to go to detox, for whatever reasons. Instead, they offer to quit on their own and promise to go to outpatient treatment and AA meetings. Their loved ones are so thrilled by their admission of the problem and willingness to get help that they accept the plan.

### **MISTAKE 5: CAVING IN**

Often someone gets ahead of the plan. Someone thinks they can do it on their own because they have a “special” relationship with the client. This abandonment of the well planned group intervention almost always leads to failure. There is another time when caving in undermines the whole process: after the client enters treatment. Often a person in a treatment programme threatens to leave or complains about various aspects of their situation, eg the food. Even in these confusing circumstances, an interventionist can help people stay on the clear course that resulted in getting the person into treatment in the first place.

## **A Family Tell Their Intervention Story...**

I am writing this to explain how powerful an intervention is and how it was our last hope as a family to help X who previously refused our help.

The intervention was a positive experience for us all as we got the chance to explain how we all felt about X's addiction and how it affected us all.

Before the intervention the family met with the Interventionist to do a workshop. This was all done without X knowing. The workshop was done at a different location. It enabled us to understand addiction and made us understand that X is very ill. We then went on to write our letters. We all wrote 2 letters each, one offering love and support if X chose recovery, the second was to make X aware that we were not going to support his addiction in any way and we were prepared to see him homeless.

We then went to X's home which he shares with his mum to do the intervention. Jeanette, the Interventionist, took the lead when we arrived, she asked X if he would be prepared to listen to our letters and he agreed.

We all read our first letters but X refused help at this point, so we all read our second letter which was to make it clear that if he didn't accept help he would be made homeless and we would not support his addiction in any way.

He then agreed to go into rehab the following morning. He kept his word and started treatment the following day.

An Intervention was vital for us to get our message across to X in a calm, clear way offering love and support if he chose recovery.

This is something we could not have done on our own.

February 2011

### **A Client Speaks of Their Experience...**

"The Intervention was a life-saver. I knew that I was going to die an addict; I had resigned myself to it. I have been a professional drug user for the last 5 years and enjoying it. I knew I was hurting my family, but couldn't stop. Now, after the Intervention I realise that I am ill and there is an addict personality in me that I can, with the help of this treatment programme, learn to control for the rest of my life. Now I know I will die a man – not an addict. I am so grateful that my family had the courage to set up the intervention."

## Optimizing Intervention for Clients and Family

Pierpoint often faces a challenging task when dealing with intervention clients. Not long after settling into Pierpoint, intervention clients can often slip back into denial and start refusing to participate. Often clients will even contact the family to try and break the unity that has been formed during the intervention, going back to their manipulative ways.

Pierpoint deals with this by making sure that the family are on board, not just for the intervention but for the whole treatment journey so that they can stay strong through any attempts of manipulation. They can do this by working with our therapists in order to help plan and support their loved ones recovery and learning what to say and how to react to any manipulation. The family can put boundaries in place to act as consequences if the client tries to deviate from the treatment programme or leave it all together.

This communication makes the role that everyone needs to play in their loved ones recovery clearer.

At Pierpoint we are aware that intervention clients can slip back into denial at any point in treatment. Their behaviour during this phase can be negative in regards to their participation in the programme. Our specialist team is equipped and experienced in continuing the intervention throughout the clients stay.

Communication is not only important at the start of treatment but that communication must continue throughout treatment. Pierpoint keeps the family engaged throughout by carrying out family conferences so you are kept up to date on your loved one's progress (without breaching confidentiality, which is critical to maintaining everyone's trust), helping to keep your loved one engaged in their journey to recovery.

Its important to react to your loved ones denial in this coordinated and planned way rather than simply dismissing it as them not being ready. This opportunity needs to be used to build the your loved ones knowledge and engage them further into treatment.

### **A Family Talks...**

"I had my brother back for the first time in 10 years in the car driving him to the treatment centre – It was so nice. He was even honest enough to have his last use of drugs in front of me before he went into treatment. I was proud of him for that".



## 5 Stages to Living Life Without Addiction

<b>Stopping</b>	<p>Our Detoxification Programmes are all designed to help your loved one safely stop drinking and / or using drugs whether illicit or prescribed.</p> <p>Our Assessment and Admissions team, working closely with our Clinical team will select the most suitable detoxification for each individual.</p>
<b>Understanding</b>	<p>Our Inpatient Detoxification and Rehabilitation Programmes will help your loved one to understand what has kept them drinking or using (in addiction) and how the addictive part of their personality has been controlling their life.</p>
<b>Staying Stopped</b>	<p>Once they know how their addiction has been controlling them, our Programmes will help them to discover and develop the skills and patterns of behaviour that, if practised, will enable them to STAY STOPPED.</p>
<b>Emotional Recovery</b>	<p>Having developed this ability to exert control over their addiction a sound emotional recovery is key to long-term recovery and the prevention of relapse back into active addiction. Our 6, 12 &amp; 24 week Residential Rehabilitation Programmes (supported by post-treatment 'Face to Face' counselling where appropriate) can help people achieve a lasting emotional recovery.</p>
<b>Living in Recovery</b>	<p>Access to worldwide support fellowships, our daily recovery coaching and 'face to face' counselling, if necessary, and the implementation of the strategies your loved one will learn in treatment with us will enable them to develop their own recovery support network to help maximise their ability to achieve an independent life-long recovery &amp; abstinence from alcohol &amp; drugs.</p>

## Q&A

**“But what if they don’t even recognise they have a problem?”** – Not a problem. Many people have woken up in the morning, carrying on with their drinking or drug taking in full denial that it is a problem and by tea time, through this process, they are in a Residential Rehabilitation Programme fully engaged in treatment.

**“Won’t they hate us for doing this to them?”** - As yet we have to find the person, who has been the subject of an intervention, who has hated their family for intervening in this very caring, but forceful, loving and supportive way once they understand what is at stake for them.

**“It sounds very harsh to me - isn’t it bullying?”** – Everyone we have worked with has said that the intervention was a very caring process which made them feel that their families loved them and wanted them to get well.

**“What if they don’t agree to treatment?”** – In excess of 92% of people do agree to treatment on the day, of the few that don’t they often make the decision to go into treatment within a few weeks of the intervention. An intervention is such a powerful experience that will stick their memory and as an underlying factor continue to encourage them into treatment, usually sooner rather than later.



**“What if we can’t afford treatment?”** - An intervention can be used to help people engage with all forms of treatment whether paid for privately or NHS funded treatment.

**“I don’t think some of my family will agree to it – what happens now?”** – It only takes for the family members to have an open mind to learn about the process before making a decision as to whether they want to be involved or not. It is not necessary for every family member to be a part of the Intervention Team.

### What those who have gone before you have said:-

"When our son arrived at Pierpoint everything was very bleak. When we visited a few weeks later expecting to find him still a mess – nothing could have prepared us for the fresh-faced, positive talking son that we actually found".

## Q&A

**“Does this mean my relative will be forced into treatment against their will?”** - No, the whole purpose of an intervention is to enable to person to be brought to a point where they wish themselves to undertake treatment.

**“Is an Intervention legal in this country?”** - An intervention is completely legal as your loved one won't be forced to do anything against their will.

**“Does it mean that my relative will be sectioned under the Mental Health Act?”**

– No. Mental Health Act sectioning has nothing whatever to do with this process.

**“Can my relative be sectioned under the Mental Health Act?”** - Many families ask if this can be facilitated. People who are subject to being sectioned do not receive any useful therapeutic input in respect of drug and alcohol addiction. Sectioning is not the solution to addiction.

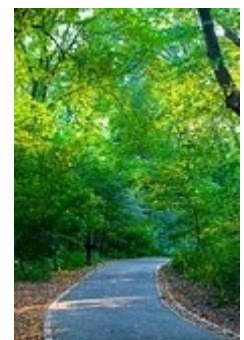
**“Isn't this acting against someone's human rights?”** – No as your loved one is invited to and will make their own decision as to whether they accept that they are being asked to accept help by the family and whether they choose the planned treatment option.

**“Can you help if my loved one is due in court on a drug or alcohol related charge?”** – Yes, courts will often take a supportive view of people who are pro-actively engaging in structure treatment. We have a long history of working effectively with the courts on similar matters.

**“My relative works – won't they lose their job?”** – We have a specialist team whose role is to work with the person concerned and the family to advise in this area to ensure that every client makes the best decisions possible in terms of protecting their employment whilst still receiving the treatment they need.

**What those who have gone before you have said:-**

"Pierpoint first of all saved my life... and second my marriage. My GP gave me months to live, my wife said get clean or it's a divorce. I am alive and still married".



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## Finding out more - Intervention Process

Speak to one of our Assessment & Admissions Coordinators who will help you find out about an Intervention with Pierpoint.

You or a member of your family, a friend or a professional can start the Intervention process today by picking up the phone and calling us now.

When you call us we can show you how an Intervention may best work your family based on your individual circumstances.

You are also very welcome to come and visit us by appointment to talk more with us about an Intervention and to see the treatment centre where your loved one will carry out treatment after their Intervention.



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**Pierpoint Addiction Treatment Centres**

is registered and therefore licensed  
to provide services by the

**Care Quality Commission**

Provider ID 1-101696616

For more information visit

**www.cqc.org.uk**



**EATA** European Association for the  
Treatment of Addiction (UK)



The Medical Council on Alcohol