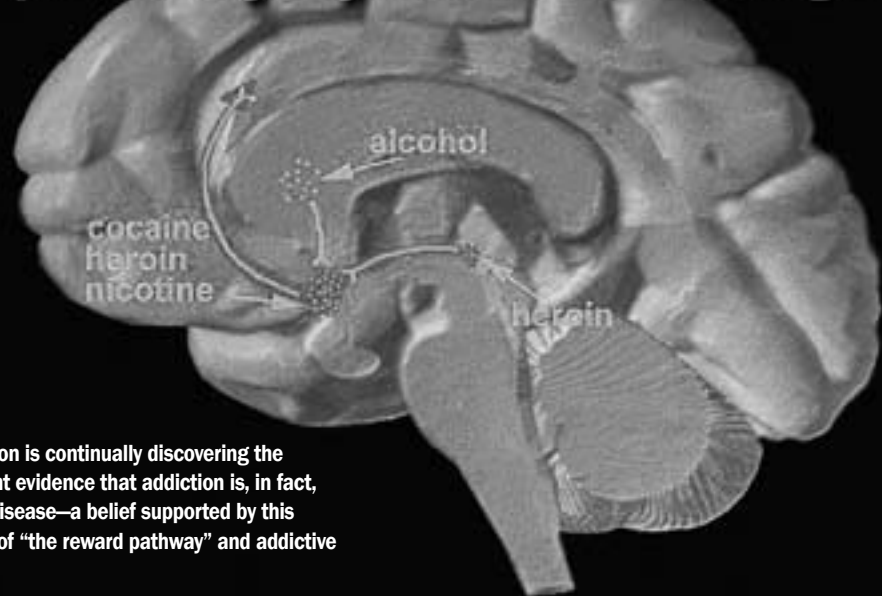


Activation of the reward pathway by addictive drugs



Doug Jackson is continually discovering the most current evidence that addiction is, in fact, a medical disease—a belief supported by this illustration of “the reward pathway” and addictive drugs.

Lifeline Family Recovery *and Healing*

AN ARISE INTERVENTION

A free ARISE intervention consultation requires only 30 minutes, providing the opportunity to describe “the current problem” in some detail. Says Mr. Jackson, “we ask: ‘Why did you decide to call today? What happened recently that brought you to this call?’”

“We complete an intake to get a history of substance abuse, addiction, alcoholism, and/or mental health issues. We also ask about suicide attempts, car accidents, and physical trauma as a result of drug/alcohol use, domestic violence, abuse, divorce, job loss, and altercations with the law. Your loved one is suffering from an illness, *not* moral deficiency.

“As part of the process, the caller will be asked to select a network of concerned family members (which may include friends, co-workers, clergy, significant others) to be involved in the first family meeting. All of the network members, *including* the addict/alcoholic, will be invited to participate. The first family meeting is by invitation and is conducted in a neutral, comfortable, safe environment. The goal of the family meeting is to address the immediate crisis.

“The ARISE interventionist orchestrates this invitational intervention, leads the family meetings, and guides the selection of treatment options. The interventionist is also a resource of information when selecting a treatment center; an appropriate selection is critical to begin a life-long journey of healing and recovery. As professional interventionists, we work with and for our clients and receive no compensation from any treatment center.

“At the first family meeting the ARISE interventionist sets the ground rules for the family meeting: No disrespectful behavior or derogatory language. We seek to prevent the disintegration of communication, so prevalent in many families living with alcoholism/addiction. At this meeting, we also review the current problem from the perspective of each member and provide a brief overview of alcoholism/addiction based on genetics and brain chemistry and family trauma.

“With professional guidance, the family quickly understands that it has work to do. It is a difficult journey, requiring fortitude, discipline, and perseverance from the entire family unit. With the ARISE model, the Family Network *must* understand and agree to continue with *the process* for six months.

“So begins the process of change. And indeed, a professional ARISE intervention is a positive process, not an event.”

Doug Jackson has decades of experience as a pharmacy investigator and as a specialist in the addiction field. He is the principal in Intervention and Family Recovery, LLC. The company website, www.interventionfamilyrecovery.com, provides a wealth of information about addiction and the ARISE intervention program.

Addiction takes over lives in painful ways. Experts tell us that more than 10 million Americans are caught up in the whirlpool drama of substance abuse, including the use of alcohol and other drugs as well as prescription medications. People with emotional ties to abusers—parents and siblings, for example—share the pain and suffering, the shame, blame, guilt and anger, of this affliction.

If you live in the Greater Triangle area, and you see yourself represented in any way in the paragraph above, you may want to give yourself a life-saving gift by picking up the phone and calling (919) 630-8855.

Doug Jackson will answer your call. He has been extending a saving hand to addicts and their families for years. He will only ask for a half-hour of your time to explain your circumstances, hopes, and aspirations—with no cost or obligation to you of any kind. He offers his peer support as a certified ARISE interventionist (see box), in the firm belief that addiction is a medical disease that responds best to proper treatment, and treatment involves not only the addict, but those with emotional ties to the addict.

“Unlike presentations in popular media, for many professionals in the field the only goal of an intervention is to get the alcoholic/addictive person into treatment.”

“People with emotional ties to abusers—parents and siblings, for example—share the pain and suffering of this affliction.”

he notes. “Our approach is quite different. We describe our work as *Intervention and Family Recovery*, and an intervention as a kind, loving, well-orchestrated and discrete process led by a professional. This process guides the family into healing and recovery.

“A family living with an alcoholic/addict becomes very ill just by virtue of living the drama and chaos surrounding substance abuse. Intervention and Family Recovery

signs a contract to work with the *entire family* for six months, using the Arise continuum of care. This takes the pressure off the active alcoholic/addict and diminishes the power of the illness of addiction. Frequently there are children living in the home. As interventionists, we sometimes may recommend including children in the family meetings. We find appropriate referrals for each family member, regardless of age.

“Families are defined as family of origin, family of choice, or family of convenience. All too often alcoholism and addiction becomes a family legacy. Over 50 percent of the alcoholics in the U.S. are children of alcoholics.

“At Intervention and Family Recovery, we are not affiliated with any particular treatment facility. Our client is the family. We want to know that we are referring to the best possible match for treatment for the families we work with,” says Mr. Jackson. “This is why we take several weeks annually to research and visit rehabilitation and treatment facilities throughout the country. We have even done on-site visits in Great Britain and Scotland. We are client/family advocates, guiding each family to their own recovery process.

“We want the best for our clients/families. This includes individualized recovery plans for each family member. We want the children of all our families to learn that addiction is not their fault. They need the tools to understand the disease that they themselves could inherit.

“Empowering youngsters with healthy life skills is the ultimate prevention.” h&h

For more information about addiction and the ARISE intervention program, contact:
INTERVENTION & FAMILY RECOVERY, LLC
Doug Jackson
Certified ARISE Interventionist
Telephone: (919) 630-8855
www.interventionfamilyrecovery.com