



The Recovery Guides

How to Get Teens to Treatment: Finding Help for Your Child



Intervention

What is an intervention? What are the different types and how do I find an Interventionist?

- Intervention is a method for socially compelling persons to accept help and engage with some form of treatment. Interventions aren't limited to substance abuse and can also be used for persons struggling with mental health, sexual compulsions, overeating, and more.
- The two most common classical Intervention models are *surprise* and *invitational*. Most classical interventions stem from the Johnson Model format that places significance on family involvement and coming from a place of compassion rather than condemnation. Often times, *bottom lines* are leveraged to help push the person towards change, but the level of reliance and focus on these will differ depending on the interventionist and sub-modality.
- Typically, people find an interventionist through word of mouth referral. One can also look for interventionists through organizations like AIS and try to verify competency by whether or not the recommended person is a Certified Intervention Professional (CIP) through the Pennsylvania Certification Board (IC&RC Member). This isn't a guarantee of competency, but it does lend credence.



Intervention

Crisis Navigation and how it differs from traditional Intervention

- Crisis Navigation is a form of rapid response intervention. It can be preferable to a formal intervention when the identified loved one is in an immediate state of crisis. Immediate states of crisis could be: being on a mandatory hold at the hospital, in jail following an arrest, living on the street, isolated in their home with loved ones unable to contact them, or a person in psychosis that doesn't meet the criteria for EMS/Police initiating a mandatory hold.
- *NOTE: If a person's immediate safety is ever of serious concern, loved ones should ALWAYS call 911. This includes if someone is actively suicidal, overdosing, or any other situation where their immediate safety is at risk.*
- As interventionists, we frequently work with and call law enforcement or EMS when we encounter a client in a dangerous situation. This can include initiating wellness checks on persons who are unresponsive and even having the fire department forcibly open someone's door (their ability to do this and what criteria must be met prior will differ depending on location).



Intervention

How do you know where to place your loved one in treatment?

- Figuring out where the appropriate placement is can be a daunting task, and simply searching Google for one has many barriers. Often times the highest ranked programs on a google search are simply spending more money on advertising and search engine optimization. The reality is that there are a lot of bad and even fraudulent/unethical programs throughout the country (with higher concentration in certain regions). On top of this, while one program may be suitable or even great for a certain demographic, they may be lacking in needed services for your loved one, even if they say that they would be a great fit.
- The most knowledgeable persons as to available treatment options are Therapeutic Consultants, many of whom are licensed clinicians themselves. Ideally, one would work with a therapeutic consultant and interventionist in conjunction to make the proper assessment, intervention facilitation, and placement. Every quality interventionist should be willing (and desire) to work with any clinicians that are currently involved with your loved one (psychiatrist, psychologist, therapist, etc.). If there isn't a clinician already involved, the interventionist should have one that they can bring in if the family desires to aid in assessing what the proper placement would be.



Adolescent Transport

What is Adolescent Transport? How does it work, and when is it necessary?

- Adolescent Transport is a service used to get treatment resistant minors into treatment. They are often structured as mandatory transports where the adolescent doesn't have a choice in whether or not they will go.
- One should be extremely cautious when choosing an adolescent transport company and ask questions like: Is your company insured specifically for adolescent transport? What is your staff's experience with these? Are your staff trained and experienced in traditional intervention? Do you have a list of references I can call?
- Adolescent Transport is extremely common for wilderness programs and therapeutic boarding schools, but is even used regularly with traditional residential treatment facilities.



Recovery Detective



How do licensed private investigators integrate with behavioral health?

- Private Investigators can integrate with behavioral health cases when there is a missing person, a need for pre-intervention surveillance, or the need for “lifestyle audits” of heirs and beneficiaries.
- It’s important to utilize private investigators with behavioral health experience so that gathered information can be acted on quickly and effectively. Often times, only finding the loved one isn’t enough to elicit change, but can when paired with effective intervention strategies.



Case Management & In -Home Support Staff

What is it? Is it necessary, and how does it work?

- Case Management is a service that follows your loved one and the family system throughout the recovery process to ensure that proper next steps are always being taken and that everyone in the family system is doing their part to reach fuller healing. When done properly, the Case Management team should be quarterbacking communication between all members of the care team throughout the process to ensure that there is always full communication and unity in terms of recommended next steps.
- In-Home Support staff (sometimes called Recovery Coaching or Sober Companions), is a service which places peer-support professionals into the client's home. The best way to think of it is like a customized behavioral health technician. They can help with day to day supervision, rule enforcement, emotional support, and guidance while always relaying information back to the clinical side of the care team. In-Home treatment is often built with this incorporated to provide around the clock support outside of the clinical sessions.



Remote Supervision & Drug/Alcohol Testing

Saliva Testing, SoberLink & TrueLink Financial

- Remote-Monitored saliva testing is a supervision process which utilizes saliva drug tests monitored over secure video conference. It allows for a non-invasive way of supervising the fluid collection process without having a staff member physically with the client.
- SoberLink is a remote-monitored breathalyzer technology. It has a built in front-facing camera that uses facial recognition with each test to determine if the correct user is taking it. It allows a client to have their blood alcohol content supervised from afar without the need for a staff member to be available during a test. Make sure the person administering SoberLink is a Certified SoberLink Provider.
- TrueLink Financial is a remote-supervised debit card that allows the administrator to choose acceptable vendor types, cash withdrawal limits, monitor transaction history, and to disable the card in the event of a suspected relapse or mental health episode.
- All of these services in tandem allow for substantial monitoring and supervision regardless of a client's location or schedule.





Onwards!

