

# AL-ANON guidelines

The Shared Experiences Of Al-Anon and Alateen Members.

## Starting an Alateen Group

G-19

Starting an Alateen group is a spiritual undertaking. It takes time, commitment, the support of one or more Al-Anon groups, and patience. Before the first meeting contact your District Representative, Alateen Coordinator, or Area Alateen Process Person for information on your Area's Alateen Safety and Behavioral Requirements and your Area process for distribution and submission of Alateen forms. Your Group Representative can provide the contact information for these trusted servants or contact the WSO.

### WHO CAN START AN ALATEEN GROUP?

Professionals, school personnel, AA members, or the teenagers themselves can *initiate the formation* of an Alateen group; however, Area certified Al-Anon members are needed in order to register an Alateen group. Each Alateen group requires one or more Group Sponsors who are currently certified to be of service to Alateen through their Area Alateen certification process. Al-Anon groups that are firmly established may want to help the younger members of Al-Anon by starting an Alateen group.

### WHERE DO WE BEGIN?

The essentials needed to start an Alateen group are listed below. Your area may have additional requirements and the sequence of events may differ.

- Contact one or more Al-Anon groups for support of the Alateen group. Experience has shown that Alateen groups which meet at the same time and place as an Al-Anon or AA group are more successful, safer, and the Alateens have fewer transportation problems. Al-Anon groups can also support the Alateen group by providing Alateen Group Sponsors, and if needed, instant or temporary Sponsors who are currently certified through their Area Alateen process.
- Decide on a location to hold the meeting (such as a school, recreation center, hospital, religious facility, or other public place) and a day and time.
- Select an appropriate name for the group. The name should be informative and inviting to newcomers. See section titled "What Name Should We Choose."
- Contact your Area Alateen Process Person for the Alateen Group Registration/Change form, the Al-Anon Member Involved in Alateen Service form, and any additional Area form(s).
- Complete the Alateen group registration process BEFORE the first meeting.
- Contact your Area Alateen Coordinator regarding Alateen Sponsor training.
- Follow your Area Alateen process for being included in

the district, Area, or Area information service directories and Web sites.

### WHAT TYPES OF ALATEEN MEETINGS ARE THERE?

**Closed meetings:** All Alateen meetings are closed meetings; only Alateens and the Alateen Group Sponsors or other currently certified Al-Anon members Involved in Alateen Service attend; however, designated Area trusted servants may occasionally attend the meeting as a resource to the group per the Area's Alateen requirements and process. Alateen groups may also have an annual Open meeting to celebrate the group's anniversary or for outreach purposes.

**Limited Access meetings:** Meet at locations where general membership may not be able to attend (such as a school or group home). Sponsors in limited access groups must also be certified through their Area Alateen process. More information on school meetings is available in *Alateen Meetings in Schools (G-5)* and *Information for the Educator: Alateen Meetings in Schools* leaflet (S-64).

### WHAT NAME SHOULD WE CHOOSE?

Most groups use a name that is either descriptive of its location, time or day of meeting, meeting purpose, or a program phrase, plus the word "Alateen." A group's name should not imply affiliation with any other twelve step group, self-help group, commercial venture, religious group, or other outside enterprise. Your group name should be inviting or informative and an attraction to potential newcomers. All Alateen groups, including those that lower the age limit, are registered as "Alateen."

Examples of Alateen group names are:

Friday Night Alateen  
Be Excited About Recovery Alateen  
Courage To Be Me Alateen  
Woodland Hills Alateen

## WHO CAN SPONSOR AN ALATEEN GROUP?

Alateen groups require Sponsors who are currently certified through their Area Alateen process.

Dual members who meet their Area's certification and Alateen group registration requirements may sponsor an Alateen group; anonymity regarding disclosing membership in other programs would be maintained in the Alateen meeting just as it would be in any Al-Anon meeting.

Parents who are currently certified through their Area Alateen process may serve as Alateen Group Sponsors; however, whenever possible, it is preferred that the relatives of any of the Alateen members attending the group not sponsor the group.

## HOW DO WE FIND ALATEEN GROUP SPONSORS?

Ask nearby Al-Anon groups if they would be willing to support the group by providing Sponsors. Contact your District Representative and Area Alateen Coordinator for assistance and information about Sponsor training. If there are other Alateen groups nearby ask if Sponsors and Alateens from that group would be willing to share about Alateen sponsorship at Al-Anon meetings or events.

## HOW DO WE REGISTER WITH THE WSO?

Contact your District Representative or Area Alateen Coordinator for information on obtaining the Alateen Group Registration/Change form in your Area. Complete all WSO sections of the form and submit to the WSO **through your Area process**. All service positions listed on the form: Current Mailing Address (CMA), contacts, and Alateen Group Sponsors must be currently certified as Al-Anon Members Involved in Alateen Service in the Areas in which they reside and serve.

## WHAT CAN WE EXPECT FROM OUR DISTRICT AND AREA?

Districts can provide help in finding Area certified Al-Anon Members Involved in Alateen Service to serve as instant or temporary Sponsors when the regular group Sponsor(s) is not available.

Districts may provide assistance in getting start-up literature for the meeting.

District Representative and/or Area Alateen Coordinator can be called for help if a problem arises. It is also a good idea to invite these trusted servants to your meeting once or twice a year to keep in contact.

Areas provide information about workshops and training for Al-Anon Members Involved in Alateen Service. The district

and Area can also help provide eligible Sponsors.

Districts, information services, and Areas may publish a meeting directory and/or list meetings on a Web site.

## WHAT CAN WE EXPECT FROM THE WSO?

Registration with the WSO insures a connection with worldwide Al-Anon. Only groups registered with the WSO can use the Alateen name. The WSO toll-free meeting line refers callers to your meeting.

Alateen groups receive\*:

- New groups receive a free Alateen Group Binder filled with a variety of information, suggestions for meeting topics, meeting format, information for Alateen Group Sponsors, Alateen/Al-Anon literature, and service materials.
- A free copy of the *Al-Anon/Alateen Service Manual* (P-24/27) and other service tools
- The quarterly Alateen publication *Alateen Talk*, and forms for sending in sharings
- All mailings sent to Al-Anon groups
- An annual WSO group update form sent to help keep your group information current
- Access to information and publications on the Al-Anon/Alateen Members Only Web site

\*All of these items are sent to the Current Mailing Address (CMA) listed on the Alateen Group Registration/Change form.

## HOW CAN WE ATTRACT NEW MEMBERS?

Ask Al-Anon and AA groups to announce your meeting and to bring their children. It helps if the Alateen group has a flyer with the name, location, day and time, and a Sponsor's first name and number as a contact for information.

Announce the meeting at local district and Al-Anon information service meetings; ask the Public Outreach Coordinators for assistance.

List the meeting in the local paper. Many papers list the meetings for free in the local events column.

Provide information about the meeting to local schools. Ask for help from an Al-Anon group to contact the school's special assistance counselors.

**Remember - Alateen behavior at meetings, conventions, round-ups, assemblies, etc. can attract or turn away potential members or their families.**

### Additional Guidelines for Alateen groups

*Alateen Safety Guideline* (G-34)

*Members Interested In Speaking* (G-1)

*Taking A Group Inventory* (G-8)

*Alateen Meetings in Schools* (G-5)

**The Alateen Group is the heart of the Alateen Program!**