I. FIRST, EXPECT DIFFICULTY.
   A. They will deny they have a problem.
   B. They may not want to change and even resent you for thinking they need to change.
   C. They may be embarrassed to even talk about it.
   D. They may fear losing their job, family or freedom.
   E. Some do’s: build trust, be honest, respect them.
   F. Some don’ts: Don’t threaten them, criticize them, or expect immediate change.

II. SECOND, GET EDUCATED ABOUT ADDICTION.
   A. Bad behavior doesn’t mean bad person.
   B. They are sick and have an illness.
   C. Although there are several factors for becoming an addict like peer pressure and genetic predispositions, on some level, personal choice is always involved.
   D. Get help for yourself if needed—Al-Anon or Alateen.

III. THIRD, ESTABLISH TRUST.
   A. They need to know you care.
   B. It may be hard for you to want to build trust if they have destroyed your trust in them,
   C. They may suspect you want to control them.
   D. Trust destroyers include nagging, criticizing, lecturing, yelling and name calling.
   E. If you don’t want to build trust with them then get help for yourself first.

IV. FOURTH, CONDUCT AN INTERVENTION.
   A. The purpose of an intervention is to counter their denial that they have a problem.
   B. The process involves joining forces with the people close to them.
C. An intervention is not a confrontation.

D. People read letters they’ve written explaining how addiction has affected them personally.

E. Let them know you are going to set boundaries unless they get help.

F. Explain you are ready to help them, but you will no longer enable them.

G. Addicts rarely change until they experience consequences for their addiction.

V. FIFTH, FIND TREATMENT FOR YOUR ADDICT.

A. Some treatments are free through state agencies while others require insurance or personal funding.

B. Treatments vary in the types offered.
   1. Inpatient hospital or clinic.
   2. Residential programs
   3. Outpatient programs.
   4. Opioid treatment programs.
   5. Group programs like A.A., Al Anon, Alateen, Adult Children of Alcoholic programs.

C. It takes a long time for treatment to be effective.
   1. It’s not just about stopping substance abuse.
   2. It’s about learning to cope without the substance.
   3. It’s about developing skills to cope with relapse.