

# INTERVENTION WEBINAR

## How Families Can Avoid Burnout While Helping An Addict

 Starting Soon



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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 Families Can Avoid Burnout While Helping An Addict

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# The Burnout Trap

- No boundaries = comfort for the addict, chaos for the family
  - Enabling builds entitlement and manipulation
  - Inconsistent boundaries split the family → internal conflict
  - Only the addict “wins” while family fights each other
  - *“If nothing changes, then nothing changes.”*
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# Why Boundaries Prevent Burnout

- Protects family from manipulation and resentment
  - Forces addict to feel consequences → see need for change
  - Breaks the “people-pleaser” cycle of codependency
  - ***“Using drugs or alcohol is already asking for help – just the wrong kind.”***
  - Boundaries offer a better solution than the substance
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# Who Needs Boundaries?

- Anyone the addict can manipulate or enable
  - Applies to active use AND early recovery
  - Biggest mistake: Letting guard down after treatment
  - Families must respect discharge plans without agreeing
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# The 4 Components of Addiction (DSM-5)

- **Impaired Control** – Can't stop or limit use
- **Social Problems** – Neglects family, work, hobbies
- **Risky Use** – Continues despite consequences
- **Physical Dependence** – Tolerance + withdrawal
- 2-3 yes = mild | 4-5 = moderate | 6+ = severe



# What Is a Boundary in Recovery?

- A line you will NOT cross – no exceptions
  - Requires a planned response to push-back
  - Serves both the addict and the family
  - Addict needs boundaries to stay accountable
  - Family needs boundaries to stay sane
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# 5 Healthy Boundaries – For Families



- No longer live in your home
  - No money or financial bailouts
  - No unsupervised time with children
  - No attendance at family events
  - No phone calls unless ready to accept help
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# 5 Healthy Boundaries – For the Addict



- No return to chaotic family system
  - No contact until family enters recovery
  - No skipping meetings for family demands
  - No toxic family members in recovery space
  - No endless re-hashing of the past
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# Family Relapse Prevention Plan

- Written plan with triggers, boundaries, and actions
  - Hold addict accountable immediately on slip
  - Protects family from old enabling habits
  - Faster accountability = higher chance of return to treatment
  - Families in recovery = lower relapse for loved one
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# Role of Family First Intervention



- S.A.F.E.® Family Recovery Coaching – educates both sides
  - Teaches boundary-setting and accountability
  - Keeps families engaged during & after treatment
  - Collaborates with clinicians on realistic discharge plans
  - *“An intervention is about letting go of believing you can control the addict.”*
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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](https://family-intervention.com)

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