

## What are the steps in the ARISE Continuum of Care™?

### Phase A: The ARISE Intervention.

The goal is to get the addicted individual into treatment, stopping at the first level of effort that works. Level 1; the "First Call," starts when a Concerned Other calls a Certified ARISE Interventionist for a free phone consultation, and is coached to set up the First Meeting of the Intervention Network. 56% of addicted individuals enter treatment at Level 1. If they do not enter treatment, Level 2, "Strength in Numbers" begins. The Intervention Network acts as a Board of Directors, so no one deals one-on-one with the addicted individual. By the end of 2 to 5 meetings, 80% of addicted individuals have entered treatment. If not, Level 3, the "Formal ARISE Intervention" is held. This is one meeting where serious consequences are put in place if the addicted individual does not enter treatment. At this point 83% of addicted individuals have entered treatment.

**Phase B: Support your Loved One through ARISE Treatment and into Recovery.** Phase B continues from treatment entry for 6 months. The goals are individual and family healing and recovery. It includes, if possible, the family and individual becoming involved in 12-step program. The Certified ARISE Interventionist (CAI) works collaboratively with the addicted individual, the treatment center, and the family to ensure treatment completion, relapse prevention, and the resolution of grief and other problems at the root of the pain and the addictive disease.

**Phase C: Living in Recovery.** In Phase C, the CAI works with the Intervention Network and addicted individual with a case management focus to prevent relapse, initiate long-term recovery, and complete the work towards family healing and family recovery.

## Our Professional Staff:



### Dr. Judith Landau

MB, ChB (MD equiv.), DPM, LMFT(NY), CAI, BRI II.

Dr. Landau, a child, family and community neuropsychiatrist, has worked with addiction and other behavioral compulsions

for more than 30 years, exploring the origins of problems and how to facilitate long-term healing for addicted individuals and their families. As co-developer of Invitational Intervention: the ARISE Model™, an evidence-based, best practice model for engaging and treating addicted individuals and their families, she has co-authored 12 peer-reviewed publications and 3 books on the model, has taught in over 100 countries and trained more than 1000 people as ARISE Interventionists. Dr. Landau serves as consultant on addiction to NIDA, NIAAA, WHO, and several international governments. She is president of Linking Human Systems, LLC and LINC Foundation, Inc. and director of ARISE Intervention NOW and the Recovery Resource Center located in Boulder, CO. Dr. Landau is recipient of the American Association of Marriage and Family Therapy's award for Outstanding Contribution to the Field of Marriage and Family Therapy.

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## Is your loved one struggling with addiction?



## Together, you can reach recovery.

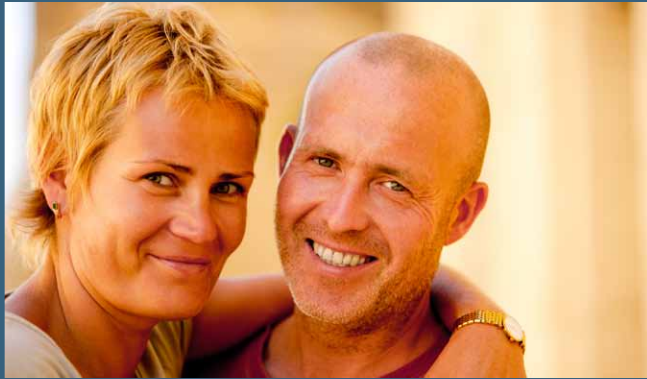
## There is hope.

## Call for an ARISE Intervention NOW.

**Call our toll-free hotline:  
(877) 229-5462**

[www.ARISEinterventionNOW.com](http://www.ARISEinterventionNOW.com)

## Does your loved one have an addiction problem?



**You can help break the cycle of addiction. Together, there is hope for recovery.**

Addiction is a chronic disease, prone to relapse, and it can make everyone feel helpless. Get into recovery and back on track now! The briefer the relapse, the more likely a successful return to recovery. Your loved one needs family and friends to pave the way for recovery. The ARISE Model™ supports recovery through strong, open and loving relationships. The family moves into recovery and healing, with or without the addicted individual.

An Intervention is the action taken by family, friends, employer and/or concerned others to actively assist someone to change unacceptable or self-destructive behaviors.

ARISE Interventions typically address such addiction problems as alcohol abuse, substance abuse, eating disorders, Internet addiction, sexual addiction, emotional disorders, compulsive gambling, and gaming.

## Invitational Intervention™: The ARISE Model™

*A Best Practice, Evidence-based model.*

The ARISE Continuum of Care™ has three phases. It is designed to work with the concerns of the family and concerned others to get a resistant addicted or troubled individual started in treatment, and to begin long-term recovery. Phase A, The ARISE Intervention includes three escalating levels, stopping at the first level that works. Level 1, the “First Call,” Level 2, “Strength in Numbers,” and Level 3, the “Formal ARISE Intervention.” Phase B, which starts at treatment entry, is Support your Loved One through ARISE Treatment and into Recovery. Phase C works with the individual and family towards Living in Recovery. ARISE can start at Phase A, B, or C.

The ARISE Model™ also protects and enhances the long-term nature of family relationships, while at the same time stopping the addiction from controlling the family. It allows you to turn your love and concern into action. It gets the addicted or troubled individual into treatment as early as possible, while preserving your committed relationships. ARISE continues for a minimum of 6 months.

ARISE Interventions invite the addicted or troubled individual to participate in the Intervention - with NO secrets, surprises or ambush. Your loved one’s support system motivates him or her into treatment and recovery.

Our mission is to reach out to the 90% of troubled individuals who never receive care. The ARISE Model treats everyone with respect, integrity, love, and compassion.

Our goal is to begin individual and family healing and recovery.

### The ARISE Intervention Model™:

- Gets 83% of addicted individuals to enter treatment.
- Achieves 61% sobriety after one year.

## Are you concerned that your teenage son or daughter has a drug or alcohol problem?

Don't wait until it is out of control. Take charge now before it gets any worse. The ARISE Intervention™ supports parents, respects the autonomy of adolescents, and works towards healthy independence in the leaving home process. Has a parent, spouse, sibling or adult child had a personality change? Is he or she being secretive and isolating, mishandling money, have parenting or legal issues, or handing their problems to you? Could these changes be drug or alcohol related? Come together to discuss the problem in an open and caring setting. You can respect the privacy of your loved one while helping address the problem. You can intervene effectively while strengthening the love and caring you want to maintain in your relationship.

- It is never too early or too late to intervene.
- You no longer need to get stuck in cycles of frustration, isolation, anger and resentment.
- Your loved one, friend or colleague does not have to “hit bottom” to get help.
- You do not have to deal with the problem alone.



**You can make a difference**

**in a loved one's life.**