



**ALATEEN**

## **Alateen Needs Your Help!**

**1 in 4 kids are affected by someone's drinking**

Empowering our youth for the next generation of Alateen

**Regional Alateen Membership Request**

**Please read this at your meetings!**

**Dear Al-Anon and Alateen Members,**

**It's time to circle up the wagons!!** Whether a long-term member or a newcomer, Alateen needs your help! As most of us are aware, alcoholism is a multigenerational family disease with complex and harmful repercussions that can affect everyone within its reach, and especially children. Not only do these conditions in homes threaten the social-emotional stability of children, but it also puts our kids at an increased risk of developing substance abuse, and other emotional issues later in life.

**Is the Program working for you?? Wouldn't you want to give it to our children?**

Alateen provides a safe and healthy forum for children to focus on the dynamics of the disease of alcoholism. Resilience, adversity strategies, coping skills, using the tools of the program, all have helped inform and empower children and their families to make positive and effective decisions when experiencing these adverse conditions.

And as many of us are aware, throughout the pandemic and currently, the Alateen program has sustained a major attrition in the reduction and participation of its members to the Alateen program and meetings. And this is where your individual effort can make a difference!

**So where are all the Alateens???**

Somehow in our modern-day, latchkey and digital society, a parent may unwittingly feel a false sense of security in that their children would be left alone, to learn on their own. Or that because of the fear of the public perceptions of shame and guilt, they would eventually circle back to help their children safely and privately themselves, out of the view of a scrutinizing eye. Or without directly confronting and discussing the active controversy in their lives as a means of insulating their children from a perceived harm it would cause.

- Kids **are** affected by alcoholism in a family member. Can you see how??
- The Surgeon General has recently declared a state of emergency in teen mental health.
- Symptoms of depression, anxiety, impulsivity, irritability, and suicide attempts are at an all-time high for our youths!
- Mental health symptoms in youths frequently become evident 10 years *before* they get addressed.
- Many times, our youths struggle with symptoms that go unnoticed, and can slip through the cracks, often invisible. If your child was physically sick, wouldn't you take them to the doctor??
- Parents can be the largest obstacle in processing and helping with their children's symptoms, especially when the alcoholic is living at home.
- Stigma, egos, shame, and fear can all drive our decisions.

**So now, the huge ask for each of you.**

Please make a special commitment to join in a regional Alateen membership request, and to spread the word about Alateen. Your children, friends, and family alike, professionals, schools and associations, our children deserve an opportunity to begin healing themselves and recover through the program of Alateen. As most of us would agree, Alateen is considered a safe and comfortable place, and potentially one of the best options for our children to attain recovery from this ravenous disease. There are many on-line sources such as videos, blogs, chats, meetings, and face-to-face meetings currently available for our Alateens. <https://al-anon.org/newcomers/teen-corner-alateen/>

# Please support your local Alateen Program!

Talk to your children and others about the benefits of the Alateen program.

## If not us, then who?

- Attend and support your local and regional Alateen events, fundraisers, and outreach activities.
- Become an AMIAS (Al-Anon Member in Alateen Service).
- Sponsor an Alateen meeting.
- Suggest a child try 6 meetings, and then decide for themselves.
- Post the Alateen tent card (M-80) regularly at your meetings.
- Read the Alateen "20 Questions" at your meetings.
- Lead an Al-Anon meeting using the Alateen format.
- Have discussions in your meetings about how you can help spread the word of Alateen.
- Alateen *is* Al-Anon
- Alateen is available in-person and on-line.

## If you answer yes to some of these 20 questions, Alateen may be able to help you.

1) Do you have a parent, close friend or relative whose drinking upsets you?	11) Do you make promises about behavior, such as, "I'll get better school marks, go to church or keep my room clean" in exchange for a promise that the fighting and drinking will stop?
2) Do you cover up your real feelings by pretending that you don't care?	12) Do you feel that if your mom or dad loved you, he or she would stop drinking?
3) Are holidays and gatherings spoiled because of drinking?	13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you?"
4) Do you tell lies to cover up for someone else's drinking or what's happening in your home?	14) Do you believe no one could possibly understand how you feel?
5) Do you stay out of the house as much as possible because you hate it there?	15) Do you have money problems because of someone else's drinking?
6) Are you afraid to upset someone or fear it will set off a drinking bout?	16) Are mealtimes frequently delayed because of the drinker?
7) Do you feel nobody really loves you or cares what happens to you?	17) Have you considered calling the police because of the drinker's abusive behavior?
8) Are you afraid or embarrassed to bring your friends home?	18) Have you refused dates out of fear or anxiety?
9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life?	19) Do you think your problems would be solved if the drinker stopped?
10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?"	20) Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much?

**Give your kids the choice! Give them the gift of Al-Anon/Alateen.**

<https://al-anon.org>

**Don't miss Alateen Day!**

**Coming Saturday, April 16<sup>th</sup> 2022, at the San Diego Spring Round Up**

<https://rcs.squaredroot.net/org/view/3>

If you would like more information or are considering Alateen service, please contact Ron P. at:

[D69AlateenOutreach@gmail.com](mailto:D69AlateenOutreach@gmail.com) or go to: <https://www.alanonsandiego.org/> to find an Alateen meeting.

Respectfully and Gratefully in Alateen Service,

*Ron P*

District Alateen Liaison & Outreach Committee Chair

Alateen in Schools

District 69, San Diego North County

Al-Anon Family Groups

Cell (619) 322-8558

*In giving we receive...*