

What Are the Steps of an Addiction Treatment Intervention

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It's hard to give someone a heads-up about their addiction. You can't just choose to quit using or drinking.

Unfortunately, it's not that simple. Addiction is a complex disease that gradually takes hold of a person, making them laser-focused on the next hit and feeding their addiction.

They just can't turn it off at will and your loved one may not even be aware of how bad things have gotten. They may also be in denial or lost on how to turn their lives around.

Understandably, you want to help and one of the best ways to do this is by staging an intervention. An addiction intervention is a carefully planned process through which family and friends gather to confront a loved one about their addiction and ask them to seek treatment

Steps for an Addiction Treatment Intervention

Certain steps have to be followed for a successful addiction intervention:

Careful planning and grouping

This is the cornerstone of an intervention. You need to carefully prepare and plan for it, including deciding who to attend, what will be said, and what treatment options will be offered. It's best to select a small group of people who know the individual and are willing to support them in their recovery.

Consult a professional

It's also a good idea to engage an intervention specialist to guide the process. An interventionist can help you outline your goals, manage your expectations, and also guide the meeting to keep things on track.

Pick an appropriate time

It's crucial to pick a time when your loved one isn't under the influence of alcohol or drugs. You also need to select a time when everyone involved is relaxed and prepared.

Create a calm and supportive atmosphere

As you outline how your loved one's addiction has affected you and the family, it's important to remain firm, calm, and non-confrontational. Strive to create a supportive and safe environment free from blame and criticism. This increases the chances that they'll go along with your plan.

Have a clear call to action

Finally, the intervention should have a clear action plan, chiefly to get your loved one to accept and seek out addiction treatment. research the treatment options available beforehand and present these to your loved one while offering encouragement and support.

We Can Help

At the [Findlay Recovery Center in Ohio](#), we understand how important addiction interventions can be in nudging those struggling with addiction to seek treatment. Our professional intervention specialists have successfully guided several families through interventions that have led their loved ones to seek admission in either our [residential alcohol treatment](#) or [drug addiction treatment programs](#). We believe in providing individuals with affordable addiction treatment options in a safe and conducive environment to help them beat addiction. [Get in touch](#) with us today and let's see how we can help you or your loved one achieve lasting sobriety.

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Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.



Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135



Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.



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