

CAN AM *intervention Services*

Newsletter

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Patricia M. Pike
Interventionist and Addictions Specialist
LAADC, CADC-II, I.C.A.D.C, BRI- I



This picture is from the area of Patricia's family roots – taken in Webbers, Newfoundland, Canada

Patricia holds Masters level certifications in Addiction Studies with an LAADC and CADC II - in the state of California, as well as an I.C.A.D.C International Certification, and is a Board Registered Interventionist - BRI I, both in the United States and Canada.

Ms. Pike has had the privilege of working both in Canada and the United States for over two decades in such capacities as: Executive Director, Professional Consultant, Addiction Specialist, Family Interventionist, and Family Coach. She has been in private practice for over 8 years in both the San Francisco Bay Area and Vancouver, British Columbia.

Patricia's experience includes working with all age groups and persons from all walks of life – she has helped thousands of men, women and youths recover from addiction to alcohol and drugs, eating disorders, complex disorders, gambling, and sex addictions.

Ms. Pike draws her skills from her background of; education and studies in the field, professional work experience, and her own personal experience of being in the recovery process for over 21 years.

Patricia holds citizenship in both the U.S. and Canada which gives her a diverse perspective working in both a social health care system, and with the U.S. health system and providers. She has a clear understanding of the resources available in both the United States and the Canadian health and mental healthcare systems.

Patricia is very passionate and hands on with each case, and creates plans that can work for families and /or individuals with the flexibility to fit the needs of both the addicted individual and their family. She has great passion in helping clients and their families get their lives back on track and to live an authentic life of purpose and dignity.

Latest News and Events

Patti recently - visited the Meadows in Arizona to view the site and tour their marvelous facility. The Meadows (<http://www.themeadows.org>), is an amazing treatment program that specializes in trauma and addiction. While there she also visited the Remuda Ranch (<http://www.remudaranch.com/>), which specializes in the treatment of eating disorders. Both of these programs exemplify the highest quality of care with staff that includes experts in their fields.

More exciting news - Patti was interviewed by the "Talk Recovery, Addiction and Recovery Radio Show" from Vancouver Co-Op Radio 100.5 FM - (<http://www.lastdoor.org/talk-recovery.html>), Vancouver, BC Canada , The radio program featured Patti in a ten minute interview describing her experience and answering questions about interventions and her services which can be accessed through Can Am Interventions.

Another great trip - and on site visit to the spectacular Reflections treatment center in Novato California. The program specializes in relapse prevention and dual diagnoses treatment. Patti spoke at length with; Dr. Eric Moreland, Psy.D., Dr. William J. Hanna Psy.D., BCRPS., and Louise McCallion, Executive Director of Treatment Services. Patti felt that Reflections was a remarkable program with an excellent facility and staff (<http://www.livingatreflections.com/>).

Case Management / Family Coaching

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What is Family Coaching? Family coaching provides support to the family members of an individual who has a substance abuse disorder and or mental health issue. A family coach will teach and facilitate learning practical skills plus give emotional support via phone. The family coach can be available multiple times; a day, weekly, or on an as-needed basis, as opposed to the traditional therapy model of having to meet in person once or twice a week. Family coaching can be self-directed by the family with supportive and comprehensive coaching. This is a service that is not intimidating and is ultimately respectful of all the family's needs.

Family Coaching work? Family members may want to do a "family intervention" by themselves which is a difficult task because of the emotional attachment within a family system. Also, some family members are not ready emotionally and /or mentally to move forward with a family intervention. Family coaching can help families to set realistic goals and personal boundaries in the moment of a crisis situation. Also family coaching can help with making the changes to work towards dealing with an untreated person. Codependency can be a trap for families who fall into thinking that they are doing what is best for their loved ones but find out that they are causing more harm.

Why Family Coaching? As it has been said by many people, "there is no manual written for parents". Family Coaching helps to fill that gap to direct parents and family members to do something different than what they have been doing in the past. This will enable the family to change from the continuous negative or damaging cycle within a family system. In many cases if a resistant person is "holding the family hostage" (a figure of speaking), in terms of not knowing how to react and /or respond to the troubled family member "it may be the family that needs to do some personal work" in order for the resistant person to make changes. Family coaching can be the catalyst to move beyond repeating the same patterns with the untreated person and "expecting different results", it can create new results.

Where is Family Coaching held? Family coaching can be done in the comfort of your own home. It can be as easy as a phone call to have your own "private coach" and is fully private and confidential. Family Coaching helps to advocate change in "breaking the cycle of denial" and making the changes needed in order for healing to happen for family members. Family coaching can be available in person or by text, via phone, or Skype and may include family groups or individual sessions without having to meet the coach in person and /or come into to an office. It does not matter where you live or if you're travelling. Even if you just need a "tune up", on being reminded of practical skills or the need to have reassurance that someone is there to listen. It can be private, affordable, and a tremendous comfort knowing that you are working towards a solution rather than living in the drama and crisis of a debilitating situation. It becomes a win-win for everyone involved.



"A New Day and a New Life is waiting for You"

SERVICES OFFERED

- Family Interventions
- Addiction Specialization
- Family & Client Consultation
- Professional & Employee's Consultation
- Family Coaching & Case Management
- Addiction Assessment
- Travel, Mentoring & Companionship
- Treatment Referral

"Across the Border" and "Across Addictions" we will provide a professional, caring and effective "Social Model Approach" for Families in providing Interventions, Family Coaching, and Case Management Services.

"Addiction Specialist & Interventionist"

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