

# Alternatives to intervention - Creating multiple pathways

The AIN is designed to help engage and support family systems struggling with a child or loved ones SUD or behavioral issues. This outpatient (@ home/school) option will only be suitable for a specific percentage of the SUD / behavioral health population not struggling with severe or acute symptoms requiring immediate medical attention.

A structured family systems approach to substance use and behavioral issues. When traditional confrontational intervention methods are not applicable, practicing professionals must have alternative options available that can provide similar results for the family. The AIN will offer multiple points of contact with the family, along with their child or loved one.

**This two-day (8hr) training consists of (4) two-hour modules**, and is recommended for any practicing professional working directly with, or providing resources for, families and individuals struggling with SUD or behavioral issues.

This includes; Therapists, Social Workers, Psychiatrists, Psychologists, Interventionists, LMFT, Family Coaches, Case Managers, Counselors, etc.

The alternative intervention method - This option brings with it an opportunity to engage individuals and their family multiple times over the course of many weeks.

## CFI-AIN Workshop Daily Schedule (8 hours)

### Module one (2 hours)

- Facilitator introduction – Discuss various roles & experience of students
- Understanding SUD (Mind, Body, Spirit)
- Recovery from what? - Insight and discussion / multiple pathways
- What is an Intervention – Review of various models and the practice +AIN
- What requires Intervention (Assessment & Evaluation) - Should I refer out?
- Case study reviews – How to determine when the AIN can/cannot be used

Break - Time to process and review information

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## **Module two (2 hours)**

- Family first – Why adjusting the family system creates the best results
  - Discussion: Review of challenging family dynamics that may be encountered
  - Setting realistic expectations from the start – Support or supervised failure?
  - Discussing treatment with the family (Abstinence/MAT/Behavioral Therapies)
  - Creating and identifying care plans for individuals and families
  - Homework – Use assigned case study or create your own to create an at-home treatment plan w/ aftercare for both the IP & their family
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Break - Time to process and review information

## **Module Three (2 hours)**

- Homework review – Group discussion about challenges or questions – Students will share example contracts and treatment plans
- Getting the family comfortable – What does the IP need to do to convince their family, and you, that they do not need residential, or higher, level of care?
- Creating options – The A, B, C's of options (Why there can be no option D)
- Students will demonstrate the presentation of the options for the families
- The script - The IP presentation -> Alternative Intervention meeting(s)
- Creating progress with or without the IP – A nontraditional approach

Break - Time to process and review information

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## **Module Four (2 hours)**

- AIN Process review – What if's, contingency plans, changing services, etc.
  - The assessment block – measuring success and failure (Is it time to end the AIN)
  - Transitioning from the AIN to ongoing family support (Creating a warm handoff)
  - How to create lasting change through guided support and ongoing meetings
  - Problem solving various ethical dilemmas - Case studies broken down
  - Role play through common mistakes and boundary issues
  - Questions and support
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**Complete and submit review questionnaire**