



## Getting A Loved One Into Treatment

Watching someone you love struggle with addiction can be very painful. You hate to see them destroy their life with substance use. So, how do you get someone into treatment for alcohol or drug addiction when they don't want to go?

The team at Gateway Foundation will help you overcome any obstacles you may encounter during this process. Here are some helpful tips on how to get your loved one into treatment.

### 1. Understand the Signs and Symptoms of Substance Use

It is key to recognize the **early warning signs of addiction**:

- Being secretive
- Avoiding responsibilities
- Borrowing money without any important reasons
- Poor hygiene
- Frequent mood changes
- Becoming isolated
- Smelling like smoke or alcohol
- Having red or glassy eyes

### 2. Have an Honest Conversation

- Let them know **you are concerned about them** and have noticed they haven't been acting like themselves – This will allow them the opportunity to admit they have a problem, deny they have a problem or discuss something else that is going on
- Give them the facts of what you see and the impact on them, you, the family, their job, etc...
- Ask if they are willing to have a call with a professional for a confidential conversation or assessment

### 3. What To Do If They Are Open to Treatment

Start the process. Call our **24- hour confidential hot-line at 877-505-4673**.

### 4. What To Do If They Deny or are Not Open to Treatment

- **Call an interventionist** – These individuals are trained to facilitate an intervention to get your loved one into treatment, safely. They do charge a fee and there are different types of interventions that are used. The two most common types of interventions are:

- An invitational family systemic intervention – this form of intervention is when you invite the identified patient into a family meeting to discuss their situation and need for treatment

-The Johnson model of intervention – this is more of a surprise model where the identified patient does not know an intervention is planned

-Call Gateway for a list of recommended interventionists.

- **Try an intervention on your own** – Get the family together, talk about your concerns, write down what you want to say with love and no blame or judgment, establish boundaries of what you will or won't do anymore until they go to treatment. Set a date and time for the intervention and invite your loved one – the identified patient into the family meeting. Have in place a treatment center, insurance information and potential pre-admission done.



## 5. How to Pick a Treatment Center

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There are many options for treatment depending on what will be best suited for your loved one.

- **Accreditation and Reputation**  
It is important when picking a treatment center that you consider the licensure, accreditation and how long they have been in business.
- **Level of Care**  
There are different levels of care for your loved one based on their needs. Some may need detox and inpatient, some may be appropriate for Intensive Outpatient. The best way to determine this is with a confidential professional assessment, with the perspective patient or the one closest to the patient that has the clearest picture of what is going on with the loved ones use.
- **Evidenced-Based Program**  
You also will want a program that has an evidenced based treatment curriculum. An evidenced-based curriculum is one that uses researched treatment methods that produce the highest likelihood of successful outcome.
- **Personalized Approach**  
Treatment should be personalized to your loved one. What type of an environment would they feel most comfortable in? Is it best to be in a single gender (women with only women, men with only men)? Are they a member of the LGBTQ community? Is there trauma and do you need a facility that has psychiatrists and medical doctors on staff? There are more questions for consideration to ensure the best fit.

Gateway Foundation uses **nine core evidence-based treatment methods** and addresses co-occurring issues (underlying trauma, depression, anxiety, etc..) that lead to addiction. Gateway also has single gender programs, an LGBTQ program, a professionals program, a woman's trauma program, and a young adult program, among other programs.

Location is another consideration. **How close or far do you want your loved one to be?** Do they have a job that they need to keep? Will they need medications during and after treatment? What will their recovery plan look like over the next year? These are all things to consider when choosing a treatment facility.

## 6. Discuss Your Situation with a Counselor

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Gateway counselors will **help you think through all aspects of getting your loved one into treatment.** This includes, how to get the needed resources, insurance, finances, and logistics in order. Your Gateway counselor will also recommend viable options if one of Gateway Foundation's programs are not right for your loved one.

## 7. Family Love and Support

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At Gateway, our therapists **work in partnership with family members** to ensure each client has all the support they need to stay sober and enjoy lifelong recovery. Family members are invited to be part of their loved one's recovery process. This includes phone consultations, in person meetings with a Gateway therapist and the loved one, educational sessions and getting ready for your loved one coming back home.

## 8. Bringing it all Together. Let Us Help

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There is so much going on for family members and loved ones when faced with someone with an addiction. There is confusion, doubting, concern, anger, sadness and so much more. **You don't have to go through this alone.** We are here to help you through this process.

For more assistance on how to get your loved one into a treatment facility in Illinois, **please call our confidential helpline at 877-505-4673.** We've been offering life-saving addiction treatment for **over 50 years.**