



ASSISTANCE IN RECOVERY

Improving lives together

Family Interventions

Family interventions for alcohol and drug intervention services are the most immediate and effective way to help your struggling family member access recovery. Assistance in Recovery's clinicians recognize that behavioral health crises can be frightening, confusing and debilitating and that sometimes people just need to be rescued.

If someone you know is struggling with the disease of addiction, it is time to take action with a family intervention. We believe that once you are aware that a problem exists, it is no longer an option to do nothing.

The Problem

Many families have made numerous, unsuccessful attempts to help their suffering loved ones. They may have tried various approaches to control or "fix" the addicted or struggling individual or they may have sought help to relieve their suffering from resources such as friends, clergy, doctors, lawyers and professionals. Despite these efforts, families often find little consolation and the addict, alcoholic or mentally ill individual continues to struggle. Frustration, fear and anger build, disrupting the family unit until they reach the "jumping off point," and seek addiction-related professional help.

The Solution: A Family Intervention

Assistance in Recovery (AiR) specializes in helping families deal with alcohol and addiction concerns, mental health issues and eating disorders. We help families get out of crisis and into the solution.

1. Get out of crisis

AiR will meet with the family to assist in making a healthy decision about what is acceptable behavior or circumstances within their family. AiR takes the time to educate the family about the disease and provide a variety of individualized care options and resources. Together, AiR and the family will create a plan that will both offer options for the individual as well as set up healthy boundaries. Your family can stop being affected by the disease and disruptive behaviors.

2. Into the solution

Once AiR and the family members have created their boundaries and agreed on the options they will give the individual, together you will immediately address the individual. Typically, someone will call and set up a time and place to meet the individual without telling them what it is about – usually someone who sees the individual regularly will make the plans with them so they are not wondering "what's this about." This process



ASSISTANCE IN RECOVERY

Improving lives together

usually begins with participants explaining their concerns about how the addict's behaviors have affected them personally. Once the group has shared, the interventionist will lay out the set of options for the individual and facilitate an entrance into an appropriate treatment center.

Call us at 800-561-8158 today and tell us about your situation, learn more about how to initiate an intervention and **what to expect** from the process.