

# HOW TO PLAN AND STAGE AN INTERVENTION 6 PROVEN STEPS

## 1. IDENTIFY THE PROBLEM

If you suspect a loved one is misusing drugs and alcohol and is harming themselves, Ask yourself...

- Do they have a high tolerance?
- Do they display deceptive behavior on a regular basis?
- Are they often under the influence while at work, or in social settings?
- Do they have unexplained or directly correlated financial troubles?



## 2. FIND/HIRE A PROFESSIONAL INTERVENTIONIST

Finding an intervention specialist is the first step in staging an intervention for your loved one. Ask medical providers for a recommendation or perform online searches on your own.



## 3. FORM YOUR INTERVENTION TEAM

Intervention team members involved should be those who truly want to see the person get better.

Try to avoid inviting people who:

- Have active addictions
- Don't get along with your loved one
- Are strangers to your loved one
- Are easily angered or frustrated



## 4. TIME & LOCATION

Choose a place that is familiar, comfortable and distraction-free. Avoid locations where they'll be put on public display. A few good examples of locations for interventions include:

- Their home
- Their counselor's office
- A conference room
- The church they attend
- A friend or family member's home



## 5. LEARN AND REHEARSE

Try to enter the intervention with an idea of what made your loved one become addicted to drugs or alcohol.

- Understand addiction as a disease
- empathize and better understand your loved one
- Rehearse the words you intend to say
- Discuss the speaking order with your intervention team



## 6. BE OPTIMISTIC. BUT ALSO REALISTIC

It's important to prepare for anything on the day of the intervention. Keep in mind your intervention could also be met with hostility, resentment and refusal to accept any form of treatment or support.

Addiction is unpredictable, so frame expectations for the intervention with that in mind.

