

## **Full Life Interventions**

### **The Basics:**

- ✓ Full Life interventions are always delivered in the spirit and practice of the Love First-model which makes expressions of love, respect, acknowledgement and encouragement the priority message. Although “bottom line” decisions may be needed, we hope to achieve a successful intervention in the most loving way possible.
- ✓ There is no ideal size for an intervention team, but it is important that the team not be too small or too big. Generally, 5-8 is a good number, while fewer than 4 and larger than 10 can be problematic.
- ✓ Your Full Life Interventionist will help you learn the key roles that must be present in order to achieve a successful outcome.
- ✓ Love First-model interventions apply the “surprise party” method to ensure that your team has an opportunity to share your messages of love, respect and encouragement. It is essential that anyone who is informed about the intervention agree to maintain privacy about it, even if they are not part of your team. *pop-up accordion here* – Your Full Life Interventionist will help answer your questions and calm your fears about this part of the planning process throughout the planning process.
- ✓ An intervention is a very well-planned process that requires at least 6-7 days to prepare. But when the planning stretches out for more than 2-3 weeks, your team may lose motivation and confidence. So your Full Life Interventionist will be striving to lead your team to intervene within 1-3 weeks of the initial consultation.
- ✓ Team members are encouraged to learn more about the [Love First model](https://lovefirst.net/books-and-media/6-articles-on-intervention/) (<https://lovefirst.net/books-and-media/6-articles-on-intervention/>) of intervention before the Orientation Meeting described below.

### **Steps to Successful Intervention**

**Step One: Intervention Team Leader 1-2 hour consultation with a Full Life interventionist** *pop-up accordion here* – During this 1-2 hour session, the family will share the history of drug or alcohol use, prior efforts to encourage your loved one to enter treatment, prior treatment episodes (if any) and reasons for pursuing intervention now. This meeting can be in-person, via videoconference or via conference call.

**Step Two: Orientation Session with as many members of the intervention team as possible** *pop-up accordion here* – During this 2 hour session, the team will teach the interventionist about your loved one, your reasons for worry, and share your uncertainty about intervention. Every team has one or many participants who are afraid the intervention won’t work and could backfire. This is the time to talk about that and get reassurance or caution from the interventionist. It is also the time for the interventionist to teach your team about the spirit and practice of the Love First-model of intervention. This meeting can be in-person, via videoconference or via conference call.

**Step Three: Preparation Session with all identified members of the intervention team** *pop-up accordion here* – Sometimes Steps 2&3 are combined but only if **all** the members of the

intervention team were present at the Orientation Session. In this 2-hour session, the interventionist will provide clear instructions to help you write your love letters, determine your bottom lines and to get help writing bottom line letters, choosing a treatment center, and discussing logistics. This meeting can be in-person, via videoconference or via conference call.

**Step Four: Out-of-Session Tasks by Team Members and the Interventionist** *pop-up accordion here* – You'll all begin writing and sending letters to the interventionist for review, and the Interventionist will be working with the Intervention Team Leader to select 1-2 treatment programs and make arrangements for admission following the intervention. Once a program is chosen, the Interventionist will make all travel arrangements. These tasks require frequent exchanges of email in order to keep the process moving.

**Step Five: Intervention Rehearsal within 24 hours of the Intervention** *pop-up accordion here* – This meeting will be held in-person in the same city as the intervention and is preferably held the afternoon or the evening before the intervention. All members of the intervention team who will be participating in-person on intervention day need to be present. In this 2-3-hour session, the interventionist will lead the team through a true "dress rehearsal" complete with reading letters in specific order, assigning seats, strategizing logistics and action steps for the intervention itself.

**Step Six: Intervention** *pop-up accordion here* – The meeting of the intervention team and the interventionist with the interventionee is the beginning, but the process itself could take 30 minutes to several days, depending on the response of the interventionee. If the offer for treatment is initially rejected, team members will be supported by the interventionist to follow-through with any bottom lines identified until the interventionee decides to accept the offer for treatment. At whatever point this occurs, the interventionist will facilitate the transport to treatment for admission.

**Step Seven: Ongoing Family Support and Assistance with Continuing Care Planning** - *pop-up accordion here* – After admission, the family is strongly encouraged to take several days to decompress and rest following the intervention process. You have been worrying yourselves sick for months or years, and now your loved one is finally in treatment. But their journey (and yours) has just begun! Your interventionist will meet with the family/team at least 2 times to help you start learning about your own recovery and how to support your loved one's recovery going forward.