Webinar series brought to you by
the National Association for Children of Alcoholics (NACoA),
with Co-Sponsorship from the American Association of Pastoral Counselors (AAPC),
the Association for Clinical Pastoral Education (ACPE),
and the Entertainment Industries Council (EIC), and with support from the
Substance Abuse Mental Health Services Administration (SAMHSA).

Welcome to the Seventh in a nine part series -
Understanding Addiction and Supporting Recovery

Saving Lives, Saving Families:
A Look at Family Intervention

Presenters: Jeff and Debra Jay

Intervention:
The Spirituality of Taking Action

“What the fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power becomes practically nonexistent. We are unable... to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago.”

Big Book pp 23

Building a Language of Possibility

lovefirst.net
Language shapes the way we think, and determines what we can think about.

Benjamin Lee Whorf

If you can't help an alcoholic until he wants help... what will get him to want help?

A question that changes everything.

The Three Action-Stopping Myths

The myth of feeling ready

You can't help an alcoholic unless he wants help

The myth of feeling ready

Moral Responsibility
“Action before motivation!”

Statistics

Treatment won’t work if she doesn’t want it

Alcoholics Must Hit Bottom
Taking along even the smallest children

It’s not how you get into treatment that counts… it’s what happens once you’re there.

Talk about crisis as intervention… crisis always comes with a choice.
Normal 3-D Brain SPECT Images

Photos: Dr. Daniel Amen

Alcohol – 17 years of heavy weekend use

Photos: Dr. Daniel Amen

Cocaine

Twenty-four year old. Using two years frequently.

Methamphetamine

Twenty-eight year old. Eight year heavy use.

Healthy Brain

Photos: Dr. Daniel Amen

Marijuana

Eighteen year old. Using 3 years. Four times week.

Opiates

Forty year old. Methadone 7 years. Previously, heroin 10 years.

Twenty-two years of daily drinking

Photos: Dr. Daniel Amen
The addicted brain is changed.

Most children of alcoholics experience some form of abuse or neglect.

-American Academy of Child & Adolescent Psychiatry

Before & After Recovery

Top down surface view during substance abuse.

Same view after one year alcohol and drug free.

Our Greatest Enemy: Underestimating the Disease

Children’s Brains

How Addiction Communicates

Most children of alcoholics experience some form of abuse or neglect.

-American Academy of Child & Adolescent Psychiatry
“The science shows that childhood maltreatment may produce changes in both brain function and structure. These changes are permanent. This is not something people can just get over.”

-Dr. Martin H. Teicher
McLean Hospital

Put under stressful conditions, the brain begins to starve. It stops creating new cells. The cells it already has retreat inwards. The mind is disfigured.

–Elizabeth Gould
Princeton University

Among neglected children, the cortex—the thinking part of the brain—is 20 percent smaller on average than in a control group.

-Children’s Hospital and Baylor College of Medicine

"Bluntly put, the time that parents need to conquer their substance abuse and addiction can pose a serious threat to their children who may suffer permanent damage during this phase of rapid development. Little children cannot wait; they need safe and stable homes and nurturing adults now in order to set the stage for a healthy and productive life."

Joseph A. Califano, Jr.,
The National Center on Addiction and Substance Abuse at Columbia University

When young children are stressed by too much noise, abuse or violence, they use all their brain power for survival instead of for learning. Later in school, they can lose the ability to engage in logical thought and creative problem solving.

–Partnership for Learning

Spiritual Negotiation

Reclaiming our integrity
We are always negotiating with the disease.

Training a Team: The Power of the Group

Before, During and After

Structured Family Intervention
Use Love to Break Through Denial

Information Gathering
Education
Details
Training
Rehearsal
Intervention
Post-intervention support

Writing Letters
tools that go beyond intervention
7-point Letter

- **Introduction** – state the nature of your relationship
- **Expression of Love**
- **Reframing**
- **Facts**
- **Commitment**
- **The Ask**
- **Affirmation -- Purpose**

Letters as Therapeutic Tools

- **When treatment is refused**
  - Mail or hand deliver
- **When treatment is accepted**
  - Send to the counselor

Brainstorming Objections

- **the escape routes**

Denial

- **Objection:** “I can handle this on my own. I don’t need help.”
- **Response:** “You’ve tried to control your drinking before. We now know that this is a disease and willpower doesn’t work. We’ve learned that you need a specific kind of help in order to recover.”
- **Objection:** “Joe’s been out drinking with me many times. Why is everybody singling me out?”
- **Response:** “Today we’re talking about your relationship with alcohol and what is happening to you.”
- **Objection:** “I don’t drink every night. I mostly drink on weekends.”
- **Response:** “It is not about how much you drink or when you drink, but what happens to you when you drink.”

Practical

- **Objection:** “Who is going to take care of my dog? I can’t leave Rusty that long.”
- **Response:** “Mom has agreed to take Rusty. You have nothing to worry about. You know how Rusty loves her.”
- **Objection:** “I have responsibilities. My house, my bills, my garden. I can’t ignore everything for a month.”
- **Response:** “Uncle Dave is going to come by weekly to mow your lawn. Aunt Rose is going to take care of the garden. She has the green thumb in the family. Your brother has agreed to sort your bills and either pay them for you or forward them to you in treatment. Whichever you’d prefer. He’s also going to keep an eye on the house.”

Work

- **Objection:** “I have to go to work. I’ll lose my job if I don’t.”
- **Response:** “We’ve contacted your Employee Assistance Program, and they’ve informed us that the company has a policy to support your decision to get help. They gave us a number for you to call when you get into treatment, and they will handle everything confidentially.”
- **Objection:** “I can’t take time off right now, but give me a week to arrange it.”
- **Response:** “You don’t need to worry. Everything is already arranged. Your job will be waiting for you once you’ve completed treatment.”
- **Objection:** “My boss can’t do without me now. We’re in the middle of an important project.”
- **Response:** “Your boss has written you a letter supporting treatment. He has asked us to read it to you.”
Unresolvable Objections

“Dear Granny,

“You and I have always had a special bond. We like to sit and talk about life and philosophy, and it always seems we end up solving the problems of the world. I can always count on you for anything and everything...”

Bottom Lines
leverage, influence, self care

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Ask Yourself Two Questions

How have I unwittingly supported the addiction in the past, and what will I do differently in the future?

If the alcoholic refuses treatment, how will I begin taking care of myself?