



ASSISTANCE IN RECOVERY

Improving lives together

Intervention Model

AiR was the first company of its kind and continues to lead the industry with new and innovative programs, training and methodology. The AiR Intervention Model© is the most effective way to treat addiction and when paired with AiR's Recovery Assistance Program©, has a remarkable 80 percent recovery rate.

AiR offers a wide spectrum of services to help families struggling with an addicted family member. The company maintains offices in 15 cities, with a professional staff of board certified clinical psychologists, social workers, addiction counselors and therapists. AiR is frequently consulted by major news organizations for insight into addictive illness.

AiR founder Andrew Wainwright has appeared as a correspondent in the addiction care debate on CNN and AiR staff are used as a resource to the television show Intervention. The company is also the premier training resource for those looking to practice interventions today.

The AiR model is the culmination of 35 years of research and innovation. This model for intervention is a modernization of the Johnson Institute Model and focuses on addressing crisis with urgency while always putting the needs of the family first.

The origins of formalized intervention can be found in the Johnson Institute model. Outlined in Vernon Johnson's classic book *I'll Quit Tomorrow*, the Johnson Institute Model recognizes that addicts do *not* have to lose everything and hit "rock bottom" in order to get help. The AiR model works with the Johnson Institute philosophy by putting the needs of the family first but reacting along an expedited timeline that adequately addresses the crisis of the identified individual.

The AiR model recognizes that the addicted family member challenges and undermines the emotional and financial well being of the entire family system, and rescuing that family system is paramount. It also recognizes families have a limited capacity for exposure to the trauma of intervention and an expeditious model is imperative to retain familial assistance and involvement. In an AiR intervention, the family makes help available to the identified individual, sets new healthy boundaries and then begins to make decisions based upon the greater good of the family as a whole, all in a time sensitive manner recognizing the urgency of dealing with a potentially fatal illness.



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The AiR Intervention Model© has matured through experience and the realization that the family of the addict must also receive help. The concept of putting the family's needs first is addressed in the AiR book *It's Not OK to be a Cannibal: How to Keep Addiction from Eating Your Family Alive*, The AiR model is the premiere intervention modality in worldwide use today.