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Helping a Loved One Into Treatment for Addiction

When you suspect a loved one is suffering from substance abuse, it can be difficult to stand by and watch. And with opioid overdose deaths [on the rise](#), according to the CDC, you may be concerned for his life. However, getting him to accept the help he needs might not be as simple as just confronting him. Learn how to approach your loved one so that he might accept your help.

Preparing for “The Talk”

Before talking to your loved one, you should be educated about addiction. This serves two purposes: to make sure you are reading the problem correctly, and to guide you in what to say.

If you are uncertain if your loved one is using substances irresponsibly, check out these [signs of addiction](#) from Reach NJ. The Delta Medical Center also [provides a list](#) of the specific signs of opioid addiction.

Setting Up Support

Next, you need support. Consult a professional first for guidance, advice, and, possibly, participation if you are planning an intervention. You should enlist the aid

of at least one other family member or close friend as well. Read [these suggestions](#) from Healthline on how to stage an intervention for an alcoholic.

Before confronting your loved one, remember to set boundaries for yourself. Maintaining self-care is critical when dealing with a substance abuser; if you live with him, you may need to move out, at least temporarily. Here are 10 [survival tips](#) you can use from a clinical counselor.

Approaching Your Loved One

When you are confident that there really is a problem and you have proper support in place, it's time to approach your loved one. While this will take courage, it's best to face it head-on rather than waiting for him to "bottom out" -- that could have dangerous consequences.

The most important thing is to establish trust, according to Verywell Mind's [article](#) on helping a loved one with an addiction. Approach him with kindness and compassion, rather than blame or nagging. Even so, you can [expect pushback](#), denial, anger, or other objections, so you must tread carefully. Here are [seven things](#) you should not say or do from NCADD. Ultimately, it's his choice whether to get help; you can only support and encourage him.

Selecting a Treatment Program

America's opioid epidemic has increased the need for quality addiction treatment and safe opioid detoxification. It's important to select a program that both fits your loved one's personality and has been proven effective. For example, if he is an atheist, a 12-step program may not be a good fit.

Additionally, people addicted to opioids may benefit more from medication-assisted treatments (MAT). These allow patients to get off harmful opioids by replacing them with an alternative such as methadone or naloxone.

Available options for treatment include:

- Traditional 12-step programs, like Narcotics Anonymous, which focus on addiction as a lifelong disease. They rely on group support and relationships, even providing meetings for family members through Al-Anon.
- Religion-based treatment programs such as Buddhist Recovery or Teen Challenge, which is Christian.
- Evidence-based programs, which focus on self-empowerment as a route to treatment and have a host of options, including moderating substance use in a healthy way, seeking professional counseling, and MAT.
- Holistic programs, which help patients heal their body, mind, and spirit. These can integrate healthy practices such as meditation and exercise.

Hopefully, you know your loved one well enough to figure out which of these would work best. Read [this post](#) at Psychology Today for detailed information on how to choose an effective treatment program.

Confronting a loved one with an addiction problem is a challenge, but with proper planning and support, you may be able to save him from himself.