

Intervention: Raising the Bottom

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Intervention Goals:

- Get the person into treatment
- Get the Family into agreement

Intervention

- Intervention is not controlled by the family or shaming
- Intervention is interfering in the disease process (process and not an event)
- There must be a minimum of two training sessions with the family prior to the intervention along with one follow up session

Intervention Necessities

- Love
- Concern
- Display of emotions for the heart

Intervention cont.

- If possible involve employer in intervention process if willing
- Interview family to see who would be appropriate to participate in the intervention
- Do not include angry / hurt family members

Intervention Training Sessions

- Two hours approximately
- Assign family members to write a letter to the addressee from the heart
- Designate someone to approach patient first during intervention (Spouse, children)

Intervention process

- Family members bring their letters and read them
- Address specific incidents
- Do not label – i.e. alcoholic or drug addict
- Focus on the problem not the person
- Reinforce the positive aspects of the patient

Intervention process cont.

- Be specific about incidents
- Process people who “waffle”
- As the Counselor, ask the patient “what did you hear... what does that mean to you?”

Intervention notes

- Entire family does not have to be present
- Always know whether or not there are guns present
- Is the person violent?
- Is there a chance of suicide?