

Do interventions work? Charlie Sheen has been in rehab before -- would it work now?

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Are interventions helpful when the concerned party has been, well, intervened upon as many times as [Charlie Sheen](#)?

The actor has been in rehab at least three times, reports [USA Today](#) – In 1990, his father, actor Martin Sheen reportedly persuaded him to seek help.

Now, twenty years later, the elder Sheen is reportedly trying to stage another intervention for his [troubled 45-year-old son](#).

Will it work?

An [intervention](#) is typically conducted either by a professional interventionist or simply by concerned family members and friends of an addict who get together and tell the person they need help, explains John Dyben, clinical director of the Hanley Center, an [addiction](#) treatment facility in West Palm Beach, Florida.

"A family intervention can be effective in pushing a person toward health," he says. "Sometimes we need others to help us gain perspective so we can see the bigger picture."

However, he says, no hard data exists that would that prove that interventions are effective, he says. "We're not even close to having this information," Dyben says.

But in his experience, Dyben says about half the people who enter his program after an intervention are angry about coming, aren't receptive to learning to be clean and sober, and end up leaving the program early and relapsing quickly.

"But roughly half the time, I see life changing things, people who come in and admit that they didn't see until the intervention that they had a problem," Dyben says.

An intervention with a loved one can put pressure on a substance abuser to seek help for his addiction if the person is in enough pain, says Brian McAlister, author of "Full Recovery: Creating a Personal Action Plan for Life Beyond Sobriety."

"Pain is a big motivator and it is the best friend of change," he says. "And an intervention that surrounds the addict and tells him in no uncertain terms what his behavior is doing to others can be effective."

But, he adds, it often depends upon whether an addict is ready to "hit bottom."

"And everyone gets to choose their own bottom," McAlister says. "For some, their bottom is quite high. For instance, they may not like how they are acting at work."

Others, like Charlie Sheen, he adds, are [out of control](#).

Whether or not an intervention gets an addict to go to rehab, the statistics for staying sober are grim: only 3 to 7% of [addicts are still sober](#) after a year in rehab, points out David Remland, the "sober coach" at Palm Beach Outpatient Detox in Boca Raton. "And that's pretty bad," he says.

Still, while an intervention has the potential to backfire, it's still worth trying. "It can't ever hurt to tell someone, we love you, we care about you," Remland says.