

## *“Invitational Intervention”*

### ***Questions for Family and Concerned others and Self-Assessment***

Using a compassionate Invitational Intervention™, the ARISE Continuum of Care is a gradually-escalating process that leads your loved one into appropriate treatment and recovery. The (POC) person of concern is invited to join the process right from the beginning with no surprises, no secrets, no coercion, and absolute respect and love. ARISE introduces the addicted person and the family to a new life of recovery and healing. The individual does not need to hit bottom before getting help.

The ARISE process breaks the cycle of repeated disappointment and failure without the blame, shame, and guilt that accompanies the disease. It brings healing to family, friends and co-workers who come together to build a solid recovery network. It works because the entire network is involved, and every decision is made by the majority. There is no opportunity for the POC (person of concern) to pressure anyone "one-on-one" which would let the disease win. The focus of ARISE is on both individual and family healing and recovery. ARISE gets over 83% of addicted individuals into treatment, with 61% sober by the end of the first year.

### **UNCOPE Questions to Family and Concerned Others to Screen for an Alcohol or Drug Abuse Problem**

**U** “In the past year, have you ever observed the individual you are concerned about drinking or **using** drugs more than he/she meant to?” **Or** “Have you noticed the person you are concerned about spending more time drinking or **using** than he/she intended to?”      **Yes**                      **No**

**N** “Have you ever seen the individual you are concerned about **neglecting** some of his/her usual responsibilities because of using alcohol or drugs?”      **Yes**                                      **No**

**C** “Have you seen the individual you are concerned about wanting or needing to **cut down** on his/her drinking or drug use in the last year?”                      **Yes**                                      **No**

**O** “Have you or anyone else **objected** to the drinking or drug use of the individual you are concerned about?”                                      **Yes**                                      **No**

**P** “Have you ever found the individual you are concerned about **preoccupied** with wanting to use alcohol or drugs?” **Or**, “Have you found the individual you are concerned about thinking and talking a lot about drinking?”

Yes

No

**E** “Have you ever observed or been worried that the individual you are concerned about is using alcohol or drugs to relieve **emotional discomfort**, such as sadness, anger, or boredom?”

Yes

No

## **UNCOPE Questions to Screen Yourself for an Alcohol or Drug Abuse Problem**

**U** “In the past year, have you ever drank or **used** drugs more than you meant to?” **Or** “Have you spent more time drinking or **using** than you intended to?”

Yes

No

**N** “Have you ever **neglected** some of your usual responsibilities because of using alcohol or drugs?”

Yes

No

**C** “Have you wanted or needed to **cut down** on your drinking or drug use in the last year?”

Yes

No

**O** “Has anyone **objected** to your drinking or drug use?” **Or** “Has your family, a friend, or anyone else ever told you they **objected** to your alcohol or drug use?”

Yes

No

**P** “Have you ever found yourself **preoccupied** with wanting to use alcohol or drugs?” or “Have you found yourself thinking a lot about drinking or using?”

Yes

No

**E** “Have you ever used alcohol or drugs to relieve **emotional discomfort**, such as sadness, anger, **Or** boredom?”

Yes

No

**\*\*Two positive responses indicate a strong likelihood of an alcohol and/or drug abuse problem.**

**Fr. Jim Swarthout – Director of Clergy and Alumni Relations – Rosecrance Health  
Network**

**[jswarthout@rosecrance.org](mailto:jswarthout@rosecrance.org) 815-708-1235**