

INTERVENTION AND CONSULTATION SERVICES

Initial phone inquiry is free of charge for the person beginning the intervention process.

Services include:

- Phone sessions
- Assessments
- Consultation with team members
- Strategic planning with and training intervention team members
- Research time
- Coordination with treatment facilities
- Team meetings
- Referrals for aftercare providers

Full Spectrum

RECOVERY & COUNSELING

FAMILY INTERVENTION

FULL SPECTRUM RECOVERY & COUNSELING SERVICES

805.966.5100

601 E. ARRELLAGA ST. STE 102
SANTA BARBARA, CA 93101

WWW.FULLSPECTRUMRECOVERY.COM

Respectful intervention services to help you and those you care about get the help they need for drug or alcohol problems.

805.966.5100

California Licensed providers

THE PROBLEM

A loved one is currently unable to successfully manage their life due to alcohol or drug problems. As the problem progresses, the chaos and confusion in the family intensifies.

Family and friends may have received confusing messages to either “detach” from or to “intervene” on the person. You may have made repeated, failed attempts to provide help, or find relief, which often leads to frustration, anger, and resentment.

All this only magnifies the stress. You may feel confused, hopeless, and afraid.

This is the opportunity for you to begin to make the changes needed to reduce the chaos and confusion and support your loved one.

THE SOLUTION

Full Spectrum Recovery recognizes that part of the solution involves a non-traumatic, respectful, and practical approach, not only for those with the actual problem but for all concerned persons.

We believe in intervention because a person’s life is in danger. We do not wait for spontaneous insight or “hitting bottom.” Out of crisis comes the opportunity for intervention. This is the beginning of treatment.

We help those participating in the intervention to feel empowered to make the changes needed to relieve the family’s distress, while we rapidly move the person with the problem out of their denial and into a willingness to receive help.

It is very important to consult with a professional who knows how to help people with drug or alcohol problems. A “do-it-yourself” type of intervention will often complicate and hinder the opportunity for success. Full Spectrum Recovery’s professional intervention will increase the chances of success in reducing the harm of a loved one’s alcohol and drug problem.

FULL SPECTRUM RECOVERY INTERVENTION PROCESS

Assessment

- Gather extensive data regarding the individual in crisis (level of addiction, usage, consequences of behavior, etc.) and family dynamics
- Identify key members for intervention team

Strategic Planning

- Formation of a cohesive and effective intervention team (two FSR therapists, family, friends, colleagues, professionals)
- Train and guide intervention team to intervene using FSR’s respectful and powerful method
- Determine best treatment options for your loved one
- Coordinate with and assist in transition planning

Reinforcement

- Prepare for and solidify response plans to unexpected changes
- Continued collaboration with intervention team and treatment providers as needed
- Availability for telephone consultations, continued research, and supervision.

Pre-Intervention/Intervention

- Rehearse, review, and update with team prior to intervention
- The intervention team meets with the individual in crisis

Aftercare

- Complete debriefing with intervention team
- Consultation and increased therapeutic support for family members to ensure a successful outcome for all participants
- Networking with facility to coordinate care during and post inpatient treatment