



Al-Anon/Alateen Family Groups

Strength and Hope for Families and Friends of Problem Drinkers

Grand Rapids, Michigan and Surrounding Area www.grafg.org • Al-Anon Family Groups World Service Office www.al-anon.org

An Open Letter to Health Care Professionals

Dear Health Care Provider,

Since 1956 the American Medical Association has recognized alcoholism as a primary, progressive disease. We at Al-Anon/Alateen know that it is also a family disease that can affect some or all members of a household both physically and emotionally. It has been our experience that the relatives and friends of problem drinkers/alcoholics often seek medical help for a variety of stress-related symptoms.

Al-Anon is a mutual support fellowship that offers a program of recovery to the relatives and friends of problem drinkers. Alateen, a part of Al-Anon, is for a young people who are equally affected by an alcoholic.

If you suspect someone's drinking problem has contributed to the cause of your patient's symptoms, we urge you to recommend Al-Anon and/or Alateen as part of their treatment. Al-Anon/Alateen is a mutual-support program that has brought hope and recovery to thousands whose lives have been adversely affected by another's alcoholism.

How Else Can You Help?

- Visit the Al-Anon/Alateen World Service Office website at www.al-anon.org. Al-Anon Family Groups offer a variety of resources designed to assist professionals.

Look at the link "for professionals," "teens," and "media." You will find counselors, therapists and others in a range of professions encouraging the friends and families of problem drinkers to attend Al-Anon meetings. At meetings, clients and patients can find understanding and support that complements and reinforces professional your treatment recommendations. This site is in English, Spanish as well as French.

- Suggest to your patients that they visit the local Al-Anon/Alateen website www.grafg.org for a schedule of local meetings or call a 24-hour Al-Anon answering service at 616-222-0632.
- Request an introductory sample packet of information and posters for your office.

If you or your staff would like additional information please visit our website at www.grafg.org or e-mail us at info@grafg.org or call 616-222-0632 to speak with an Al-Anon member directly.

We hope you will find opportunities in your practice to help your patients by suggesting the Al-Anon/Alateen.

Thank you, Grand Rapids and Surrounding Area Public Outreach Committee