

Guidelines for Intervention

Intervention is a process for interrupting the progressive and destructive effects of substance abuse. It is being proactive with a plan rather than being reactive.

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Persons who are close to the person with substance abuse are most effective in doing the intervention. Information presented contains the following steps:

Present the information with care and concern without being judgmental.

Example: “Son, I am concerned because you have been coming in late every night and I smell alcohol on your breath and clothes.”

Present specific information you have actually witnessed or you know has happened regarding the substance abuse, including consequences that have occurred.

Example: “Daughter, your grades have dropped, you are truant with school, and have had a suspension from school since you started using marijuana.”

Present information on the effect the person’s substance use has had on you or the family.

Example: “Son, your drug use has impacted our family, because we are very concerned about you and have stayed up nights waiting for you to come home. We miss you at family functions. We see that you are avoiding us and your friends and activities have changed. We have become fearful for your well being.”

Present boundaries and expectations that you plan to follow through with.

Example: “Daughter, because of your drug use and the changes we have witnessed in your life, we are going to go as a family for an assessment of this issue and get help. We expect you to go with us. We love you and want to help things get better for you.”