



18. Isn't it true that a person must "bottom out" with their addiction before they can get help? What is the purpose of intervention?

No. With intervention, it's possible to "raise the bottom" to meet the alcoholic/addict where they are, in their current assessment of how big of a problem they are having with alcohol, or other drugs. Intervention can, and does, occur in different ways and not just as a "formal intervention" event. Many clients have come to realize the extent and degree of their difficulties with regular sessions and family support. They have been able to interrupt the system that has allowed them to stay "sick" and begin a program of recovery. Intervention saves lives.

19. A loved one has agreed to get help. What if they are not doing it for the "right reasons"? Is there a need to be worried?

Practically speaking, alcoholics/addicts seldom **want** to stop using their drugs of choice; **they just want the problems and pain to go away**. Recovery rates are the same whether a person enters treatment for addiction via a court-order, a formal intervention, or "voluntarily".