

Drug/Alcohol Intervention Checklist

Help your sibling get clean and sober.

Before the intervention:

- ☐ Gather information about treatment options
- ☐ Hire a professional interventionist
- ☐ Set a time/place for the intervention
- ☐ Invite family and close friends to join the intervention team

Pre-intervention rehearsal

- ☐ Ensure all team members agree on the goals of the intervention
- ☐ Prepare statements of concern, avoiding blaming your sibling
- ☐ Verify the treatment center has immediate admissions
- ☐ Practice what each person will say to avoid emotional outbursts; role play potential responses

Conducting the intervention

- ☐ Let the interventionist take the lead
- ☐ Present the prepared statements and offer treatment
- ☐ Be prepared for anger or resistance and maintain empathy
- ☐ Support your sibling and maintain healthy boundaries; keep a cool head no matter what they say.



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