

— Message Outline —

1) I am here today (saying this now) because I

(alarm, concern, fear, love, hurt, estrangement, frustration, sadness, hope, confusion)

2) How I remember you . . . our relationship . . . in healthier times:

Terms of endearment from better days . . . without the impairment and compromise of alcohol . . . depression . . . anorexia . . . cocaine . . . methamphetamine . . . rage

3) What I am seeing in you now . . . how this is for me in our current situation:

The results of your alcohol or drug use . . . your depression . . . or high risk behavior
Here You Will Describe Two examples of Substance ~ Life Related difficulties.

— **Report an objective and specific situation:** A symptom, event, hazard or problem that is directly related to or “caused” by substance abuse. (Occupational / Medical / Legal / Emotional / Marital / Parental / High Risk Behavior / Risk to Children / Relationships)

— **Label how you feel (emotionally) about this risk/event/symptom.**

State your emotion about this! (**Remember — Emotions Need Not Be Argued!**)

4) What I hope to see happen . . . For you . . . and for me:

Accept the help we are offering . . . Get well . . . Reduce your risks . . . Take safety precautions. Take care of yourself by accepting help . . . Go to the recovery center . . . take this opportunity to learn how to stop using . . . explore what you are up against . . . stop the chaos . . . Please don't let this get worse . . . You have nothing to lose by accepting help . . . and everything to lose if you remain . . .

My Bottom-Line: A Personal Statement of Self-Preservation

(– please write this on a separate page –)

If I am saying this to you now, it means that you have refused this offer of help . . . or decided to take no action to support yourself . . . Given this . . . it seems . . . you are refusing to . . . make life preserving changes . . . I fear you will remain . . . stuck with . . . sick from . . . substance abuse problems . . . addiction . . . drug dependency . . . depression . . . and continue to experience a life of . . . fear . . . frequent crises . . . destruction . . . deterioration . . . chaos . . . defeating your physical, mental, family, occupational . . . health and wellness . . . and hit-bottom with drugs . . . alcohol problems . . . cocaine . . . narcotics . . . high risk . . . dangers . . . and the depression that always comes with this.

I want you to know . . . what I am doing to do to take care of myself . . . this is what you can expect me to do from now on . . . I have extended my hope for you . . . and now . . . please hear about my decisions to . . . take care and . . . protect myself. My bottom line: **No matter what you decide to do . . . right now . . . is my time to stand up . . . take care of myself . . . support my own self-care . . .** Rest assured, I have an appointment with life—and my own well being—I intend to keep it!

Remember this statement must not be coercive, manipulative or threatening! Your "bottom-line" represents a clear and simple statement about your hopes and intentions—to support the person—in being well. Here, you may report what specific actions you are going to take in the interest of upholding your own health. **It is important to remember that you are composing this "bottom-line" in essence, for yourself!** Your "statement of self preservation" represents the actions that you have chosen to take in the interest of maintaining your own sanity and wellness.

BEFORE INTERVENING WE MUST BE CLEAR ABOUT THE FOLLOWING:

1) Various Safety Precautions Must be Considered and Maintained by All Participants. Consider the following:

Ownership and presence of weapons? Suicidal tendencies? Potential for overdose? History of poor impulsive control or threats and plans for violence? Any outstanding medical problems? Presently prescribed medications? Nature of arrest record? What other safety issues confront our work . . . ?

-----If any imminent threat to another's life or physical wellbeing is apparent-- Call Emergency "911" and request immediate help

2) Provisions for Medically Monitored and Safe Detoxification Procedures:

In some cases drug withdrawal can be medically dangerous. Not all treatment facilities provide "in house" medical services that assure safe detoxification and withdrawal from various addictive substances. In some instances the person undergoing care must present with the written consent of a Physician. I will carefully review these precautions with as part of our preparation and planning process.

3) In some cases – we must assure that a Treatment Center or Psychiatric Hospital is available to accept new patients for admission and that the facility is willing to receive your loved one immediately following our intervention. You must confirm with the facility that they will have appropriate admissions personnel available upon your arrival to the facility. Frequently, this will require careful pre-intervention planning and treatment matching to assure appropriate help is available

4) We must rest assured that the "contact-plan" that we have developed (that is where and when to intervene) is a realistic one that will function smoothly enough!

5). As best you can, please anticipate the objections that your loved-one might make to avoid taking action about their drug problems. Answer these objections.

6). Trust this Intervention --- Our efforts represent an appropriate and motivational "wake-up call." You are providing a potent and compassionate message from reality. We are simply offering realistic—authentic actions of help—a means to productive change. By offering help to another, you are also taking an opportunity to stand up for yourself and your own sensibilities.

In the final analysis, what does your loved one have to lose by accepting your offer? You are warmly extending your hope too produce life-preserving action?

www.TheHartCenter.com

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