



Intervention

Staging an intervention is one of the most effective ways to help someone struggling with an addiction or compulsive behaviors. Whether you are a professional, a family/friend, or a patient I know what it is like. As a person in recovery I understand what the addict is going through and can talk from a place of experience, strength and hope. I also understand from a loved one, and colleague perspective. I have watched members of my own family battle with their own eating disorders and substance abuse, and have mourned with friends as the illness took their loved ones too soon.

I have worked with pilots who tested positive for drugs get treatment. I have sat with parents as they cling on to hope that this rehab will be different. I have taken a call from a 13 year old asking if I can help his mommy who drinks too much, and I have dealt with CEO's and A-list celebrities whose power, fame and fortune couldn't fix the problem.

When people contact me, they are scared, tired, skeptical, and have exhausted numerous amounts of time and resources. They are desperate and need help intervening in the life and or behavior of their loved one. There are five intervention methods that have proven effects:

1. Johnson Model
2. Invitation Model
3. Field Model
4. Systemic Model
5. Motivational Interviewing Model

I am trained in the Invitational Model. When I do interventions, I come from a place of love and Experience; talking directly to the person and into the disease, but not allowing it to dictate the meeting. I work with loved ones and professional's pre-intervention, and provide support while the client is in treatment, and depending on the need, post-intervention.

Goal

To safely get the client to agree to help and services offered and provide resources and support to family, friends, and other parties involved.



Services Offered

- Intervention
- Assist client with a safe passage to and from treatment (personally or I can work with family to hire an outside agency)
- Treatment placement
- Assist with aftercare and discharge planning
- Case management while the client is in treatment

Suggestions When Talking to a Loved One

When talking to a family, friend, or loved one who has an eating disorder, drug or alcohol addiction, or struggling with compulsive behaviors it is crucial to approach them with calmness, gentleness and compassion. Non-judgmentally speaking or listening. Convey concern and worry focusing on the three points:

- What have you seen?
- What is your fears?
- What is your hope?

Although it is extremely taxing for you to watch your loved one struggle, the most helpful approach you can take is to listen. It's okay to tell the person that you are scared for them; ask them how they feel and how you can support them. You have no control over someone else's behavior. The only thing you have power over is how you act in the situation.

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About Me



Hallie Heeg has spent the last 14 years working in mental and behavioral health. Before moving to London she was the National and Strategic Account Director for the world's largest and most respected private not-for-profit alcohol and drug addiction treatment providers, Hazelden Betty Ford. She was instrumental in the development and establishment of building an Intensive Outpatient Program in San Diego, CA and managing strategic accounts like NRECA, Conoco Phillips, and Shell. In 2014 she was the Vice President of Sales & Marketing for Castlewood Treatment Centers for eating disorders where she supervised and oversaw the marketing and sales department. She formed partnerships with EAP's like, American Airlines and Amtrak and helped turn around a distressed organization which lead to a successful sell to Riverside.

She is one of the co-founders of OneHealth; which was a behavior change company that drove member engagement to improve health outcomes and reduce the cost of care, and in 2008 founded a non-profit called I AM, which supports those who struggle or who are in recovery from an eating disorder.

In 2017 she received a scholarship to Oxford University Said Business School Entrepreneurship program, and 6 months later received a term sheet for £2m to open an intensive eating disorder outpatient program in Central London. She has a personal and professional working knowledge of substance abuse, chemical dependency, eating disorders, co-occurring disorders, and mental health, and enjoys helping individuals, families, and organizations navigate the treatment world and get the help and services they need.