Dear School Counselor,

You may come into contact with students who are affected by someone else’s drinking. Frequently students do not realize that their relationship to an alcoholic or someone who struggles with drinking could be a factor in their problems. If you know or suspect that a problem drinker is affecting your students, we urge you to suggest Alateen. If there are no local Alateen meetings in your area and you and your school may be interested in having Alateen at your school, contact the Alateen Chair (under ‘Service Contacts’) on the [www.maineafg.org](http://www.maineafg.org) website.

**Alateen** is for young people whose lives have been affected by someone else’s drinking. Young people in Alateen meet to discuss their common problems, exchange experiences, and encourage one another. They help each other learn effective ways of coping with their own personal problems and they find that applying the Al-Anon and Alateen principles can help them in their daily lives. Alateen is part of Al-Anon, and has two adult Al-Anon members present to actively sponsor each meeting. There are no dues or fees for membership and no appointment is required.

If there are few Alateen meetings in your area, we welcome teens to attend our local Al-Anon meetings. In addition, Alateen has just recently started a Chat Room that is supervised by Al-Anon. Further information about this Alateen Chat Room is included in this packet. It seems likely that today’s teens may prefer this method of getting support.

In this packet, the local southern Maine Al-Anon District is providing you with some material for professional reading about the ‘family’ disease of alcoholism and how teens can be affected. There are bookmarks (with QRC codes), business cards, a pamphlet (Has your life been affected by someone else's drinking?) and the book (If your parent drinks too much) that can be shared with teens. You also may copy and share the “Open Letter to My Teacher” to teachers and staff to raise awareness of the effect of problem drinking on kids.

If you or your school are interested in borrowing and showing a DVD titled "Al-Anon and Alateen's Role in Family Recovery", contact us and we can order one for you. This 75- minute DVD offers short presentations to adults, teens and professionals. Perhaps the principal may want to show it to the staff at your school.

If you need local meeting or further information, please call Maine

Al-Anon at (800)-498-1844 or the national Al-Anon office at (888)-4AL-ANON (888)-425-2666, Monday through Friday 8 AM to 6 PM ET.

You may also contact me for further information or literature at \_\_\_\_\_\_ *(email, phone)*

Sincerely,

*(We ask that GRs and/or their group members deliver an Alateen packet to their local MS and HS counselors.* *This person may sign their first name on this letter and their contact info.*