Dear Friend,

As a member of the helping profession, you come into contact with individuals who have complex problems and needs. It is possible many may be suffering from the disease of alcoholism-someone else’s alcoholism. Family members, regardless of their age, usually blame themselves for the turmoil in their lives, often making excuses for problems, while unaware of how the disease affects them. The fact is, alcoholism affects family members from generation to generation unless the pattern is interrupted. A recent survey of Al-Anon members reports that 51% of members were children of alcoholics. Seven out of 10 members have been affected by alcoholism spanning 2 or more generations.

If you know or suspect that a problem drinker is, or has affected your client, we urge you to recommend **Al-Anon** or **Alateen** as part of your treatment plan. Al-Anon is a mutual support fellowship where members share their own experience, strength and hope; we offer a program of recovery for the relatives and friends of alcoholics.

Al-Anon meetings are held at no cost in your locality; no appointments are necessary. Alateen is for youth affected by someone else’s drinking. Teens are welcome to attend their local Al-Anon meetings if there are no current Alateen meetings in your area. There is also a supervised Alateen chat room at [www.maineafg.org](http://www.maineafg.org)

We are including some Public Outreach material/information for you to read and pamphlets/bookmarks to give your clients. You may also leave this material in your waiting room. An Al-Anon meeting list is also included for your reference.

If you wish further information please call Maine Al-Anon at

(207) 284-1844 or 800-498-1844; you may also visit the Maine Al-Anon website at [www.maineafg.org](http://www.maineafg.org) Contact national Al-Anon at (757) 563-1600 or 888-4AL-ANON (888-425-2666); you may visit their website at

[www.al-anon.alateen.org](http://www.al-anon.alateen.org) Supervised Alateen chat rooms are also available on their website.

If you wish more Al-Anon material to distribute contact [PO@maineafg.org](mailto:PO@maineafg.org)

Thank you for taking time to learn about Al-Anon and to share this information with your clients.

A Grateful Al-Anon member