

Support Before and After **Residential Addiction Treatment**

Ideally, everyone would realize on their own that they need help for their addiction, go to treatment, and stay sober and healthy forever. The reality of addiction, of course, is much more complicated, which is why there is a wide range of services that address the complexities faced by many people struggling with addiction, before, during, and after residential treatment.

Interventionists

When your family member does not recognize the need for treatment, an intervention may be necessary to guide them towards the help they need. Although one of the most pervasive myths in our culture is that everyone must recognize that they need help on their own, research shows that outcomes for those who enter treatment as the result of intervention are just as good or even better than the outcomes for those who go independently. In order for an intervention to be successful, however, it must be a thoughtfully planned, positive caring experience, rather than an antagonistic confrontation.

Professional intervention specialists have the knowledge, experience, and perspective to design effective intervention strategies to support both your loved one and your family as a whole. The interventionist will begin by speaking with you and other family members about the nature of your loved one's addiction, its impact on your family, and will gather any other pertinent information to determine how to best address your needs. They also:

- Offer guidance regarding appropriate care and can prearrange treatment.
- Help you select who should be present at the intervention.
- Provide education to the group to help you gain a better understanding of addiction.
- Plan the structure of the intervention.
- Help you determine what you will say.
- Allow you to act in your role as a family member, not an addiction expert.

If your loved one agrees to go to treatment, the intervention specialist will have prearranged transportation to harness the momentum of the intervention and get your loved one into care as soon as possible. If your loved one does not agree to treatment, the interventionist can help your family develop a healthy, unified response and recommend ways to move forward.

A good interventionist recognizes that addiction is a disease of the family and seeks to not only guide your loved one into treatment, but help you begin your own healing process as a group, regardless of the outcome of the intervention.

Sober Coaches

Sober coaches are certified recovery professionals who work one-on-one with your loved one during the recovery process to support their continued sobriety. Typically, sober coaches combine specialized training with personal experiences of addiction and recovery, which means they have a fount of theoretical and experiential knowledge from which to draw. The exact structure of the coaching relationship can vary greatly, ranging from weekly phone or Skype sessions to 24-hour in-person support that includes everything from living in your loved one's home, to accompanying them to 12-step meetings or even going with them to the grocery store. The duration of coaching depends on each person's unique needs and may be either short- or long-term.

The benefits for your loved one from working with a sober coach include:

- Being accountable to someone during early recovery.
- Being monitored to ensure they do not use or engage in self-destructive behavior.
- Getting help identifying triggers and resisting cravings.
- Having ongoing support, including in high-risk situations.
- Support for following continuing care recommendations and getting connected in 12-step peer support groups
- Gaining feedback, tools, and strategies to use both for the long term and in the moment.
- Preventing isolation and loneliness, which can be major causes of relapse.

Some sober coaches have particular subspecialties, such as executive sober coaches who support the specialized needs of executives and other high-powered people in recovery.

Case Managers

Addiction and co-occurring mental health disorders often go hand in hand, and can require long-term care to ensure both sobriety and psychological wellness. A case manager oversees and coordinates your loved one's care to ensure that they receive the treatment to address the full spectrum of their needs on an ongoing basis. They also provide invaluable emotional and practical supports to enhance quality of life and psychological well-being. While your family member may start working with a case manager at any point, many begin after residential addiction treatment, helping to implement the aftercare plan and build on the progress made in treatment as your loved one re-integrates into the community.

Case managers provide a range of services, including:

- Speaking with your loved one and their care providers to determine the best course of continuing care.
- Connecting your loved one with resources and services and coordinating care.
- Facilitating communication amongst care providers.
- Identifying gaps in care.
- Accompanying your loved one to appointments.
- Helping develop life skills and positive coping mechanisms.
- Assisting with medication management.
- Offering emotional and practical supports to optimize quality of life and encourage healthy functioning.

Some work with case managers for a limited period following residential addiction treatment, while for others, case managers play a critical, long-term role in maintaining their sobriety and psychological stability.

– Full Spectrum Support –

While residential addiction treatment can create a strong foundation for recovery and personal growth, addiction is a complex and chronic illness that may require a variety of supports to address the full spectrum of your loved one's needs. By determining the suite of services that might most help your loved one, you can optimize the chances of successful recovery and sustainable wellness. If you have any questions or would like referrals to professional interventionists, sober coaches, or case managers in your area, we invite you to reach out to us at any time. We are always available to provide the guidance you need to help your loved one find true and lasting relief from addiction.

Please reach out to us at 888-475-8177.