



How to Get a Loved One Into Treatment



Table of Contents

Intro	03
CHAPTER 1	
How to Talk to a Family Member About Their Addiction	06
CHAPTER 2	
How to Address Someone Who Doesn't Believe They Have a Problem or Doesn't Want to Go to Treatment	10
CHAPTER 3	
How to Host a Family Intervention With a Loved One	15
CHAPTER 4	
How to Support a Family Member Through Treatment and Relapse	20
CHAPTER 5	
How to Support Yourself and Your Family During a Loved One's Treatment	24

Intro

While substance use disorder strongly affects those who face it, the complex disease can also significantly impact the people closest to them. It can be difficult to witness a family member struggling with addiction. You might feel helpless or unsure about how to proceed or even broach the subject. It's also easy to forget to care for yourself during these turbulent times, which can cause burnout and stress.

Whether you have a child, spouse, parent or another family member experiencing addiction, know there are various ways you can inspire and motivate them toward treatment and better health.

Recognize the Signs of Addiction in a Family Member

The first step in treating a drug addiction problem is learning about and identifying the symptoms. Educate yourself on the signs of substance use and addiction so you can better understand the challenges your family member is facing and support them.

There are a few signs that can indicate someone might be experiencing addiction, including:

- **Behavioral changes:** Your loved one might have an issue with substances if they begin neglecting responsibilities and things that once brought them joy.

they may drop hobbies, stop spending time with loved ones and fail to show up to work or school.

- **Mood swings:** Rapid mood changes, irritability and increased sensitivity to criticism or confrontation can indicate a struggle with substances.
- **Social isolation:** Withdrawing from friends and family members or avoiding social activities in favor of spending time alone is among the more telling signs that a family member is on drugs.
- **Neglecting appearance:** People with addiction often struggle to maintain hygiene and appearance. They may appear unshaven or neglect to shower, comb their hair or change their clothing.
- **Sudden financial issues:** Another sign of addiction is unexpected economic issues. Your family member might constantly ask to borrow money or sell personal belongings to sustain their substance use.
- **Weight changes:** Drastic weight changes can signal a problem with excessive or chronic substance use. You might notice your loved one losing their appetite and their clothing appearing baggier than usual.
- **Drug paraphernalia:** You might discover drug-related items like pipes, needles or other paraphernalia in your loved one's possession.
- **Health issues:** Unexplained health problems or worsening existing conditions can also indicate a problem with substance use.

Steps Family Members Can Take

If you notice any of the following signs of addiction in a loved one, it's important that you approach them with compassion and concern. Avoid accusations or judgments and encourage open, honest communication. Here's how you can help:

1. **Educate yourself about addiction and recovery:** Learn more about addiction and how it can manifest, including the way substance use disorder develops and its symptoms. This can help reduce stigma and prepare you to approach your loved one with empathy and compassion.

- 2. Emphasize open and honest communication:** It's crucial that you start a conversation about addiction in a way you might discuss any health issue. Ask your loved one questions about any challenges they might be experiencing, encouraging open communication. Just listening can go a long way in their recovery.
- 3. Encourage professional treatment:** Emphasize the benefits of professional treatment after you've expressed your concerns and had an open conversation. They might not be receptive at first — be prepared for pushback. Consider returning to the conversation later if they become defensive or upset.
- 4. Provide support while setting boundaries:** You can only do so much for someone facing addiction, and you can't make your loved one get help. Let them know that you're there to help throughout treatment and recovery, whether by driving them to therapy or lending an ear in tough times. Set boundaries to avoid enabling negative behaviors — let them know you can't support the addiction in any way, including financially.

What You'll Learn in This Guide

Addiction is a complex disease and can be difficult to approach, especially when someone you love is struggling. The best thing you can do is offer your support and be patient throughout the treatment and recovery process. It's also important to remember to take care of yourself and your family to avoid stress or burnout. Remember that, while complicated, substance use disorder is highly treatable with comprehensive care and proper support.

In this guide, we'll discuss how to encourage a conversation, organize an intervention and take care of yourself so you can fully support someone with addiction.

CHAPTER 1

How to Talk to a Family Member About Their Addiction



Talking to someone about addiction requires compassion, understanding and patience. Communicating without judgment can help build trust and go a long way in your loved one's recovery.

Tips for Talking to a Loved One About Their Addiction

If you have a family member experiencing addiction, the following tips can help you start a conversation:

Choose the Right Time and Place

Before discussing your concerns with a loved one, find a private and comfortable environment to have the conversation. Avoid initiating discussions during tense moments or when the person is under the influence. Choose a time you think the person might be receptive to the conversation in a location free of distractions or interruptions.

Show Empathy and Understanding

Approach your family member with kindness and understanding. Avoid confrontation and instead focus on expressing your concerns for their well-being. Try to open the discussion instead of telling them what you think. You might say, "I've noticed something recently, and I'd like to have a chat about it," rather than "We need to talk. I think you have a problem," for example.

A man and a woman are sitting on a couch, looking at a book together. The man is on the left, wearing a light-colored turtleneck, and the woman is on the right, wearing a striped turtleneck and a blue cap. They are both smiling and appear to be engaged in a conversation.

Try to open the discussion

instead of telling them
what you think.

Speak calmly to avoid any negative reactions, but expect pushback. Your loved one may have strong feelings about the topic, but it's always best to be honest and upfront about your feelings. These reactions are a part of the process of recovery, and the least you can do is let them know you care about their health and safety.

Use “I” Statements

Frame your concerns using “I” statements to avoid sounding accusatory. For instance, you might say, “I feel worried when I see you struggle with substance use,” rather than “You are ruining your life with drugs.” Express the ways you feel sad or scared about their behaviors and the observations you've made about how substances are impacting their life.

Using “I” statements ensures ownership of your feelings, which can keep you from projecting them onto your loved one. You'll want to avoid communicating with “you make me feel” statements, as these can be overwhelming to someone with substance use disorder who already struggles with complex emotions.

Focus on Specific Behaviors

Address specific instances where your loved one's addiction has negatively impacted their life or relationships. Providing concrete examples can make the issue more apparent and urgent to them. For example, you might express how substance use has

affected their health and how you've noticed changes in their energy levels and that it feels worrying.

Offer Support and Resources

Show your loved one that you support them on their recovery journey. Offer a variety of resources for them to look into, such as professional inpatient treatment, support groups and addiction therapists. Let them know you will support them during the treatment process, whether that means being there for support meetings or driving them to appointments. Ensuring they have someone to lean on in times of distress can go a long way in their recovery.

Be Patient

Substance use disorder is complex, and changing addictive behaviors can be challenging. Consider the stages of addiction, including:

- The precontemplative stage, where the individual isn't ready for treatment
- Contemplation stage, where they are almost prepared for treatment but not immediately
- The preparation stage, where they begin taking some action toward recovery
- The action stage, where they have made positive changes and are dedicated to recovery
- The maintenance stage, where they are working hard to maintain sobriety and prevent relapse

Your loved one might not be ready to seek help immediately, but be patient and continue expressing your concern and support. Avoid pressuring them to enter treatment immediately, as they will need to start the process on their own to get the full benefits of it. They will likely follow some form of the above stages as they recover.



If you need additional help starting the conversation, **turn to Gateway Foundation.**

Get Addiction Resources to Support a Loved One

Talking to a loved one about addiction treatment can feel overwhelming. But, with a little patience, compassion and understanding, you can help them start the process of getting help. If you need additional help starting the conversation, turn to Gateway Foundation. Our comprehensive treatment programs can help your loved one break the cycle of addiction and lead a more fulfilling life.

The following chapters of this guide will discuss approaching loved ones with addiction and how to support them in seeking help.

CHAPTER 2

How to Address Someone Who Doesn't Believe They Have a Problem or Doesn't Want to Go to Treatment



Attempting to help someone who doesn't want help can quickly lead to feelings of exhaustion or frustration. While you understand that something must change for your loved one's safety, it can be challenging to encourage positive steps if they feel like they don't have an addiction or refuse to seek treatment.

Humans are naturally inclined to want control over aspects of their lives, and this is true for your loved one. The more we push, the more likely they'll resist or withdraw entirely. But by listening, setting boundaries and showing support and compassion, you can make the process a lot easier for all involved. In this chapter, you'll learn how to get someone to rehab who doesn't want to go, including strategies for ensuring your own health and well-being.

Tips for Talking to a Family Member That Doesn't Want Treatment

Here's how to talk to someone who doesn't want to go to treatment:

Acknowledge How Difficult This Is

Avoid stigmatizing addiction and acknowledge just how difficult it is to struggle with this disease. Addiction changes a person's brain chemistry and can make your loved one believe they need to take substances to survive. As a result, they might do whatever they can to sustain the addiction, and this becomes an unhealthy spiral that can impact everyone involved.

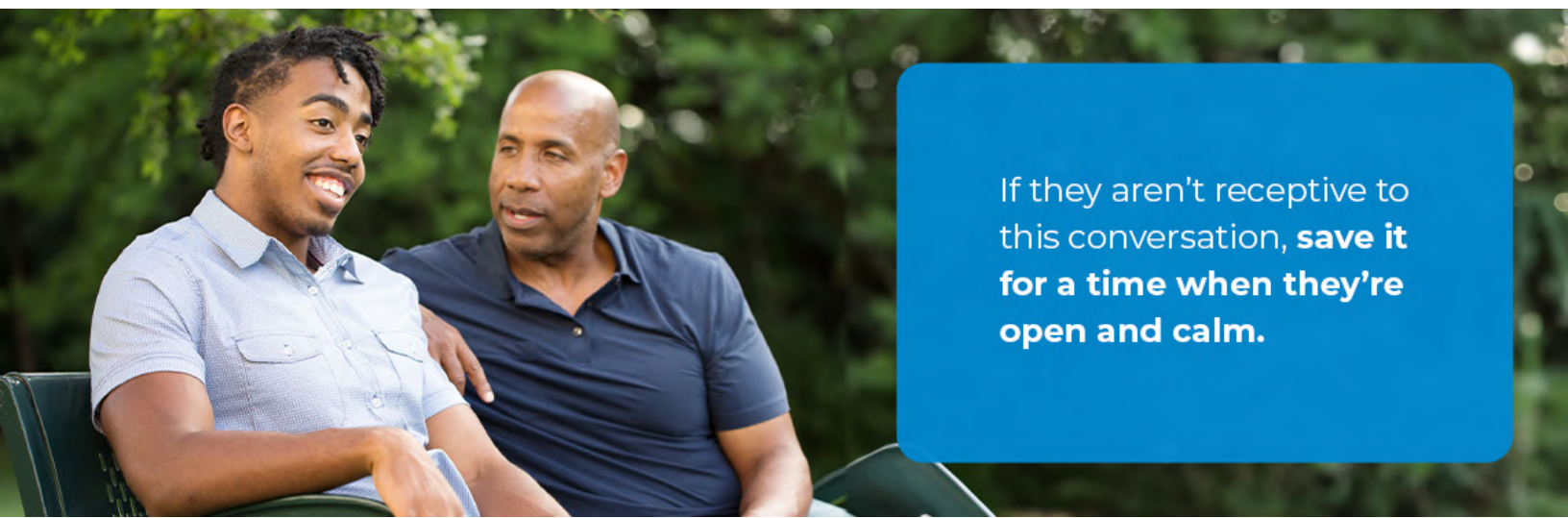
Shaming or blaming the person with addiction will push them further away, so only speak in terms of how their addiction affects you and those around them. Remember to be kind, acknowledge the challenges your loved one is facing and let them know you have hope you will get through this together.

Resist the Urge to Fix or Give Advice

While it's great to offer advice if your loved one asks for it, try to listen rather than offer solutions to their problems. Ask them what's going on and reflect on what they say to make them feel heard. You might ask how they're feeling and simply respond, "That sounds difficult. I'm sorry to hear that." People often struggle to take action unless they feel heard and validated.

You might also ask your loved one what they feel is the best next step. You can't encourage action unless it is something the person wants, so only offer ways to support them when you find out exactly what they want. Agree upon a shared goal and ask them how they feel about it. For example, you might ask them how a certain substance makes them feel and what it might look like to change their behavior.

Offer Information



If they aren't receptive to this conversation, **save it for a time when they're open and calm.**

Be upfront about the realities of addiction and its physical, mental, emotional, financial and social effects. This can help your loved one recognize the urgency of the issue. If they aren't receptive to this conversation, save it for a time when they're open and calm.

That means speaking to them when they are not distracted, under the influence or in an environment where they aren't comfortable. You should also avoid overloading them with information. Speak gently but urgently about your concerns for their health and safety.

Trust the Process

Don't expect your loved one's behavior to change after a single conversation. Be optimistic but realistic about the process, and recognize the stages of addiction a person will often go through until they begin healing. Feel free to start by addressing issues in their work, stress or sleep, for example. You can bring up their addiction or struggles with mental health later.

Explore Options Together

As mentioned, it's best you ask your loved one how they'd like to proceed rather than pushing them to get help. If someone tells you that they don't want to get treatment or aren't ready, you'll likely make the process more difficult for everyone involved by demanding it. Instead, start by exploring treatment options together and offering these resources for your loved one to look at when they feel comfortable doing so.

Show them that the process goes both ways — you will educate yourself on addiction and help them through recovery, whether that means helping them get to appointments or being part of their support system.

Avoid Giving Ultimatums

Consider a realistic plan

and go from there. For instance, setting boundaries by not giving your family member money makes sense.



While it can be challenging not to make statements in hopes of changing your family member, an ultimatum can often have the opposite effect of what you're hoping for. Consider a realistic plan and go from there. For instance, setting boundaries by not giving your family member money makes sense. However, vowing to never speak to a loved one again might not be so realistic.

Take Care of Yourself

It's important to accept that you can't make someone get help, nor can you do the work for them. It can be easy to lose sight of yourself and your needs when living with someone with addiction. We can't help others unless we're OK. Here are some ways you can take care of yourself at this time:

- **Be kind to yourself:** While it's important to avoid guilt or blame when talking to someone with addiction, the same goes for yourself. Practice positive self-talk and avoid thinking harshly about yourself, as this can impact your mental health and make it more challenging to support a loved one.
- **Set boundaries:** Distancing yourself from unhealthy behaviors can go a long way for your well-being. You might set boundaries by avoiding giving money to your loved one or refusing to support their addiction in any way. It's also important to turn to a trusted support system, as it can help you avoid burnout in times of stress.
- **Practice healthy coping skills:** It's crucial to practice healthy coping strategies in times of stress, like maintaining your hobbies and hanging out with friends. Make

ire you care for your health by getting enough sleep, eating a balanced diet and exercising whenever possible.

- **Seek professional help:** Connecting with mental health professionals can help you safeguard your health. For instance, you might attend support groups or participate in individual therapy sessions.

Get Compassionate Care at Gateway Foundation

It can be difficult to process that a loved one doesn't want help. But if you remain hopeful, have patience and approach your loved one with compassion and empathy, you're more likely to help them seek treatment on their own. If you need additional help encouraging a loved one to seek treatment, reach out to Gateway Foundation. We can provide your family member with the addiction support they need while offering tips for strengthening communication and fostering healthier relationships.

Continue reading to learn how to host a family intervention, support a loved one through treatment and practice healthy coping skills as a caretaker.

CHAPTER 3

How to Host a Family Intervention With a Loved One



While seeking treatment is a personal decision that must be made by your loved one, a little encouragement can help them find inspiration to pursue help.

You might stage a family intervention if you believe it is necessary and feel your loved one would benefit. In these cases, it's best to involve only a few close family members and consult with a professional to guide the process. The goal is to encourage your loved one to accept help and enroll in treatment, offering them a chance at a healthier and more fulfilling life.

In this chapter, learn how to approach an alcohol or drug intervention and the various treatment options you might explore with a family member.

How to Host a Family Intervention

Here's how to host an intervention:

1. Seek Professional Guidance

Consult a professional addiction specialist or counselor for advice about how to host an alcohol or drug intervention before confronting your loved one. They can offer valuable tips, insights and communication strategies to help your loved one get the most from the intervention.



Ensure **everyone is on the same page** and presents a consistent message and structured plan.

2. Assemble a Supportive Team

Only involve your loved one's closest family members, friends and others who care about their well-being in the intervention team. Ensure everyone is on the same page and presents a consistent message and structured plan. Having only a few trusted people involved can help your loved one feel supported rather than backed into a corner. Ensure each person in the intervention team is equipped with proper communication strategies, such as using “I” statements, expressing concerns rather than judgments and showing empathy and support throughout the conversation.

3. Choose the Right Time and Place

Select a time for the intervention when the person might be sober and receptive to the conversation. Host the meeting in a safe, private location without distractions or interruptions. Ensure your loved one feels comfortable, and create a non-threatening environment to express your concerns. It also helps to make sure you have plenty of time to talk to avoid rushing the process.

4. Express Love and Concern

Begin the intervention by expressing your love and concern for your family member. Avoid shaming or sounding judgmental, as this can push them away. Remember to stay level-headed throughout the conversation and stick to your plan. Take a break if

your loved one starts to feel uncomfortable or if the discussion gets heated. You can always return to the intervention at a later time or adjust the strategy if they don't take to the intervention well. That way, you can maintain trust with your loved one and help them see the urgency of the situation.

5. Present Specific Examples

Share specific instances where your loved one's addiction might have negatively impacted their life and the lives of those around them. Avoid sounding judgmental or accusatory — use objective evidence to make your points.

6. Emphasize the Benefits of Treatment and Recovery

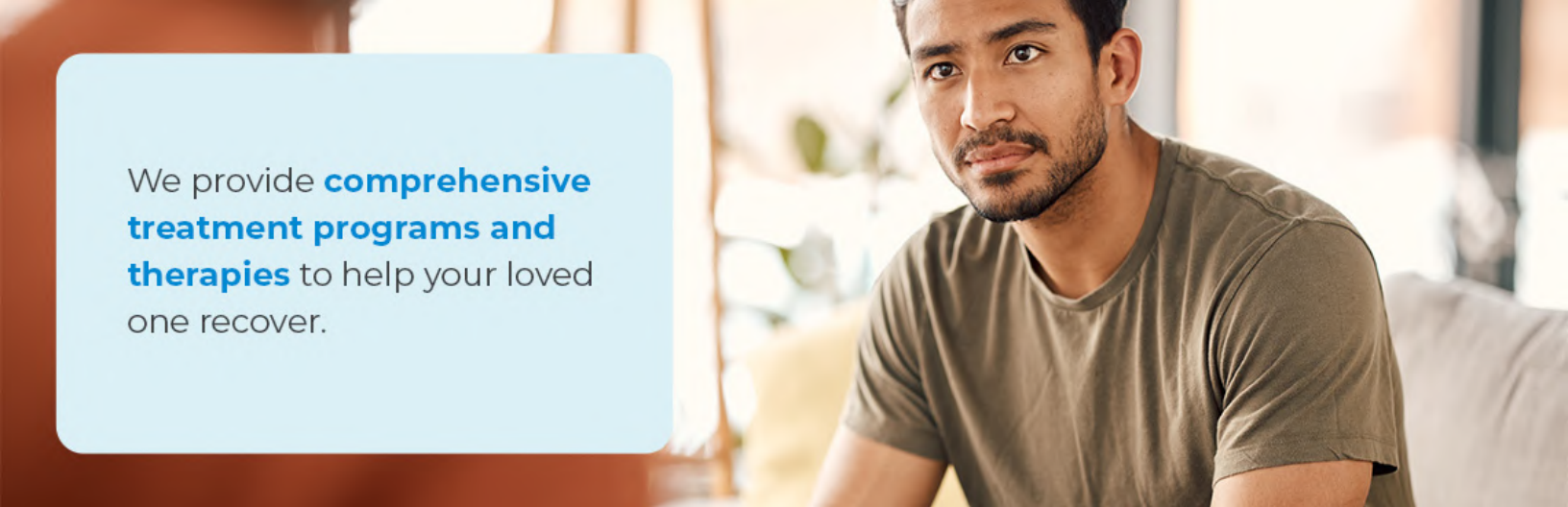
Present a well-prepared treatment plan and outline the benefits of recovery. You might discuss the positive impacts that counseling, detox and inpatient or outpatient rehabilitation centers can have on their life. Show that you are committed to supporting their journey to recovery and outline clear steps, goals and guidelines to help them.

7. Set Boundaries

Clearly outline the consequences if they refuse to seek help and establish boundaries to avoid enabling. For instance, you might tell them you will no longer financially support them or will limit contact for your well-being. Emphasize that these boundaries are crucial to protect them and your family.

8. Show Your Support

Reiterate that the purpose of your conversation is to show love and support, and the ultimate goal is to help your loved one reclaim their life from addiction. Remember that interventions can be emotionally charged, so approach your family member with patience and empathy.



We provide **comprehensive treatment programs and therapies** to help your loved one recover.

Addiction Treatment Options for Loved Ones

Addiction treatment can be highly effective and help your loved one reach a healthier, substance-free life. At Gateway Foundation, we provide comprehensive treatment programs and therapies to help your loved one recover. These include family counseling, support groups and aftercare programs to help them maintain sobriety post-treatment.

We offer several evidence-based treatment options, including:

- Family counseling
- Support groups
- Motivational interviewing (MI)
- Detox and withdrawal management
- Dual-diagnosis programs
- Medication-assisted treatment (MAT)
- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Aftercare and alumni support

Clients can opt for inpatient treatment for a more intensive plan or outpatient services so they can attend treatment while returning home at night to care for personal responsibilities. Gateway's therapy programs address addiction symptoms and

underlying problems — like co-occurring health conditions — to provide a more effective treatment plan. After completing their program, your loved one can transfer their healthier coping skills to real-life situations.

Our treatment center also offers everything your loved one might need to manage withdrawal and detox symptoms. Our comfortable amenities and compassionate team can ensure your loved one feels safe and comfortable during treatment.

Gateway Foundation Is Here for You

While you might feel uncertain about hosting an intervention, there are many ways you can use the opportunity to promote compassion and support while expressing concerns that your loved one goes to treatment. An intervention is just one step in the process, but it might be just what they need to hear to recognize the extent of their addiction.

When you need additional support starting the conversation, Gateway Foundation can help. We can offer communication tips, intervention strategies and resources to help you approach a loved one with the utmost care. Our evidence-based treatment programs can help your family member take the first steps to healing.

Continue reading to learn more about supporting a loved one in recovery and how to take care of yourself during the process.

CHAPTER 4

How to Support a Family Member Through Treatment and Relapse



While addiction is a treatable disorder, relapse is often a normal part of recovery, with 40%-60% of people relapsing at some point. These rates are similar to those for other chronic medical illnesses, making it crucial for your loved one to work on their sobriety for the long term.

Relapse doesn't mean treatment has failed, but that your loved one should speak with their health care provider and modify or try another treatment. In this chapter, we'll discuss the various ways you can support your loved one in rehab and throughout their recovery journey.

Tips for Supporting Your Family Member

Consider the following tips when supporting a loved one through treatment and relapse:

Attend Support Meetings

Encourage your loved one to attend support groups and meetings or therapy sessions. Be by their side to show you are there for them during and after recovery. You might also consider driving them to therapy sessions when you have the time and hanging out with them when they need someone to talk to or a distraction when struggling with cravings.



Be by their side to show you are there for them during and after recovery.

Numerous studies reveal the importance of having a support system in a person's long-term recovery. Just physically being there for your loved one and listening in times of need can go a long way in helping them stay on track.

Prepare for Relapse

Understand that relapse is a standard part of the recovery process, and be prepared to be by your loved one's side during setbacks. Encourage them to continue their treatment if needed.

And while relapse is common, keep in mind that it can be dangerous for certain substances. When a person takes as much of a drug as they did prior to quitting, it can lead to overdose, as their bodies have not developed a tolerance to that level of drug exposure. It's crucial that you seek emergency medical care immediately if you suspect someone has overdosed.

Communicate Openly

Throughout treatment, encourage open and honest communication. Let your loved one express how they are feeling while you listen without interruption. If your loved one relapses, approach them with compassion and acceptance. Show empathy and support in helping them get back on track and avoid judging them or resorting to anger. These dismissals can be highly counterproductive to the recovery process.

Communicate openly about their addiction triggers. As your loved one learns crucial relapse prevention techniques in therapy, ask them about things that could trigger substance use and help them avoid these in the real world. Sometimes, just providing a distraction by hanging out and doing substance-free activities can help them avoid relapse and stay on course to recovery.

Celebrate Progress

People going through recovery spend each day making conscious efforts to maintain their sobriety. Keep this in mind by celebrating the work they've put into leading a healthier life. Avoid reminding them of hurdles they've had to overcome and instead acknowledge each of their efforts and milestones, no matter how small. Even something simple like, "I'm so proud of you," can go a long way in acknowledging their progress and showing crucial support.

These positive affirmations can boost their motivation and confidence to continue, no matter how long they've been sober or how many times they've started over. All that matters is celebrating their wins together.

Encourage Healthy Coping Skills

Maintaining healthy hobbies can make a significant impact in managing cravings and preventing relapse. Offer to hang out a few times a week doing activities they enjoy, whether it's a hobby they haven't revisited in years or trying something new.

You might also encourage healthy coping mechanisms like:

- Exercise
- Mindfulness meditation
- Yoga
- Making art

- Journaling
- Attending support groups

Healthy coping mechanisms like exercise and mindfulness activities can strengthen your loved one's resilience and provide a much-needed distraction in times of distress. Encourage your loved one to practice these skills as an important part of a relapse prevention plan.

Believe In Their Ability to Change

While your family member begins their recovery journey in inpatient or outpatient care, remember that the process can be filled with ups and downs. Be patient through the uncertainties and persistent in your support. Remind them that you are proud of them and believe in their ability to overcome addiction and maintain sobriety.

Get Quality Treatment at Gateway Foundation

While addiction recovery is a lifelong process, the right support and encouragement can help your loved one live a healthier, meaningful life. At Gateway, we offer treatment services and support to help people achieve lasting recovery, including behavioral therapy, recreational activities and mindfulness-based treatment.

Our relapse prevention training offers the tools for success in all aspects of life so that your loved one can carry these strategies into the real world after completing treatment. To learn more, contact us today and continue reading our guide.

CHAPTER 5

How to Support Yourself and Your Family During a Loved One's Treatment



Supporting yourself and your family is just as crucial during a loved one's treatment. Self-care can go a long way in helping you avoid burnout and stress while protecting your well-being. Explore various self-care tips in this chapter and how you can support your family during this challenging time.

Tips for Self-Care

Here are tips and resources for family members of people with addiction:

Educate Yourself on Recovery

It's crucial that you educate yourself on what addiction and the recovery process can look like. Understanding the complexities can help you navigate the journey more smoothly, as you'll have an idea of certain obstacles and how you might respond. Education can also empower you with empathy to speak more effectively with your family member. You'll feel more in control in the face of a loved one's struggles, which can help alleviate anxiety and stress.

Set Boundaries

Always put yourself and your family first. That means protecting those who are most vulnerable, such as children, older adults and pets. Set household rules and boundaries, and be prepared to ask your loved one to temporarily leave the home if safety becomes an issue.



Set household rules and boundaries, and be prepared to ask your loved one to temporarily leave the home if safety becomes an issue.

It's also important to have a response plan if matters escalate, which could include having backup from friends, family or therapists. Lay out rules and restrictions while providing clear-cut consequences if your loved one breaks any boundaries. Restrict access to money, as your loved one might do whatever they can to purchase substances.

Turn to a Support System

The importance of a trusted support system in these times cannot be overstated. Remember to turn to friends, family members or support groups when you feel down or need a safe space to share experiences and feelings. In a support group, you can talk to peers who have undergone similar challenges and gain valuable insight and comfort. These sessions can help you heal, make informed decisions and ultimately offer better support to a loved one during their recovery.

Consider attending counseling sessions and groups that offer support for families facing addiction to address any underlying issues and improve communication. Support groups for families of people with addiction can also help you cope with the challenges of helping someone in treatment. There are various support groups out there, but a common example is Al-Anon, which can connect you with other families struggling with addiction.

Avoid Blame

Substance use disorder is a complicated disease, and no one is at fault for another's personal choices. Avoid blaming yourself for your loved one's addiction. As guilt and self-blame can be emotionally draining, remember to be kind to yourself. Connect with professionals who can help you understand addiction better and set boundaries to better protect your well-being. By focusing on your emotional health, you can build resilience and have a more realistic outlook on addiction recovery.

Know What to Expect

Learning more about the treatment process can help quell any anxiety you might feel. Often, inpatient programs start with an evaluation. From there, professionals create an individualized treatment plan based on your loved one's needs. Treatment generally involves group and individual therapy sessions and medical detox support if needed.

You might not hear from your loved one in the initial days of recovery, depending on their needs and wishes. Know that this is only part of the process, allowing them to focus entirely on their sobriety. Have peace of mind knowing your loved one is being cared for by medical professionals who are doing what's best for their physical and mental health.

Remember that recovery is a process that takes time. Celebrate your loved one's victories, no matter how small, and be patient with obstacles or setbacks. Note that this journey is nonlinear, and relapses can occur. Ultimately, you can't control your family member's recovery journey, but by setting realistic expectations, you can manage your own mental health and offer better support.

Take It One Day at a Time

The recovery process can be unpredictable, and there may be ups and downs along the way. Focus on taking it one day at a time and remaining optimistic about the future. Having this approach can keep you present, allow you to offer consistent support and maintain your own well-being as your loved one works toward a healthier, addiction-free life.

Practice Self Care

Prioritize your own health at this time. Engage in fulfilling activities that bring you joy and relaxation. Caring for yourself during a loved one's treatment is crucial. Caregiver burnout can mirror symptoms of depression and anxiety. Seeking support and practicing self-care can prevent burnout and stress while helping you provide more love and encouragement to your loved one during this challenging time.

Practice healthy coping skills like:

- Exercise
- Spending time with friends
- Maintaining hobbies
- Attending support groups or therapy

Seeking support and practicing self-care can prevent burnout and stress while helping you provide more love and encouragement to your loved one during this challenging time.



Setting boundaries is a crucial form of self-care. Remember to protect yourself from enabling behaviors and unhealthy situations. Let your loved one know that these boundaries are crucial for both your and their well-being. Avoid giving them money or supporting the addiction in any way.

Get Addiction Support for the Whole Family at Gateway Foundation

While addiction is a complex condition, your unwavering support can be crucial to your loved one's healing process. At Gateway Foundation, we understand family members' challenges while their loved ones attend addiction treatment. We offer comprehensive support for families facing addiction to ensure you have the guidance, resources and understanding you need throughout the recovery journey. Our experienced counselors and support groups are here to listen, educate and provide a safe space for you to share your experiences.

You don't have to navigate this journey alone. Contact us today to learn how we can help your loved one facing addiction and support your family during treatment. Together, we can build a path to healing and recovery for everyone involved.

Thank You

If you have a family member or loved one with substance use disorder, you understand how difficult it can be to encourage treatment. In this guide, you'll learn how to recognize the signs of addiction in a loved one, approach the topic properly, stage an intervention and support yourself throughout the process.

Supporting a loved one can make a significant difference in their recovery and overall well-being.

We thank our readers for downloading this guide to help loved ones in addiction treatment.

Getting a Loved One to Accept Treatment Checklist

Recognize the Signs of Addiction

Learning the signs of addiction can help you better understand the challenges your family member is facing and support them. Take note of the following warning signs:

- Behavioral changes, such as neglecting responsibilities or activities that once brought joy
- Mood swings, irritability and increased sensitivity to criticism or confrontation
- Withdrawing from friends and family members or avoiding social activities
- Struggle to maintain hygiene and appearance, such as appearing unshaven or neglecting to shower
- Sudden financial issues, such as constantly asking to borrow money or selling personal belongings
- Drastic weight changes, lack of appetite and trouble sleeping
- Discovering drug-related items like pipes, needles or other paraphernalia
- Unexplained health problems or worsening existing conditions

Stage an Intervention

If your family member is hesitant to go to professional treatment, you can stage an intervention using these tips:

1. **Seek professional advice:** Connect with a professional addiction counselor or specialist for advice before meeting with your loved one.
2. **Assemble a supportive team:** Only involve close friends, family members and other trusted individuals who care for your loved one in the intervention.
3. **Choose the right time and place:** Choose an appropriate time and place to host the intervention — when the person is sober or receptive to the conversation. Host the discussion in a safe and private place without distractions.
4. **Express love and concern:** It's crucial that you emphasize your love and concern throughout the intervention. Avoid blaming or being judgmental. Take a break if your loved one appears uncomfortable or if the discussion gets tense.
5. **Present specific examples:** Only share specific examples where your family member's addiction might have impacted their life and those around them. Avoid accusations and only use objective evidence to make points.
6. **Emphasize the benefits of treatment and recovery:** Stay on track by presenting a treatment plan and sharing the benefits of recovery.
7. **Set boundaries:** Outline potential consequences of refusing treatment and set boundaries to avoid enabling.
8. **Show your support:** Reiterate that the conversation's purpose is to show love and support, helping your loved one break the unhealthy cycle of addiction.

Practice Self-Care

It's crucial to care for yourself while a loved one is in treatment. Self-care tips include:

- Educate yourself on addiction and recovery
- Set boundaries
- Continue hanging out with friends
- Turn to a support system or ask for help when needed

- Practice positive self-talk and avoid blaming yourself
- Trust that your family member is in good hands
- Set realistic expectations and take things one day at a time
- Maintain healthy coping through exercise and fun hobbies

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Chapter 4

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Chapter 5

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Thank you page

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