

# Community Resource Series

Provided by the Guidance Departments and Student Assistance Counselors  
of the Middletown Township High Schools

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## Al-Anon / Alateen

### Al-Anon vs. Alateen

**Al-Anon** “is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist. This support network complements and supports professional treatment.”

**Alateen** “is a peer support group for teens who are struggling with the effects of someone else’s problem drinking. Alateen meetings are open only to teenagers.”

### Al-Anon

- “Everyone at the meeting shares as an equal. No one is in a position to give advice or direction to anyone else. Everyone at the meeting has experienced a problem with someone else’s drinking.
- You are free to ask questions or to talk about your situation at your first meeting. If you’d rather just listen, you can say “I pass,” or explain that you’d just like to listen.
- Every meeting is different. Each meeting has the autonomy to be run as its members choose, within guidelines designed to promote Al-Anon unity. Al-Anon recommends that you try at least six different meetings before you decide if Al-Anon will be helpful to you.”

All information provided in this newsletter was retrieved from [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

### Alateen

“In Alateen meetings, young people share their own experiences—everyone in the meeting has been affected by someone else’s drinking. Some currently live with a problem drinker, others do not. Alateens share their feelings, encourage each other, and share how the Alateen program has helped them. The adults in the meetings are the Alateen Group Sponsors, who help the teens to stay focused on the Alateen program. Alateens share that they have come to understand that alcoholism is a disease and that:

- They are not the cause of anyone else’s drinking or behavior.
- They cannot change or control anyone but themselves.
- They can detach themselves emotionally from the drinker’s problems while continuing to love the person.
- They can build satisfying and rewarding life experiences for themselves, whether the alcoholic still drinks or not.”

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