

What Should I Expect from an Addiction Treatment Intervention

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Addiction is an insidious disease that often slowly creeps up on an individual. It can start by experimenting with drugs or drinking alcohol after a hard day, slowly building up to using drugs or drinking alcohol daily, and then developing a tolerance and dependence on the addictive substances.

It can be difficult to watch your loved one struggling and sinking deeper into addiction. To you, substance abuse may seem senseless, counterproductive, and frustrating, and you might wonder why the individual doesn't just choose to stop. The truth is they just can't help themselves, and often, the hold addiction has on them is too strong.

One of the most effective ways to help those suffering from addiction is to seek help through an addiction intervention. During an intervention, the family, friends, and loved ones of people dealing with addiction confront them about their behavior and take steps to persuade the individual to seek or enter addiction treatment.



What To Expect from an Addiction Treatment Intervention

Here's what you can expect from an effective addiction treatment intervention:

A Well-Thought Out Process

Seeking the services of a professional interventionist can help you come up with a plan for the intervention, including deciding who will participate, the goals for the intervention, and what you want to achieve from it.

Supportive and Non-Judgmental Atmosphere

For an intervention to succeed, emotional outbursts should be avoided or kept to a minimum. Instead, aim for a calm, non-confrontational atmosphere so as not to overwhelm, scare, criticize, or blame the individual for their addiction.

Well-Laid-Out Information on Addiction and Treatment Options

Those participating in the intervention should calmly outline how the individual's addiction has affected their lives and how they feel about it. It's also important to discuss the addiction treatment options available as well as the benefits of seeking out treatment.

A Clear Action Plan

Participants in an intervention should be clear on what they want to achieve. The intervention aims to get the individual to accept treatment while offering encouragement and support. Giving them time to think through after an intervention may give them a loophole to disappear.

The best plan is to go for the intervention with all the information needed for the individual to seek treatment and encourage them to do it as soon as possible.

We Can Help

At **Evolve Indy**, we believe that addiction treatment interventions are useful in helping those struggling with addiction to come to terms with the seriousness of their situation and to accept to seek help in overcoming it.

We have intervention specialists who help families stage effective interventions that have successful results. Furthermore, we encourage families of those dealing with addiction to attend our **family therapy treatment program** so that they can learn about addiction and recover together as a family. Other addiction treatment services we offer include **partial hospitalization treatment** or **intensive outpatient rehab** at our center. **Outpatient treatment services** are also available. **Contact us today**, and let's help you achieve long-lasting sobriety.

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