



*Alateen Sponsor
Training*

*An Overview of
Alateen Service*

Alaska Area 63

2011



Alateen Training Modules

- I. Overview of Alateen Service
- II. The Alateen Meeting
- III. Alateen Events
- IV. Alateen Challenges





Alateen is...

- ...part of Al-Anon Family Groups.
- ...a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend.

(from the Alateen Suggested Preamble)

Alateen is not...

- ...a program for young people seeking sobriety.



What Makes Up Alateen?

- Alateen members
- Area-certified AI-Anon Members Involved in Alateen Service (AMIAS)
- Alateen Group Meetings
- Resources to Alateen:
 - Supportive AI-Anon groups & members
 - Supportive local service arms (district/AIS)

Alateen Members

- Are teen members of Al-Anon Family Groups who are seeking recovery from the effects of someone else's drinking.
- Share their experience, strength, and hope with each other.
- May include younger members.



Alateen Members

(cont'd)

- Take responsibility for the group, the meeting, and their own behavior.
- Support the actions of their Alateen Group Sponsor(s) to help keep their meeting safe.
- Serve as personal sponsors to each other.



Younger Children (Alatots) and Alateen



- Alateen requires the ability to participate in a shared learning experience.
- Teaching is not compatible with the Al-Anon principle of sharing.
- Parents can help their children by attending Al-Anon themselves.
- Lowering the age range is up to the autonomy of the group.



Younger Children and Alateen

Things to consider

- Setting safety guidelines for younger children.
- Knowing applicable laws relating to children below teen years.
- Potential problems with sharing from older Alateens being inappropriate for the younger ones.
- Alateens age 18 and older are legally adults.
- All Alateens, even those who are legal adults, must comply with the Area Alateen Requirements when participating as an Alateen.

Alateen Meetings

- All weekly Alateen meetings are “closed” meetings, regularly attended only by the Alateens and the affiliated Alateen Group Sponsors and certified backups.*
- Alateen groups may hold an annual “open” meeting to celebrate the group’s anniversary or for outreach purposes.
- The District Representative (or other Area-designated trusted servants) as part of their service responsibility may occasionally attend Alateen groups.

* Any potential Group Sponsors need to be certified before attending an Alateen meeting.





The Alateen Meeting

Safety and Behavior

- Alateen Group Sponsors set safety parameters for the meeting. Safety matters are not subject to group vote or approval.
- Alateen Group Sponsors encourage the group to set their own behavioral guidelines and what the consequences of violations will be.
- Member participation in setting the rules can increase support of them.



Resources:

- *Alateen Safety Guideline (G-34)*
- *Area 63 Requirements*
- *Al-Anon/Alateen Service Manual (P-24/27)*



The Alateen Meeting

Procedures

- Alateen members chair the meetings and assume responsibility for being Group Representative (GR), Secretary, and Treasurer.*
- Alateen Group Sponsors may assist or coach members in leading the meeting when the group is new.
- Alateen Group Sponsors help to keep the meeting on track by gently guiding the discussion to stay on Al-Anon/Alateen principles.



*an Alateen Group Sponsor should hold the group's funds.




The Alateen Meeting

Topic/Format Ideas



Where to find meeting ideas:

- *Al-Anon/Alateen Groups at Work (P-24)*
- *Conference Approved Literature (CAL)*
- *Alateen Talk, The Forum, e-CAL*
- *Steps, Traditions, Slogans*



Meeting formats include: discussion, speakers, question and answer, writing and art.

Periodic meetings on Sponsorship can help members to learn to sponsor each other.



Parents and the Alateen Group Sponsor

- What is said in an Alateen meeting is confidential. Just as in Al-Anon meetings, “Whom you see here, what you hear here, when you leave here, let it stay here” applies.
- Group Sponsors keep Alateens’ confidences and do not interfere in parent/child relationships or challenge parental authority.
- Alateens and Al-Anon members can share with parents how Al-Anon can help them, and encourage parents to try Al-Anon meetings themselves.




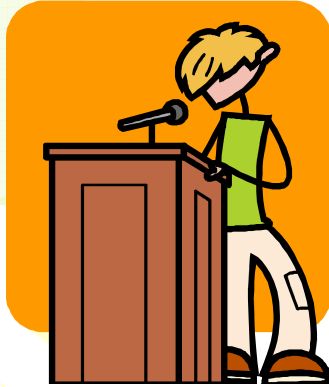
Alateen and the Law

The Alateen Group Sponsor needs to be aware of current state and local laws regarding mandatory reporting of issues related to minors. If you reside in a state or province that has such laws, the Alateens should be made aware of this at each meeting before sharing begins, as Al-Anon/Alateen confidentiality is not above the law.



A.A. Conventions with Al-Anon/Alateen Participation

- A.A. may invite Al-Anon and Alateen to participate in its conventions or other events.
 - Alateen participation must adhere to the Area Alateen Safety and Behavioral Requirements. There can be no Alateen participation if Al-Anon is not invited to participate.
 - The A.A. planning committee must agree to adhere to the Al-Anon Area's Requirements for Alateen participation.
- 



Alateen Conferences

- Opportunity for Alateens and Al-Anon Members Involved in Alateen Service to enhance their recovery through sharing of ideas, fun, and fellowship
- Increased sharing experience with wider Alateen membership
- Sometimes called “roundups,” “conventions,” or given other (Area-approved) titles



Alateen Conferences

- Most are closed, intended for Alateens and certified Al-Anon Members Involved in Alateen Service (AMIAS) only.
- An Alateen Conference with open meetings needs to have:
 - a process to identify the Area-certified Al-Anon Members Involved in Alateen Service
 - a safety plan to insure that Alateens are always in the care of the Area-certified AMIAS present



Al-Anon Member Involved in Alateen Service -- AMIAS

- **Group Sponsor - Is an Al-Anon member who is directly responsible for Alateens while being of service to Alateen.**
- **“LAPS” (Loving Addult Presence) are backup Alateen Group Sponsors.**
- **Each must have completed certification through the Area Process.**

Alateen Safety and Behavioral Requirements

- **Minimum Requirements were set by the 2003 Alateen Motion.**
- **Alateen meetings, groups, events, and Al-Anon Members Involved in Alateen Service must comply with the Area Requirements.**







2003 Alateen Motion

- Requires Areas to set safety and behavioral requirements for all Alateens and all Al-Anon Members Involved in Alateen Service.
- These requirements apply the use of the Al-Anon or Alateen name in conjunction with any meetings, groups, conventions, or any other gatherings in the area where Alateen participation is offered.





Area 63 Alateen Safety and Behavioral Requirements

1. Every Al-Anon member involved with Alateen service agrees to attend Al-Anon meetings regularly.
 2. There must be at least one (preferably two) Alateen Group Sponsors at every Alateen meeting.
 3. Overt or covert sexual interaction (whether consensual or not) between any adult and an Alateen member is strictly prohibited.
- 
- 



Area 63 Alateen Safety and Behavioral Requirements

(cont'd)

- 
- 
4. Al-Anon members involved with Alateen service will not engage in any conduct contrary to the laws of the State of Alaska.
 5. Al-Anon members involved with Alateen service will not transport teens under the age of 18 in any vehicle to or from an Alateen or Al-Anon function unless the teen has an Area 63 (Alaska) permission slip signed by a parent or guardian.

Area 63 AMIAS Requirements

1. Any Al-Anon member wishing to be involved in Alateen service, either as an LAP or an Alateen Group Sponsor, must file an application form and an AMIAS form (Al-Anon Member Involved in Alateen Service) prior to being with the teens.
2. These forms must be resubmitted for verification and review annually.

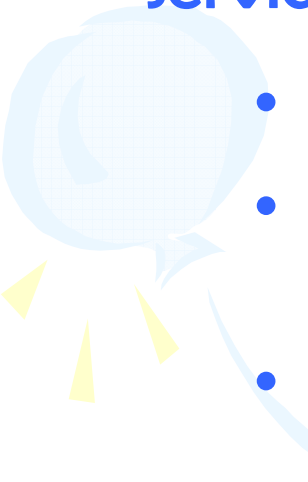
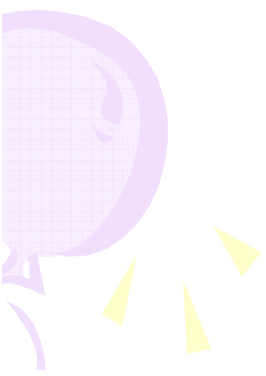




Area 63 AMIAS Requirements

(cont'd)

Every Al-Anon member involved with Alateen service must:

- 
- be at least 21 years old.
 - be an Al-Anon member who regularly attends Al-Anon meetings.
 - never have been convicted of a felony, or charged with child abuse.
 - never have been charged with other inappropriate sexual behavior.
- 



Area 63 AMIAS Requirements

(cont'd)



Further, every Al-Anon member involved with Alateen service must:

- never have exhibited emotional problems which could result in harm to Alateen members.
- be active in Al-Anon for at least two years in addition to any time spent in Alateen.
- be a participating member of an Al-Anon Home Group.
- have attended Al-Anon meetings in Alaska for at least one year.



AL-ANON

guidelines

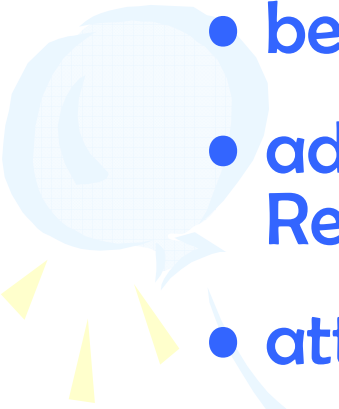
Shared Experience Of Al-Anon and Alateen Members.



Area 63 AMIAS Requirements

(cont'd)

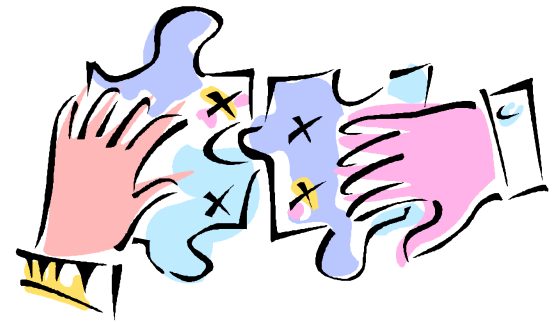
In addition, every AMIAS must:

- 
- be nominated in writing by an Al-Anon member.
 - adhere to Area 63 Safety and Behavioral Requirements.
 - attend an annual re-certification workshop.
 - promptly report any and all changes in the Alateen Group registrations to the Alateen Coordinator (ASC).



Area 63 AMIAS Candidate Responsibilities

- contact Area 63 Alateen Coordinator to begin application process.
- complete AMIAS application packet.
- attend a District meeting to participate in an AMIAS information exchange.
- be willing to be fingerprinted and authorize a background check.
- work with a current Alateen sponsor, if available.
- attend an AMIAS training workshop.





Starting an Alateen Group

- Follow the Area Process for certification of Alateen Group Sponsors and meeting registration.
- Work with Area Alateen Coordinator.
- Set meeting place/time.
- Al-Anon group support is helpful.
- Alateen meetings are closed, attended by Alateens and the Area-certified Alateen Group Sponsors only.

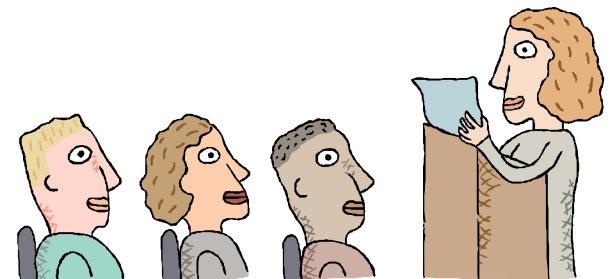
The New Alateen Meeting

- The first meeting will be exciting for all concerned.
- Ask the group to set its own behavioral guidelines. Remind them they are responsible for their group.
- **Remember it's the Alateens' meeting!**



Addressing Behavioral Problems

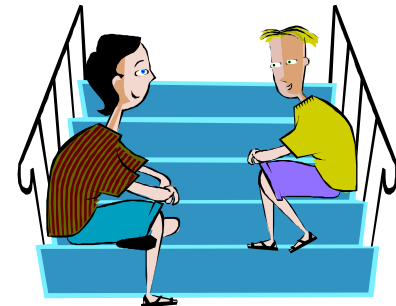
- Say the Serenity Prayer. Then share the problem in a general way with the group, inviting discussion.
- Apply the Traditions to the situation and to stick to Al-Anon/Alateen principles.
- The group may decide to update their behavior guidelines, including actions to take with violators.
- The group may decide a group inventory would be helpful.



Taking a Group Inventory

- Taking group inventory can help to prevent problems, as well as to identify them and find solutions.
- Giving the Alateens responsibility for their meeting or event can deepen their commitment to upholding behavior requirements.
- Resource: *Taking a Group Inventory Guideline (G-8)*

*"Participation is the key to harmony."
(Concept Four)*



Voting a Group Conscience

- The next step is to discuss “taking an informed group conscience” with the group.
- After the matter is discussed and voted on, the group honors the opinion of the majority.
- When the Alateen group determines its own behavioral guidelines and the process for dealing with violations, the group members will monitor their own behavior.





Difficult Situations

Topics:

- Living with physical violence
- Running away
- Peer pressure
- Abuse
- Sex & sexuality
- Suicide

Behaviors:

- Fidgeting or moving around
- Crying
- Seeming angry or confused
- Doodling





Tough Situations

What can Alateen Group Sponsors do?

- Listen. Listen. Listen.
- Encourage the member to find her own solution.
- Suggest using the difficulty as a group topic.
- Use Alateen concepts, traditions and literature to guide the group discussion.
- Know your local laws regarding mandatory reporting. Provide community resource list to member, if needed.
- Talk to other Alateen Group Sponsors and your Service Sponsor.
- DO NOT violate the member's anonymity.



Practicing Detachment

- Alateens may share family matters that are disturbing. Remember they are only sharing one side of the story. It is important that the Sponsor not place themselves between the child and the parent.
 - The Alateen Group Sponsor's or AMIAS' role is not to “fix” each Alateen's problems.
 - Alateen group meetings and events are a safe haven for the Alateens.
 - Alateen Group Sponsors and AMIAS need to keep their focus on their own recovery, and not let others' problems overwhelm them.
- 
- 

Avoiding Burnout



- Attend additional Al-Anon meetings.
- Attend or chair a meeting on “laughter”!
- Attend Alateen Sponsor meetings/weekends in your district/Area.
- Use your personal and service sponsors.
- Put your emotional and spiritual needs first.
- Take a break from sponsoring.

Interacting with Parents



- Be prepared to answer questions such as:
 - How do I get my child to attend?
 - Can I stay at the meeting with my child?
 - How is the meeting run?
 - Will they talk about me?
 - Will you counsel them personally?
 - Does my child participate?
- Make them aware of Al-Anon
- Alert them to the need for permission forms
- Inform them of the specific safety procedures for the meeting or event





Interacting with Parents

(Cont'd)

- Alateen recovery is about learning to keep the focus on oneself, just as Al-Anon members do.
 - The Alateen Group Sponsor and the other Alateens are bound by our Tradition of anonymity. In the same way, we respect parents' confidentiality and do not share what they say with the Alateen member.
 - Never come between a child and their parent, or undermine the parent's authority. The Alateen Group Sponsor only has responsibility for the child while the child is in the Alateen meeting or event. The parent's decisions must be adhered to—whether you agree with them or not.
- 
- 

Anonymity



- It is important to discuss the meaning of anonymity and confidentiality with the Alateen group (Traditions Eleven and Twelve).
- Alateens and Alateen Group Sponsors need to understand the importance of “Who you see here, what you hear here, when you leave here, let it stay here.”
- Sponsors protect Alateen confidences when talking with other Sponsors.

Alateen Group Sponsors



- Provide support and encouragement to the Alateen group as a whole.
- Avoid one-on-one interactions.



We always...

Keep the

focus



on Al-Anon/Alateen

principles

Alateen Personal Sponsors

Alateens are encouraged to ask another Alateen member, with whom they can discuss personal problems and program questions, to be their personal sponsor.



Alateen Resources

- District/Area trusted servants
 - District Representative
 - Area Alateen Coordinator
 - Area Alateen Process Person
 - Area officers
 - Alateen Sponsor Workshops
 - Alaska Alateen website (www.al-anon-ak.org)
- World Service Office
 - Staff
 - Guidelines/service tools
 - Members' Website





WSO Alateen Guidelines

- *Alateen Safety Guidelines (G-34)*
- *Starting an Alateen Group (G-19)*
- *Alateen Meetings in Schools (G-5)*
- *Alateen Conferences (G-16)*
- *Area Alateen Coordinators (G-24)*

AL-ANON

guidelines

The Shared Experiences Of Al-Anon and Alateen Members.

Starting an Alateen Group

...ual undertaking. It takes time, commitment, the support of one or more Al-Anon
...ct your District Representative, Alateen Coordinator, or Area
...safety and Behavioral Requirements and your Area
...ative can provide the contact

G-



Area Resources

Area Alateen Coordinator

Alora Ann Preuss

alateen@alorapreuss.net

907.602.7424

Area Alateen Process Person

Mari Jamieson

mari.jamieson@alaska.net

907.230.8084



Responsibility Statement

“Al-Anon Members Involved in Alateen Service are to provide direction to assure that emphasis is placed on the Al-Anon program of recovery and, to the best of their ability, maintain an atmosphere that will protect the Alateen members from physical and emotional harm.”

*The Responsibility Statement can be found on the WSO **Alateen Safety Guideline, G-34.***

AL-ANON

guidelines

The Shared Experience Of Al-Anon and Alateen Members.

Alateen Safety Guidelines

G-34

...base their Sponsors and Al-Anon/Alateen as a
... Guidelines.



Safety Checklist

*Al-Anon Members Involved in
Alateen Service:*

- Work their own Al-Anon program, and participate in local/Area Al-Anon/Alateen events.
- Avoid one-on-one interactions with Alateens.
- Know when to step down as an Alateen Group Sponsor.
- Attend District and Area Assemblies whenever possible.
- Participate in Alateen Sponsor Workshops.
- Stay informed—connect with the Area Alateen Coordinator.

“We are never alone in Alateen Service...talk to each other, reason things out with someone else...”

