

PROMIS INTERVENTIONS

FACT: *Treatment doesn't have to be voluntary to be successful.*

What is an intervention?

If you are experiencing addiction in your family or with someone you care deeply about, you might often find yourself feeling helpless and frustrated as you keep trying to find different ways to reach your loved one. Many times, your good intentions may turn into unproductive confrontations which in turn puts further strain and unwanted distance in your relationship.

An intervention is a proven and effective process that will help you communicate your feelings in a systematic and structured way so that progress can be made. The aim of an intervention is to ultimately provide you and your loved one with the help and support you need and deserve.

When is an intervention necessary?

Interventions are more common and less frightening than many would imagine. When planned vigorously and carried out by qualified and accredited specialists diligently, interventions can be a powerful and positive experience for all those that are involved.

General misperceptions such as the "need" for the addict hit their 'bottom' cause interventions to be treated as a matter of last resort after the addict and everyone around them have suffered tremendously. Unfortunately, addiction is a progressive disease and can escalate situations from bad to worse very rapidly, making early executions of interventions all the more crucial.

When a person's wellbeing is affected due to alcohol or substance abuse, it is never too early or too late to seek support and intervene.

Anyone can be the catalyst in change, support and encouragement. Research shows that sanctions or enticements can significantly increase treatment entry, retention rates, and the ultimate success of drug treatment interventions.

Why is an intervention important?

Addiction can wreck havoc in our closest relationships and destabilize most families or friendships.

Interventions generally take place when there is a need for immediate professional help and when the individual suffering refuses to accept the situation; therefore remain unable to request the necessary support they require.

Our Intervention specialists will assess and evaluate each situation individually and offer the best approach to take in order to provide the impact needed in a systematic and rational manner.



How often have you been told that there is nothing you can do to help an alcoholic unless they ask for help themselves?

There is one thing we all can do!

Early interventions can mean the difference between life and death.

How is an intervention done?

Interventions can be requested by any family member, friends, employer or co-workers. All intervention methods are not the same. Different methods cater for the different needs and requirements of each individual case.

INTERVENTION TYPES

Johnson Model

The Johnson model, named after Vernon Johnson, is a confrontational approach aimed at penetrating through the barriers of denial that keep addicted individuals from seeing the reality of their situation. It is a widely used and effective intervention technique that forces the addict to hit 'rock bottom', rather than waiting for the addict to hit their own rock bottom which could involve a life threatening situation. This is also known as 'raising the bottom'. The Johnson method involves mobilising those closest to the addicted individual to form a team that will confront the individual and present the reality of their behaviour as well as its consequences in an objective and specific manner under professional guidance. Arrangements and preparations are made without the knowledge of the addicted individual.

Systemic

Systemic is an innovative and a highly effective new model of intervention, involving a process of changing the maladaptive relationships in order to change the system in which the addict can be unknowingly enabled or encouraged to continue their addictive behaviour. Systemic Intervention focuses primarily on the family system as family often provides the closest support system for the addict, therefore making it the most influential unit to the addict's continued behaviour. In some cases, friends and co-workers may be a part of this support system. Over time, addicts teach their families how to respond to their addiction. Through several processes which may or may not involve the addicted individual, the family is guided to recognise and encouraged to change the destructive patterns of behaviours. The success of this model is measured by how much healthier the family becomes. This model enables families to start healing and moving forwards even before their loved ones, which in turn promotes their loved ones' well-being by example. This changed environment and relationships consequently pave the way to long-term successful recovery and healing for the whole family, making Systemic a highly effective prevention strategy for the future generations.

A.R.I.S.E

The ARISE Model (A Relational Intervention Sequence for Engagement), also known as the invitational model, is a three-level method designed to respond to the interest and concern of family members and others to engage and motivate a reluctant substance abuser or individual with emotional problems to enter into an appropriate treatment. Like the Systemic model, ARISE also focuses on the family dynamics, however it invites the addicted individual to be involved in the process right from the beginning. This model emphasises an open dialogue with no secrets, coercion or surprises. The ARISE method builds on the strengths and commitment of the family motivation to change. This motivation to change can be instigated by one individual who wants productive and lasting changes. Addiction affects the whole family and the ARISE method helps the family unit break the cycle of addiction together, without blame, anger and resentments. Instead of these feelings and sentiments which accompany addiction, it fosters strong, open, compassionate and loving relationships.

Who should organise an Intervention?

Interventions require careful preparation and planning for maximum effectiveness and anything unexpected that may happen during an intervention. Many factors help determine the success of an intervention, especially when considering the long-term outcome and the overall progress.

At PROMIS, we have a team of trained, experienced and qualified interventionists/therapists who will remain involved in your loved one's recovery from their first encounter onwards. PROMIS Clinical Director, Robin Lefever, has been personally using interventions as a successful method for helping families effected by addiction for the last 10 years.



For more information on our Intervention Services, please email at enquiries@promisclinics.com.