**Public Outreach to the Professional - Alateen**

**Sample PowerPoint Script**

Feel free to adjust the script based on your specific audience and any additional information you may wish to include.

**SLIDE 1 – TITLE SLIDE**

Welcome! Thank you for joining us today. This presentation will provide an overview of Alateen. Alateen is part of Al-Anon Family Groups and is designed for teenagers ages 13-18 who are affected by a relative or friend’s misuse of or addiction to alcohol.

My name is [**First Name**].

The presentation should last about [**minutes/hours**], and there will be time for questions at the end.Shape

**SLIDE 2 – INTRODUCTION**

[Provide some published statistics, context, and background information, for example:

"A study in the January 2000 issue of the American Journal of Public Health (Volume 90, Number 1) reports that approximately one in four US children (19 million children or 28.6 percent of children 0-17 years) are exposed at some time before age 18 to familial alcohol dependence (alcoholism), alcohol abuse, or both."

[*https://www.niaaa.nih.gov/news-events/news-releases/one-four-children-exposed-family-alcohol-abuse-or-alcoholism]*](https://www.niaaa.nih.gov/news-events/news-releases/one-four-children-exposed-family-alcohol-abuse-or-alcoholism%5d)

**Alateen,** established in 1957, is a peer support program that is part of

Al-Anon Family Groups. These peer-facilitated mutual support groups serve teenagers who are impacted by someone else’s misuse or addiction to alcohol. Alateen offers a safe space where young people can connect, share their experiences, and find support.

These support groups are available in-person, free of charge, and complement professional counseling and therapy. Alateen addresses the unique challenges faced by teenagers, offering them a space to discuss their feelings and experiences with peers who understand.

The Al-Anon/Alateen program is based on the Twelve Steps (adapted from Alcoholics Anonymous). The Twelve Steps suggest the acceptance of four primary ideas:

* We are powerless over the problem of alcoholism.
* We can turn our lives over to a Power greater than ourselves.
* We need to change both our attitude and our actions.
* We keep Al-Anon’s gifts by sharing them with others.Shape

**SLIDE 3 – WHAT IS ALATEEN?**

Alateen focuses on teens sharing their experiences and supporting each other in coping with the effects of alcoholism in their lives. It is important to note that Alateen is not a place for addressing substance abuse issues directly; rather, Alateen is a peer support group that complements other forms of treatment.

By sharing common experiences and applying the Al-Anon/Alateen principles, families and friends of alcoholics can bring positive changes to their individual situations, whether the alcoholic is still drinking or not.

Alateen is a place for teens to connect with others facing similar challenges, not a social hangout or a therapy session.

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**SLIDE 4 – DESCRIBE WHAT GOES ON AT AN ALATEEN MEETING**

Alateen meetings typically last about an hour. They follow a structured format, with topics chosen by the Alateen members themselves. Meetings can take place in various locations, such as schools, community centers, and churches, and they are often held separately from Al-Anon and A.A. meetings. Al-Anon and Alateen are not affiliated with buildings/organizations where meetings are held.

Anonymity is a key principle in Alateen. Nothing shared in the meeting is revealed outside, which helps create a safe space for open discussion.

Each Alateen meeting is attended by one or two certified Alateen Group Sponsors, who are adult members of Al-Anon. These Sponsors provide safety and guidance without assuming a parental or teaching role and ensure the meeting stays focused on the Al-Anon/Alateen program.

For teens who cannot access local Alateen meetings, they can attend Alateen meetings through the Al-Anon Family Groups Mobile App. Teens aged 13-18 can join these meetings.

Shape**SLIDE 5 – DESCRIBE THE BENEFITS OF TEENS ATTENDING ALATEEN MEETINGS AND PRACTICING THE ALATEEN PROGRAM**

Attending Alateen meetings and practicing the Alateen program provides numerous benefits for teens. Teens can come to understand:

* That alcoholism is a family disease.
* They are not responsible for the drinking or behavior of others.
* They can only control their own actions and reactions.
* How to emotionally detach from the drinker’s problems while maintaining love.
* They can build fulfilling and rewarding lives despite challenges.

Alateen can help teens develop healthier perspectives and coping mechanisms, improving their overall well-being.

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**SLIDE 6 – ALATEEN EXPERIENCE**

Alateen members often share feedback about their experiences.

For example:

This quote highlights the positive impact Alateen has on its members, helping them gain valuable insights and support.

We invite you to read more personal sharings of Al-Anon and Alateen members in our Al-Anon literature, Al-Anon Family Groups/World Service Office (WSO) social media pages and al-anon.org.

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**SLIDE 7 – REFER TEENS TO ALATEEN**

Alateen provides a crucial support network for teens to meet other teens who have a parent, family member or friend who suffers from alcoholism, helping them feel less isolated and more understood. Many individuals benefit from both Alateen and professional services.

Understanding alcoholism as a disease helps in accepting and addressing its impacts on individuals and families. We encourage professionals to refer teens to Alateen as a valuable additional resource.

Shape**SLIDE 8 – RESOURCES FOR PROFESSIONALS AND ADULTS**

There are many free resources available to you, including local Al-Anon volunteers and online materials. You are welcome to observe any electronic or physical Al-Anon meeting designated as “Families, Friends, and Observers Welcome.” For the safety of Alateen members, observers are not permitted to attend Alateen meetings.

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**SLIDE 9 – ALATEEN RESOURCES FOR TEENS**

Books, pamphlets, bookmarks, and other materials developed specifically for teens, written by Alateen members themselves, can be found in our online bookstore.

Teens can connect through in-person meetings or in the *Al-Anon Family Groups Mobile App.*

Al-Anon also maintains a presence online on Instagram, Facebook, and YouTube; links can be found in the footer of al-anon.org.

**SLIDE 10 – CONTACT INFORMATION**

We are happy to cooperate with you in a number of ways, including [**display at a wellness event, hosting an introductory Al-Anon meeting, or providing you with materials for your clients**]. Feel free to contact us for more detail or schedule a follow-up.

The QR code will direct you to the Al-Anon website, where you can either find an Al-Anon meeting to observe, find an Alateen meeting to refer to your [**client/patient/student/teen**], or call our toll-free meeting line. We look forward to assisting you and providing support.

Thank you for your attention. We hope you found this presentation informative. We’d be happy to answer any questions you may have.