

# FACT SHEET FOR PROFESSIONALS

## Information about Al-Anon & Alateen

Al-Anon Family Groups is a community resource that provides support to anyone affected by a relative or friend's drinking. Currently, there are over 24,000 Al-Anon groups and nearly 1,500 Alateen groups meeting in 118 countries.

### Al-Anon:

- Has only one requirement for membership—that each member has been affected by someone else's drinking.
- Is a mutual support group for those affected by a loved one's addiction to alcohol. Members meet to share their experiences and apply the Al-Anon program to their lives. Spouses, partners, adult children of alcoholics, parents, and coworkers can all find help in Al-Anon.
- Is a separate organization from Alcoholics Anonymous (A.A.). Al-Anon is, however, based on Twelve Steps and Twelve Traditions that have been adapted from A.A.
- Is nonprofessional, self-supporting, spiritually based, and apolitical. It welcomes all cultures and is available almost anywhere.

### Alateen:

- Is part of Al-Anon Family Groups and is designed for the teenagers who are affected by a relative or friend's misuse of or addiction to alcohol.
- Members conduct their own meetings with the guidance of adult Al-Anon members who are certified by their state or province to act as Alateen Group Sponsors.
- Follows the same principles, Twelve Steps, and Twelve Traditions as Al-Anon.

### Al-Anon and Alateen Members Find Help and Hope When They:

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

### People Are Referred to Al-Anon/Alateen Group Meetings:

- To learn the facts about addiction to alcohol and how it has impacted their lives physically, emotionally, and spiritually.
- To benefit from contact with others who have similar problems.
- To improve their own attitudes and behaviors through the study and practice of Al-Anon's Twelve Steps and Twelve Traditions.

A formal referral or appointment in advance is not needed to attend meetings.

### For meeting information, you or your client can:

- Visit our website, [al-anon.org](http://al-anon.org)
- Call our toll-free line for meeting information, 888-4AL-ANON (888-425-2666).
- Contact the Al-Anon Information Service listed online or in a print telephone directory, or on our website, [al-anon.org](http://al-anon.org)

Many Al-Anon members continue to seek professional assistance in addition to regularly attending meetings. The link between Al-Anon and the professional community has always been one of interchange, cooperation, and support. For more information, visit [al-anon.org/surveyresults](http://al-anon.org/surveyresults)

### Al-Anon Meeting Designations Include:

- Open meetings, which may be attended by anyone interested in learning about the Al-Anon program, e.g., the public, professionals, and students.
- Closed meetings, which are for anyone whose life is or has been affected by someone else's drinking. (Note: Each Alateen meeting is limited to its teen members and adult Alateen Group Sponsor, unless the meeting is opened by the teens to the public or for observation by professionals or students.)
- Limited-access groups, which meet in locations where the general membership may not be able to attend (i.e. industrial, military, or school settings).
- Introductory meetings and presentations, which are conducted by local members at facilities, and which introduce Al-Anon or Alateen to potential newcomers.

### **Al-Anon/Alateen Members and Groups Do Not:**

- Give each other advice.
- Indulge in gossip or criticism.
- Discuss members' religious beliefs, or lack of them.
- Endorse or oppose any cause, therapy, or treatment.
- Provide support for problems other than the negative impact of addiction to alcohol upon the family members.

### **Al-Anon/Alateen Is Self-Supporting:**

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

### **Al-Anon/Alateen Is a Program Based Upon Anonymity:**

- The identity of all Al-Anon and Alateen members, as well as all members of A.A., is protected.
- Confidentiality of meeting or member-to-member discussions allows a sense of trust and honesty to be developed.
- The focus is on spiritual principles, not personalities; this promotes equality among all members.

### **Al-Anon/Alateen Cooperates with Professionals by Providing:**

- Speakers and literature for conferences, workshops and meetings.
- Open or introductory meetings.
- Meetings or workshops at schools, colleges, and facilities.
- Local meeting schedules.
- A variety of literature and materials.
- Introductory literature (For more information, email [wso@al-anon.org](mailto:wso@al-anon.org)).

Visit the AFG, Inc. website, [al-anon.org](http://al-anon.org) or use our fax number, 757-563-1655, to order our literature. Visa, MasterCard, Discover and American Express are accepted.

### **Al-Anon/Alateen Groups Are Conducted By:**

- Al-Anon and Alateen members. Professionals or A.A. members can initiate the formation of an Al-Anon/Alateen group. However, after the group has started, members operate the group. Professional and A.A. participation should be limited to open meetings.

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