

An intervention is the intentional act of interfering in a situation to alter its course, prevent harm, or improve functioning. It is a broad term used across multiple fields, commonly referring to a structured confrontation for substance abuse or a therapeutic, legal, or medical procedure.

1. Addiction & Mental Health

In psychology and addiction treatment, an intervention is a carefully planned process where loved ones confront an individual about their substance use disorder or compulsive behavior.

- **The Goal:** To break through denial, compel the individual to acknowledge their problem, and present an ultimatum to accept professional treatment (e.g., residential rehab) or face the loss of family support.
- **Types:** It can be a surprise confrontation (the Johnson Model) or a guided invitation to engage in treatment.
- **Resources:** For confidential support and to find professional interventionists, consult the SAMHSA National Helpline or review guidelines on staging an intervention from the Mayo Clinic.

2. Medicine & Healthcare

In medicine, an intervention refers to any measure taken to improve a patient's health or alter the course of a disease.

- **Clinical Interventions:** These include pharmaceutical treatments (medications), surgical operations, or lifestyle changes designed to cure an illness or manage a condition.

3. Education

In educational and learning environments, an intervention (often called Response to Intervention or RTI) is a multi-tier approach to identify and support students who are struggling academically or behaviorally. It involves targeted, supplemental instruction and progress monitoring.

4. Law & Government

- **Law:** Intervention is a legal procedure where an otherwise uninvolved third party is permitted to join a pending lawsuit to protect their own interests.
- **Government & Economics:** Government intervention occurs when the state actively participates in the economy—such as by subsidizing industries, adjusting interest rates, or regulating trade—to stabilize markets or achieve social goals.