
Information for Professionals

Al-Anon Family Groups

Edition 3

What is Al-Anon?

Al-Anon Family Groups is a mutual support group of adults who share their experience in applying the Al-Anon principles to problems related to the effects of an alcoholic in their lives. It is not group therapy and is not led by a counsellor 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. Many Alateen groups meet at the same time as an Al-Anon group. During COVID times meetings are online. Alateen meetings are open only for teenagers. Two registered adult Sponsors are present at each meeting.

Why is it important for the family members to receive help?

The family needs to become healthier whether or not the alcoholic is receiving treatment or maintaining sobriety. When family members receive help and information, they are able to access a support system and help build a safety net at home for themselves and their children. Every family member needs to feel they have support. If the alcoholic is, or has been in treatment, the family needs to understand that treatment arrests the addiction, but does not cure it. Recovery is an ongoing, daily process for alcoholics and their family members.

How do family members benefit from attending Al-Anon?

When the family or anyone close to the drinker goes to Al-Anon, they first need to focus on themselves. Then, they can begin to learn some of the skills and better ways of approaching the alcoholic family member. The family becomes healthier and they get the support they need.

No advance notification or written referral is necessary to attend an Al-Anon or Alateen meeting. Anyone affected by someone else's drinking is welcome to attend.

MEMBERSHIP SURVEY 2019

26% of respondents initially started attending Al-Anon Family Group meetings because a person with a drug problem was negatively affecting their life.

Al-Anon's Effect:

After attending Al-Anon meetings, members reported improved well-being across the board.

93% of members surveyed said their lives had been positively affected and relationships with others and feelings about themselves had improved.

Generational Trends:

6 in 10 members had been affected by alcoholism that spans 2 or more generations. The majority of members reporting alcoholism in 2 or more generations stated that they were negatively affected by their –

38% Parents and (Partner and/or Sibling)

27% Children and (Partner and/or Sibling)

15% Parents and children

RESOURCES FOR PROFESSIONALS

Al-Anon Family Groups is a worldwide fellowship. In Australia there are 400 meetings, both face-to-face and online, which welcome anyone concerned about someone else's drinking.

Listening to other members sharing their experience, strength and hope, plus the opportunity to speak openly and confidentially to others about their situation in meetings are positive aspects of the Al-Anon program.

Go to the website to find a meeting –

www.al-anon.org.au Search Meetings/Electronic Meetings

View Social Media Clips on YouTube

<https://www.youtube.com/channel/UCSPb6N0IGpw6LKTpewdC0qA>

Read personal stories about the value of Al-Anon, shared by members

[Families Facing Alcoholism booklet](#)

Al-Anon Family Groups – support for families and friends of alcoholics

AL-ANON FAMILY GROUPS (AUSTRALIA) Pty Ltd

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