

A Woman Who Died of Addiction

This woman died because her husband was too scared to do an intervention on his wife's addiction. The husband had a high profile job in the community - he was a physician running a hospital - and didn't want the embarrassment or the grief of having his wife go through treatment, so he simply shipped her off to detox every few years. No one knew of her drinking or prescription pill problem. That is, not until the loneliness and despair of 20 years of hiding her drinking behind her bedroom door drove her to put a bullet through her head. The legacy she left behind horribly impacted her children, whose lives were forever changed by having an alcoholic mother...who never recovered...and one who eventually suicided. Addiction doesn't just "go away." If left untreated, it kills...families as well as the addict!

Rebecca's Intervention Coaching Model

The Intervention Coaching Model is a process whereby (with the help of the Intervention Coach) family and friends (et al) come together in a coaching session to set the coaching agenda; decide what to focus on, and what the outcome will be. In this way, it becomes their own process. The family group (within a series of coaching sessions) usually express concern, validate feelings and share their experiences and observations about their addict's behavior.

The Intervention Coach offers education about their addict's specific addiction and what part the classic dysfunctional family plays (i.e. co-dependency, and specific family roles) in their addict's addiction.

Also discussed: what happens if an intervention is not chosen as the eventual outcome of the coaching sessions. During these coaching sessions, the family group decides (with the help of the coach) if they want to proceed with an actual "intervention event."

Two things can happen - the family goes into Pre-Intervention Coaching or the process begins of sorting out who should be part of the actual "intervention event," who gets what assignments (i.e., Team Leader, Detail Person) and how to design the process. This information is then used to plan out a specific "intervention event."

In this pre-planned, pre-rehearsed "intervention event" the addict is asked (usually with the help of the Intervention Coach) to listen to the love and concern of his/her family and friends (et al) as they mirror back the behavior they have been a witness to (using written and rehearsed letters of concern that were prepared in the coaching sessions).

Then the addict is presented with a choice (that has been pre-chosen by the group) as to how to best facilitate interrupting his/her addiction. Usually the choice is offered to go to a pre-determined treatment facility - or at the very least get a professional assessment with a treatment plan as the outcome - perhaps outpatient counseling first, then residential if that fails. There are also thought-out consequences specific to each family member if the addict refuses help, which can be brought into play by the Intervention Coach or Team Leader (if deemed necessary).

Please note: *Whether or not the addict accepts help at the "intervention event," does not signal the total success or failure of the intervention process.* This simply may need a longer window of time to occur.

However, usually for the first time, the family group is openly talking about this very serious, very destructive behavioral health problem (also identified as a disease by the AMA). And, with the help of the Intervention Coach, can continue their healing process within the context of future coaching sessions, or a referral to a family therapist (if needed).

Please note: because the seed has now been planted in the addict's mind, the addict often winds up accepting the family group's recommendation of help (it may just take longer than anticipated).

How Interventions Came Into Being

Vernon Johnson (a pastor) developed the first intervention model in the 1960's. Known as the **The Johnson Model** - It is the one most people are familiar with as it is used on the A&E show: INTERVENTION. The premise is based on "surprising" or confronting the addict. It is usually short in duration, no more than two hours. There is preparation and education provided about the disease of addiction and co-dependency, with followup for the family.



Intervention

How to Help Someone Who Doesn't Want Help
Softcover, 132 pp.

Author: [Vernon E. Johnson](#)s

Later an adaptation of the Johnson model was created using motivational interviewing techniques as an approach. The focus being to lovingly encourage the addict into treatment minimizing the confrontational approach. It is still a surprise, is also short in duration, no more than two hours. There is also preparation and education provided about the disease of addiction and co-dependency, with followup for the family.



Love First 2nd Edition

A Family's Guide to **Intervention**

Author: [Jeff Jay](#), [Debra Jay](#)

intervention techniques
for alcohol...and rehearsing
for the **intervention** itself.

Rebecca Smith has taken this a step further by developing her own Intervention Coaching Model. This is based on her personal family history with addiction and intervention, her 29 years experience working in substance abuse, her academic training in chemical dependency, her 16 years experience orchestrating formal interventions, and her teaching Gentle Hatha Yoga in primary treatment for ten years.

She wanted to offer families a gentler, more inclusive, client-driven intervention model and to also include those families who are not quite ready to proceed with the "intervention event."

Rebecca decided in 2010 to become a Life Coach specializing in intervention and recovery work. She entered into a one year training program with Crossroads Coaching in WA State that led to Certification with International Coaches Federation and she also completed a M.Ed. at Western Governors University.

She has created an educational program that allows families, who are both ready to proceed with the "intervention event" and families who still need time to process, to move forward and/or stay connected with their coach until they can make an intervention plan.