

Intervention Format

Prep about 4-8 hours

1. Orientation
2. Choosing the people – people that are trustworthy and have leverage in pts life
3. Writing the letters
 - i. “I love you and care for you”
 - ii. Lift up their positive qualities, what you admire about them
 - iii. Why I am concerned for you
 1. Behavior
 2. Consequences
 3. “I feel” Statements
 - iv. Future if nothing changes
 1. Spiritually
 2. Relationally
 3. Physically – possibly death via OD or car accident etc
 4. Financially
 5. Occupationally/Educationally
 6. Maritally
 7. Kids
 - v. Future if change occurs
 - vi. Close with “I love you and want you to get help”
4. Order of Presentation
5. Role play to help them see and feel comfortable with reading the letter
6. Place / Time - shouldn't be the pts home if possible
7. Arrange for treatment options
 - i. Detox/Rehab
 - ii. PH or IOP

Intervention

1. Tone – serious, no saying Hi even
2. Interventionist – “some friends and family have some letters they want to read. Can you listen to them, then we can talk and you can make statements or ask questions afterward”
3. Reading of letters
 - a. Reader kneels at pts feet and puts hand on pts knee.
 - b. Order is “least important to most”
4. Interventionist
 - a. then describes the treatment of rehab facility
 - b. “to manage this dangerous situation as safely as possible, to take control of your life and take a big step forward, will you go to treatment” or something in this vein to empower him”
5. If pt says “no” then each person needs to say what he or she are willing and need to do to limit their enabling of pts dysfunctional behavior. These should have been some of the letter about what the future is if nothing changes
 - a. Lets pt know how serious you think the situation is that you would go to this extent
 - b. Stops making it easier for pt to engage in life threatening behavior
 - c. Hopefully helps person see the potential rock bottom before they have to live it
 - a. i.e. call police, stop car insurance, no longer live here, cant employee you