

Intervention to Durable Recovery: The Power of Family

by Jeff Jay and Debra Jay

Dawn Farm Education Series – November 15, 2016



The Education Series is
sponsored by Dawn Farm
www.dawnfarm.org
734-485-8725

For additional information and resources see Jeff and Debra Jay's "Love First" web site.

You'll find information about intervention, structured family recovery, recovery mentoring, articles, tools, checklists, resources, recommended reading, frequently asked questions, a bookstore, instructional and informative videos you can watch on line for free, information about training for clinicians, and a page for contacting Jeff and Debra Jay. See: <http://www.lovefirst.net>.

Outlines of tonight's talk: Jeff and Debra will e-mail an outline of tonight's talk (in a PDF file) to audience members who request an outline by e-mailing them through the Love First website.

Books by Jeff and Debra Jay are available wherever books are sold, and additionally are described and can be ordered from the "Books/Media" tab on their web site,.

Love First: A New Approach to Intervention for Alcoholism and Drug Addiction, by Jeff Jay and Debra Jay.

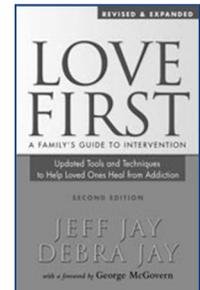
A standard-setting book on intervention, *Love First* has helped tens of thousands of families, friends, and professionals create a loving and effective plan for helping those who suffer from addiction. First published in 2000, the second edition of *Love First*, revised and expanded in 2008, includes a new letter writing technique, additional resources and more information on co-occurring disorders. Comments:

"Love First provides the most detailed account yet of how intervention works. A significant contribution to intervention literature. An empowering antidote to the disease of addiction."

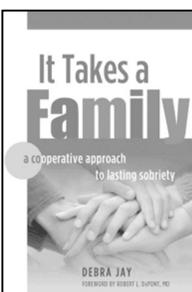
~William L. White, author *Slaying the Dragon: The History of Addiction Treatment*. | "A no-nonsense approach to how to save someone you love from the ravages of addiction disease."

~William Cope Moyers, author of *Broken*. | "Building a team, choosing a chairperson, anticipating objections, using checklists, and rehearsing for the intervention itself. The reader will find it all here!"

~Robert M. Morse, M.D., Professor of Psychiatry emeritus, Mayo Medical School. |



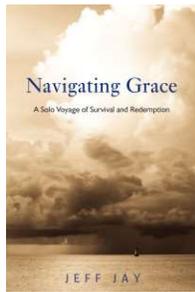
It Takes A Family: A Cooperative Approach To Lasting Sobriety, by Debra Jay.



Jay presents a plan for Structured Family Recovery™ which brings family members and the recovering person together into a supportive, cohesive team. The author uses straightforward, compassionate language to outline a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery. This book shows people with addiction and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long-term sobriety. Comments:

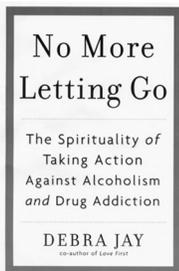
Publishers Weekly praised "It Takes a Family" as a "valuable addition to the literature on addiction." | "...invaluable for clinicians who are looking for ways to extend support and monitoring. More importantly, this book empowers families and addicts to do it themselves." ~Jason Schwartz, Dawn Farm Clinical Director. |

Navigating Grace: A Solo Voyage of Survival and Redemption by Jeff Jay.



In 1990 Jeff Jay took off alone on a sailboat from Annapolis heading for the Caribbean, and almost died in a violent winter storm 150 miles off Cape Hatteras. But Navigating Grace isn't just a book about survival at sea. In telling his tale Jeff Jay reveals those life-changing moments when miracles happen in times of pain and fear to change our lives forever. Comments: "Jeff Jay is a masterful guide, taking us with him on a gripping odyssey through perilous ocean waters, and through the anguish of his own soul. It's a journey you will not forget. Written with stunning imagery, Mr. Jay's encounters with the Divine are thrilling to read. I was captivated start to finish." ~Barbara Cofer Stoefer, author of *A Very Fine House: A Mother's Story of Love, Faith, and Crystal Meth* |

"Navigating Grace is a riveting read; a thrill by the seat of your pants trip to sea, to spirit and a life worth living. Bravo!" ~ Brad Lamm, CIP, author and television commentator. | "Navigating Grace is a gripping journey through the storms of life. Through his life-story of pain and loss, Jeff Jay guides us through turmoil and perils, and shows how to find hope and serenity from within." ~ Rabbi Yarden Blumstein, Friendship Circle. |



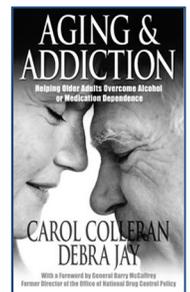
No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction, by Debra Jay.

Families have been told they must "detach" and let their addict "hit bottom." But Debra Jay says addiction doesn't have the right to trump the welfare of the family. She offers a bold new approach that provides a practical and spiritual lifeline to families struggling with alcohol or drug abuse. Comments: "An exciting, cutting-edge book that will inspire families to know and act from a place of courage and power - allowing them to step outside the shadow of addiction, reclaim their lives, and effectively intervene with their loved ones." ~ Claudia Black,

author of *It Will Never Happen to Me*. | "Passionate, original, and thought-provoking, No More Letting Go is a must-have" book for families and friends of addicted people. This book will save lives." ~ Katherine Ketcham, coauthor of *Beyond the Influence*. |

Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence, by Debra Jay and Carol Colleran.

Older adults quickly lose their health, their mental clarity, and their ability to live independently when suffering from alcoholism or addiction to mood-altering prescription drugs. The good news is older adults are more successful in treatment than any other age group. Comments: "Finally, a book that supports families helping older adults maintain independence, sobriety, and joy of life." ~ Max Schneider, M.D., FASAM. | "This superb book will save lives." ~ Barry McCaffrey, former U.S. Drug Czar. |



At Wit's End: What You Need to Know When a Loved One Is Diagnosed with Addiction and Mental Illness, by Jeff Jay and Jerry Boriskin, Ph.D.

The definitive guide for families, patients and clinicians faced with dual diagnosis and co-occurring disorders. The book describes common diagnoses, treatment strategies, case histories and more; and integrates the best evidenced-based medicine with Twelve Step recovery in a new approach that breaks down barriers and makes treatment work. Comments: "At Wit's End skillfully shares useful science and practice in an engaging and manageable read. When nothing is left but hope, this book is a light to stable and rewarding recovery." ~ Johnny W. Allem, former President/CEO of Johnson Institute. | "A practical step-by-step guide for people seeking hope and help through the shadowy maze of mental illness and addiction." - William Cope Meyers. |

