

INTERVENTION WEBINAR

**How Codependency Impacts
Addiction and Mental Health
Treatment Outcomes**

 Starting Soon



Mike Loverde, MHS, CIP

President & Founder,
Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How Codependency Impacts Addiction and Mental Health Treatment Outcomes

What Codependency Really Is (And What It Isn't)

- Codependency is **not love, loyalty, or support**
 - It is a behavioral adaptation to chaos, addiction, or untreated mental health
 - It develops when family members:
 - Regulate their emotions through someone else
 - Gain purpose through managing or rescuing
 - Avoid discomfort by controlling outcomes
 - Codependency is a **family survival strategy**, not a character flaw
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How Codependency Forms in Families

- Addiction and mental health disorders introduce:
 - Chaos
 - Unpredictability
 - Fear
 - Families adapt by:
 - Taking on roles (Hero, Martyr, Enabler, Scapegoat)
 - Lowering expectations over time
 - Confusing peace with avoidance
 - These adaptations happen slowly and unconsciously
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Codependency and the Illusion of Control



- Codependency convinces families they can:
 - Manage outcomes
 - Prevent relapse
 - Keep the peace
 - Protect the loved one from consequences
 - In reality:
 - Control reduces accountability
 - Comfort delays change
 - Fear drives decision-making
 - Both the family and the loved one become **stuck in avoidance**
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How Codependency Undermines Treatment Entry



- Codependent dynamics often:
 - Delay interventions
 - Sabotage follow-through
 - Keep families “waiting for the right moment”
 - Families unknowingly:
 - Protect the addiction or untreated mental health
 - Fear upsetting the loved one more than staying stuck
 - Ask, “What if they say no?” instead of “What if nothing changes?”
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Why Codependency Increases Treatment Dropout (AMA)

- After treatment begins, codependency shows up as:
 - Over-involvement
 - Reactivity to emotions
 - Inconsistent boundaries
 - Panic when the loved one is uncomfortable
 - This leads to:
 - Manipulation from the client
 - Pressure on clinicians
 - Early discharge attempts
 - Families often mistake distress for danger
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The “Yes Is Harder Than the No” Reality



- When a loved one says no:
 - The family remains familiar with chaos
 - When a loved one says yes:
 - Family roles collapse
 - Purpose is lost
 - Resentments surface
 - Codependency is exposed after treatment starts—not before
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Family Change Is the Primary Predictor of Outcome

- Research and experience consistently show:
 - Treatment outcomes improve when families change
 - Relapse risk decreases with strong boundaries
 - Accountability beats monitoring
 - Families do not cause addiction
 - Families do influence whether it continues
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Recovery Requires Family Detachment, Not Abandonment



- Healthy detachment means:
 - Letting go of control
 - Allowing consequences
 - Reducing emotional reactivity
 - Reclaiming your own life
 - This is not punishment
 - This is **systemic correction**
 - When the family gets healthier:
 - The environment changes
 - The addiction becomes uncomfortable
 - Treatment has a chance to work
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
