

AL-ANON/ALATEEN GROUPS MAY BE STARTED BY:

- Al-Anon and Alateen members.
- A professional such as a member of the clergy, an alcoholism counselor, EAP manager or social worker, etc. However, after the group has started, professional participation should be limited to open meetings.

AL-ANON/ALATEEN COOPERATES WITH PROFESSIONALS BY PROVIDING:

- Speakers and literature for conferences, workshops and meetings.
- The newsletter, *AL-ANON SPEAKS OUT*.
- Open meetings.
- Meetings at schools, institutions, and other facilities.
- Local meeting schedules.
- A FREE packet of literature—
Call U.S., (800) 356-9996;
Canada, (613) 722-1830.

TO MAKE A REFERRAL:

- No appointment is necessary.
- Call the Al-Anon Information Service listed in your telephone directory. **346-0320**
- Or, call the toll-free numbers below between 8:00 a.m. – 6:00 p.m., Monday to Friday, ET.
(800) 344-2666 U.S.A.
(800) 245-4656 New York
(800) 443-4525 Canada

The 1993 Al-Anon/Alateen Membership Survey revealed that 47% of our members were referred to Al-Anon by professionals. Many Al-Anon members continue to seek professional assistance in addition to regular attendance at meetings. The role between Al-Anon and the professional community has always been one of interchange, cooperation and support.

THE TWELVE STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS

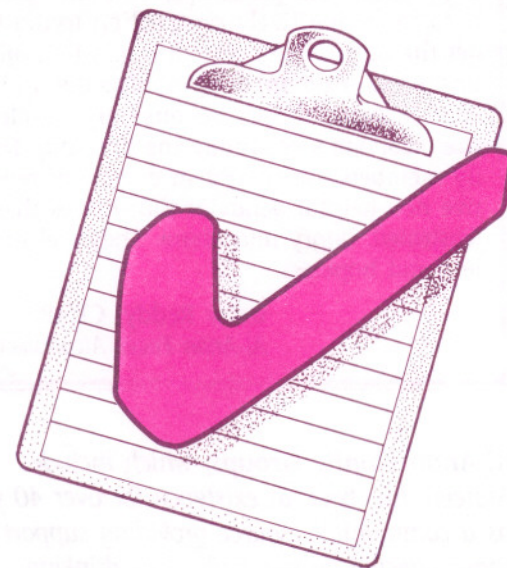
1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Al-Anon Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth-Step work should remain forever nonprofessional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.



Al-Anon Family Group Headquarters, Inc.
P.O. Box 862 Midtown Station
New York, NY 10018-0862
212-302-7240 Fax 212-869-3757

FACT SHEET FOR PROFESSIONALS

Information About Al-Anon & Alateen



AL-ANON FAMILY GROUPS
for families & friends of alcoholics

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THE FAMILY DISEASE

For family members, alcoholism causes a progressive inability to predict their own behavior because of the growing preoccupation with and reaction to another person's drinking. Generally speaking, if a person is wondering whether alcoholism is the problem, it probably is. Family members need to hear that the emotions they feel are a normal reaction to alcoholism. Frequently, they experience a free-floating but pervasive fear. They are afraid of the alcoholic's reactions and are prepared to settle for "peace at any price." They worry about bills, accidents and job losses (the alcoholic's and, in some cases, their own). As they attempt to deal with the erratic, irrational behavior of the drinker, they become confused and increasingly guilty and preoccupied. As their lives become compulsively centered on trying to get the alcoholic to stop drinking through unsuccessful attempts to manipulate and control, most of their actions only enable the alcoholic to continue the drinking. Family members are caught in a cycle of repetitive non-helpful behavior that leaves them frustrated, angry and alone. They feel helpless and hopeless.

Betty Reddy, CEAP
Al-Anon Faces Alcoholism

Al-Anon Family Groups, which includes Alateen, has been in existence for over 40 years as a community resource providing support to those affected by someone else's drinking. Today, there are over 30,000 Al-Anon and Alateen groups meeting in 104 countries.

AL-ANON:

- Has only one requirement for membership—each member has been affected by someone else's drinking.
- Is an anonymous fellowship of relatives and friends of alcoholics who meet to share their experience, strength and hope in order to solve their common problems; adult children of alcoholics, parents, partners, spouses, co-workers, etc., can all find help in Al-Anon.
- Is a separate fellowship from Alcoholics Anonymous (AA). Al-Anon is based on the Twelve Steps and Twelve Traditions adapted from AA.
- Is nonprofessional, self-supporting, nondenominational, multiracial, apolitical, and is available almost everywhere.

ALATEEN:

- Is part of the Al-Anon Fellowship designed for the younger relatives and friends of alcoholics through age nineteen.
- Members conduct their own meetings with the guidance of an Al-Anon sponsor.
- Follows the same Twelve Steps, Twelve Traditions and principles as Al-Anon.

PEOPLE ARE REFERRED TO AL-ANON/ALATEEN GROUP MEETINGS:

- To learn the facts about alcoholism as an illness and how it has impacted their lives physically and emotionally.
- To benefit from contact with others who have similar problems.
- To improve their own attitudes and behaviors through the study and practice of the Twelve Steps and Twelve Traditions.

AL-ANON AND ALATEEN MEMBERS ARE HELPED WHEN THEY:

- Attend meetings on a regular basis.
- Make telephone contact with other members.
- Read Al-Anon/Alateen literature.
- Have a sponsor.
- Apply the Twelve Steps of recovery to their lives.
- Become involved in Al-Anon service work.

AL-ANON/ALATEEN GROUPS DO NOT:

- Give advice.
- Indulge in gossip or criticism.
- Discuss members' religious beliefs, or lack of them.
- Endorse or oppose any cause, therapy or treatment.

AL-ANON /ALATEEN IS SELF-SUPPORTING:

- Through the voluntary contributions of members; there are no dues or fees for membership.
- And does not accept any outside funds, grants or donations.

AL-ANON/ALATEEN IS ANONYMOUS:

- The identity of all Al-Anon and Alateen members, as well as members of Alcoholics Anonymous, is protected.
- Confidentiality is allowed to develop from a sense of trust and honesty.
- The focus is on spiritual principles, not personalities, which leads to a fellowship of equals.

AL-ANON/ALATEEN MEETINGS INCLUDE:

- OPEN meetings that may be attended by anyone interested in learning about the Al-Anon or Alateen program.
- CLOSED meetings that are for anyone whose life is or has been affected by a problem drinker.
- Limited access groups which meet in locations where the general membership may not be able to attend (ie. industrial, military or school settings).

