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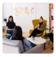

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When Should You Have an Intervention?

By Impact Outpatient Program

If you wonder if interventions help or how to have an intervention, we encourage you to investigate the offerings at Impact IOP. Through our Louisville addiction treatment facility, you can get an intervention planned with trained interventionists and do an intervention for someone with a mediator for support. By initiating steps for addiction treatment, our program gets individuals from intervention to support using traditional, alternative, and medication-assisted support methods.

Contact Impact IOP to speak with an admissions coordinator about structured interventions today.

What is an Intervention?

An intervention is a planned discussion aimed at promoting treatment for individuals struggling with substance abuse. In many situations, this consists of a small group of friends and family gathering together to discuss the impact of substances, how the user appears to be affected, and how their use affects others.

An intervention should be planned, structured, and follow specific rules to increase the likelihood of success and the validity of the intervention. Conversely, unplanned or unstructured interventions can often lead to hostile and unsuccessful interventions.

What are the Signs You Should Have an Intervention?

If your loved one is exhibiting signs of addiction, it may be necessary for you to have an intervention for them. These can be physical, social, or emotional signs of addiction that impact an individual’s ability to succeed in their careers, relationships, and independently.

Physical signs of addiction include changes in your loved one’s appearance, hygiene, and health. For example, a person who experiences changes in appearance that may happen over time and occur due to substance use often experiences changes in weight, noticeable injection marks, gum loss and tooth decay, and frequent bloody noses. Individuals may also experience changes in hygiene as a result of use. Lastly, your loved one may have serious health concerns related to substance abuse ranging from lung problems to kidney and heart disease.

Social signs of substance abuse are often the first signs people notice when identifying someone with an addiction to drugs or alcohol. Socially, individuals may exhibit more behaviors related to use if they partake while with friend groups. Unplanned changes to the friend group may occur with abuse, and even significant relationships may be altered or impacted by addiction. However, the opposite can also occur. Individuals may withdraw from social situations or become unreliable due to substance abuse.

Emotional changes are a common symptom of substance abuse. Individuals struggling with addiction often struggle with anxiety, depression, and mood swings related to use on top of the psychological concerns explicitly associated with the abused drug. These personal behavioral changes can indicate how much a person struggles with addiction.

When Should You Have an Intervention?

Determining when to have an intervention for your loved one is difficult. Ideally, it is most helpful to stage an intervention when you notice or are made aware of illegal substance use, prescription abuse, or have identified significant changes like those listed above.

What are Tips for a Successful Intervention

If you believe that it is time to plan an intervention for your loved one, it is essential to consider what makes an intervention successful. Likewise, it is important to keep these tips in mind if you plan your own intervention.

First, make sure that your intervention includes only a small group of loved ones and that it is thoroughly planned out to ensure that the event does not become hostile.

The second tip to keep in mind is always using “I” statements. When an individual uses “I” statements and explains how they are impacted by individual experiencing substance abuse, it removes the accusation. This can make for a more successful and less hostile environment.

The last tip to keep in mind is that being prepared for your intervention is necessary. By having information for detoxification or treatment centers available, you can support your loved one with recommendations and guidance.

If you are unsure you are able to plan this on your own, contact one of our high-quality interventionists. At Impact IOP, our expert professionals are prepped and ready to support you through even the most challenging interventions by planning, participating, guiding, and researching the appropriate addiction treatment.

Impact IOP offers intensive outpatient programs in Louisville and various outpatient programs and can recommend local detox.
At Impact IOP, we believe that everyone should meet with success in addiction treatment. So we've combined the best outpatient therapies with the newest medication-assisted therapies to provide our clients with the most successful opportunities for addiction treatment. Contact us today to learn more about how we can help you overcome addiction.

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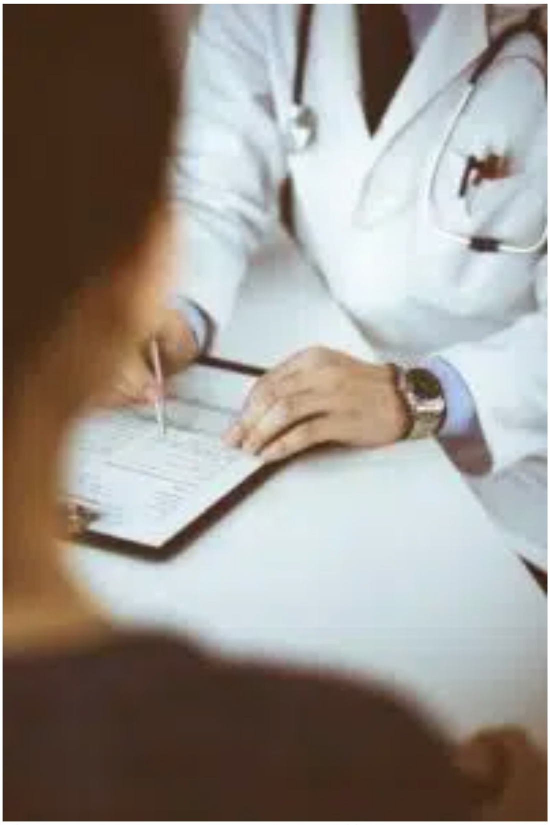

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What We Treat

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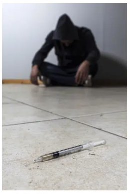
Alcoholism

treatment



addiction

treatment

dual-diagnosis

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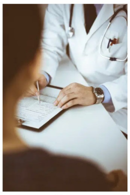

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Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

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