

# GETTING BAKK UP

Intervention Simplified



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# About the Author

With more than a decade of experience working in the Addiction, Substance Abuse, and Mental Health fields, Jon Barnes and Get Bakk bring personalized and individual care and solutions that have helped many people navigate the road to recovery. It is important to remember that change takes time, effort, and commitment from both the individual struggling with addiction and their support system. Jon offers Recovery Coaching and Intervention services that include powerful tools in helping individuals find their path to healing. It's a journey that requires patience, understanding and a willingness to confront and address underlying issues that are fueling the addiction and Get Bakk is fully equipped to help and support each person. There is hope and healing available and a consultation with Get Bakk is the first step.

# Table of Contents

Chapter 1	What is Intervention?
Chapter 2	How to Identify if a person needs an intervention?
Chapter 3	Where do I start?
Chapter 4	How do I choose a treatment center?
Chapter 5	What to expect?
Chapter 6	Facilitation
Chapter 7	How do I get them to commit?
Chapter 8	What's next?

## Chapter 1. What is intervention?

Intervention involves stepping in to prevent or alter a particular outcome by coming between elements. Addiction intervention specifically aims to establish a process for intervening to assist an individual in curbing or halting their harmful behaviors. Such interventions typically occur when the individual has reached a point where assistance is required or when concerned family members seek to aid them. Family members play a crucial role in comprehending the situation, discussing the individual's background, current challenges, observed issues, and desired outcomes. The ultimate objective of any intervention is to engage with individuals grappling with mental health struggles, grief, trauma, addiction, or alcoholism, addressing the turmoil in their lives identified by loved ones. By encouraging self-reflection, interventions strive to demonstrate to the individual that their cycle of chaos can transition into a path of positive transformation, ultimately seeking their commitment to enact necessary changes. To create a center point for growth and rebirth into something new and truly amazing!

## Chapter 2. How to Identify if a person needs an intervention?

How can you recognize if someone you care about, whether a loved one or a friend, may need an intervention?

1. Are they denying a problem that seems clear to you?
2. Is their behavior putting themselves, you, or others at significant risk?
3. Do they avoid discussing what's happening with them?
4. Have you caught them lying?
5. Do you notice any decline in their health, mental clarity, or ability to function?
6. Do they constantly seek more of something, whether it's substances, attention, or validation?
7. Have you reached a point where you can't handle their behavior anymore, or where your own well-being is at stake?

Additionally, you may observe changes in their physical appearance, memory lapses, financial troubles, or deceptive behavior. They might also exhibit altered tolerance levels, mood swings, difficulty in communication, or a tendency to isolate themselves. If you notice these signs, especially in conjunction with substance abuse issues, it's likely that the situation has become unmanageable alone and requires intervention and require change.

## Chapter 3. Where do I start?

To initiate the intervention process, begin by identifying the issues facing the individual and assessing whether their addiction or disorder requires intervention, using the checklist from the previous chapter/page. If intervention seems necessary, gather loved ones who are close to the individual for a conversation about seeking help. Consider contacting organizations like Get Bakk, which specialize in treatment and intervention planning, providing valuable guidance, support, and solutions.

Simultaneously, research local treatment centers in your community and reach out to them to explore how they can assist your loved one. They may facilitate an intervention or offer guidance on conducting your own. When selecting a treatment option, prioritize the individual's preferences and interests. Look for centers, whether inpatient or outpatient, that align with their activities and passions. Consider factors such as exercise programs, meditation sessions, and opportunities for self-care.

It's important to recognize that addiction can overshadow previous interests and activities, so finding a center that reintroduces these elements can expedite the recovery process. Through this approach, you can establish cohesion and develop a clear plan for addressing the situation effectively.

## Chapter 4. How do I choose a treatment center?

Selecting the right treatment program for your loved one requires careful consideration of several factors. Many programs typically offer a balanced approach, with around 50% of the treatment focusing on clinical therapy, group therapy, addiction education, and related services. The remaining 50% often incorporates creative modalities like art and music therapy, which can tap into different aspects of the individual's psyche.

When evaluating treatment options, it's essential to assess the additional mental health support available and the qualifications of the clinicians. Consider whether the facility employs master's level clinicians and inquire about the availability of mental health services beyond addiction treatment.

Other considerations include:

- Does the program include an exercise regimen?
- What is the size of the treatment group? Is it small, large, male-only, female-only, or co-ed?
- Does the facility provide comprehensive aftercare support?
- Have you researched reviews or received referrals from individuals who have completed the program?
- Can you speak with alumni to gain insight into the treatment process?
- Does the program offer family therapy sessions or support groups for loved ones?
- What are the facility's policies regarding visitation, work opportunities, phone usage, and therapy sessions?
- Does the program incorporate 12-step recovery meetings?
- Is there flexibility in the duration of the program, such as options for 30 or 90 days?
- What is the overall condition of the facility?
- What are the costs involved, and does the program accept health insurance?

By asking these pertinent questions, you can ensure that your loved one receives the most suitable treatment program to support their journey toward successful recovery.

## Chapter 5. What to expect?

Managing expectations can be one of the most challenging aspects of the intervention process. It's crucial to approach it with an open mind and a willingness to adapt. Instead of harboring specific expectations, it's often best to expect nothing at all. Expectations can hinder the potential for change.

While the treatment center you choose may outline their processes, it's important to understand that the intervention itself may not yield immediate results. Most treatment centers will emphasize that the primary goal of the intervention is not to expect a particular outcome but to initiate a conversation about committing to change.

Ideally, the individual entering treatment will find a supportive environment where they feel safe addressing their addiction, mental health issues, or trauma. However, it's essential to acknowledge that some individuals may react negatively or resist treatment initially. This resistance is often why the intervention is necessary in the first place.

If the individual responds with anger, volatility, or resistance, it's essential to recognize that they may not be ready for change at this moment. In such cases, it becomes crucial to establish clear boundaries regarding acceptable behavior and support them while maintaining your own well-being.

The path to intervention may require multiple attempts before the individual acknowledges the need for change. Each effort contributes to laying the groundwork for eventual acceptance and lasting transformation. By managing expectations and remaining patient and supportive, you can navigate the intervention process with compassion and understanding.



## Chapter 6. Facilitation

Facilitating an intervention involves careful planning and thoughtful execution. Once you've researched treatment options, consulted intervention specialists, and chosen a facility, it's time to gather key family members or friends to discuss your strategy.

In addiction recovery, it's essential to recognize that the pain extends beyond the individual struggling with addiction to every member of the family. To begin the intervention process, each participant should express their concerns, address their individual observations of the individual's behavior and could write a letter detailing their personal pain, which can be shared in a group setting during the intervention. This isn't to bash an individual but more to have them see themselves through loved ones point of view.

Select a safe and intimate setting for the intervention, such as a living room or hotel room, where everyone can openly express their feelings. Consider whether to involve an experienced interventionist to guide the process effectively.

Choosing the date, time, and approach for the intervention is crucial. Some interventions are conducted as surprises, which can often lead to a sense of relief for the individual facing intervention. However, it's essential to ensure that the intervention is held in a private setting with only a few key individuals present, such as parents, siblings, spouses, or close friends.

The ultimate goal is to convey support and encouragement for the individual to embrace change and commit to entering a treatment facility or beginning the recovery process.

By approaching the intervention with empathy, understanding, and a united front, there's hope that the individual will be receptive to the opportunity for positive change and take the necessary steps toward recovery.

## Chapter 7. How do I get them to commit?

Securing a commitment from the individual you're intervening on is the primary goal of any and all interventions. A commitment to change!. To achieve this, it's crucial to create an environment where they can empathize with the pain experienced by their loved ones and recognize the detrimental effects of their destructive behavior.

During the intervention, each participant should candidly express their emotions and outline the impact of the individual's actions on themselves and others. By fostering understanding and empathy, the hope is that the individual will come to the realization that their current cycle of chaos must cease immediately.

Once this realization is reached, and if they are open to change, the discussion can transition to exploring treatment options and planning for recovery. However, it's vital that the decision to commit to change comes from the individual themselves. While loved ones can provide guidance and support, the ultimate choice must be theirs.

By presenting various treatment options and emphasizing the importance of commitment, the individual is more likely to feel supported and less isolated. This collaborative approach demonstrates that they are not alone in their journey towards recovery.

When the individual recognizes that their current path is unsustainable and detrimental, they are more likely to be receptive to change and willing to commit to a treatment plan. Being prepared with treatment options and facility selections beforehand ensures that the intervention process can seamlessly transition into immediate action towards seeking treatment.

## Chapter 8. What's Next?

After successfully navigating the intervention process and securing a commitment to change from your loved one, the next step is to focus on healing and growth for both the individual in treatment and the family members involved.

While your loved one is in a treatment facility undergoing their journey of self-discovery and healing, it's crucial for you and other family members to prioritize your own well-being. Consider attending therapy sessions or joining support groups like Al-Anon to help you navigate your own emotions and experiences.

Engage in activities and reconnect with interests and hobbies that bring you joy and fulfillment. By focusing on self-care and personal growth, you can begin to heal from the impacts of the past and rediscover a sense of purpose and happiness in your own life.

As your loved one progresses through their treatment program, they will undergo both clinical therapy and creative activities to help them understand themselves better and prepare for a brighter future. Your support and involvement in their journey can be invaluable in fostering a sense of connection and understanding within the family dynamic.

While the past may not be forgotten, a solid intervention process and commitment to treatment offer hope for a better future. Embrace the possibilities of what lies ahead and continue to support each other on this journey of love, prosperity, and abundance.

If you're feeling overwhelmed or unsure about what comes next, remember that assistance is available. Organizations like Get Bakk offer consultations and support to guide you through the process. Reach out for help and embrace the opportunity for positive change and growth ahead.

# The End

Resources: [getbakk.com](http://getbakk.com)