

IDAHO AREA 13 AL-ANON ALATEEN NEWSLETTER FOR PROFESSIONALS

ISSUE 1

MAY 2018

Welcome to the FIRST edition of the Idaho Area 13 Al-Anon Alateen Newsletter for Professionals!

Welcome to the inaugural edition of the Idaho Area 13 Al-Anon Alateen Newsletter for Professionals!

The purpose of this newsletter is to provide information on Al-Anon and Alateen to professionals who might know people who would benefit from these recovery programs. Such professionals are in areas of expertise such as health care, education, counseling, spiritual, non-profit, legal, human resources, etc. This newsletter is free and will be distributed electronically on the 1st of each month. Please feel free to share it with others you think would be interested in the information provided.

Speaking of information provided, your feedback would be greatly appreciated as our goal is to make sure that this newsletter does the best possible job of answering questions professionals have about Al-Anon and Alateen.

If you do have feedback, please send it to area13newsletter@gmail.com. Thank you so very much!

What Is Al-Anon and Alateen?

"Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it."

SOURCE: [CLICK HERE](#) to view more on this information at al-anon.org

[CLICK HERE](#) for answers to Frequently Asked Questions (FAQ) about Al-Anon

What is Idaho Area 13?

So how is Al-Anon organized? Here's a breakdown of the structure of this program for families and friends of alcoholics. Al-Anon meetings are held in seven districts across Idaho. These districts encompass all of the Gem State and even some out-of-state communities that border Idaho such as Clarkston (WA), Ontario (OR), and Afton (WY).

These seven districts make up Idaho Area 13. A map of the seven districts and some of the communities in each of them is on the second page of this newsletter. Idaho Area 13 is one of many areas that make up the Al-Anon WSO (World Service Organization). For more information on the WSO, visit <https://al-anon.org/>

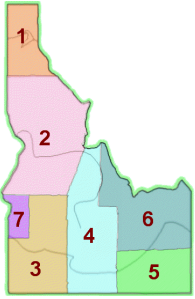
Interested in Alateen?

Alateen is part of Al-Anon and is designed for younger family members of alcoholics. [CLICK HERE](#) for more information on Alateen. [CLICK HERE](#) for a video with teenagers talking about how Alateen has helped them.

What is the difference between Al Anon and Alcoholics Anonymous?

Folks seem to get confused and think that Al-Anon and Alcoholics Anonymous are the same program. **In fact they are two different programs with one big difference:** Al-Anon and Alateen are for the family and friends of alcoholics. On the other hand, Alcoholics Anonymous (AA) is for the alcoholics themselves. [CLICK HERE](#) for more information on Al-Anon. [CLICK HERE](#) for more information on AA.

Idaho Area 13 Map



District 1 - Northern Idaho including Bonners Ferry, Clark Fork, Coeur d'Alene, Hayden Lake, Kellogg, Osburn, Post Falls, Sandpoint, St. Maries

- **District 2 - Central northern Idaho** including Clarkston (WA), Cottonwood, Craigmont, Grangeville, Kamiah, Kendrick, Lenore, Lewiston, Moscow, Orofino, Pullman (WA), Riggins, and Weippe

- **District 3 - Midwestern Idaho** including Boise, Eagle, Emmett, Garden Valley, Kuna, McCall, Meridian, Mountain Home

District 4 - Central Idaho including Bellevue, Buhl, Burley, Filer, Gooding, Hailey, Jerome, Ketchum, Rupert, Shoshone, Sun Valley, Twin Falls

District 5 - Southeastern Idaho including Afton (Wyoming), American Falls, Chubbuck, Malad, Pocatello, Preston, Soda Springs

District 6 - Mideastern Idaho including Arco, Ashton, Blackfoot, Challis, Driggs, Dubois, Idaho Falls, Mackey, Rigby, Salmon, St. Anthony, Tetonia

District 7 - Western Idaho including Caldwell, Homedale, Middleton, Midvale, Nampa, Nyssa, Ontario (Oregon), Payette, Weiser

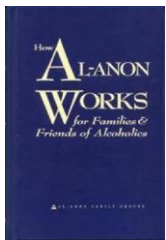
Did you know that Al-Anon offers both face-to-face and electronic meetings?

Recognizing that people have a wide variety of needs regarding meetings, Al-Anon as meetings in both face-to-face and electronic formats.

In terms of face-to-face meetings, [CLICK HERE](#) to access the meeting schedules for the seven districts in Idaho Area 13. If you're looking for an Al-Anon meeting in any part of the country, [CLICK HERE](#) to visit the Find a Meeting feature on the Al-Anon Alateen World Service Organization (WSO) website.

In addition, Al-Anon has electronic meetings in a wide variety of formats such as phone, chat, Skype, email, discussion boards, etc. [CLICK HERE](#) to access the Al-Anon electronic meetings page on the WSO website.

A good book to learn about Al-Anon



A book designed to learn about Al-Anon is *How Al-Anon Works for Families & Friends of Alcoholics* (pictured to the left). First available in hardcover,

the book is now available in a less-expensive paperback form. Some individuals and groups give a paperback copy of the book to newcomers. [CLICK HERE](#) to see various Al-Anon books available on Amazon. To support the Idaho Area 13 Literature Center by buying this or other books, contact al.anon.idaho@gmail.com or 208-344-1661.

Look for Al-Anon at ICADD

Are you attending the Idaho Conference on Alcohol and Drug Dependency which is May 22-24 at Boise State University? Come say hello to the folks from Al-Anon who will be staffing our exhibitor's table. You can pick up some great information on Al-Anon while you're there. Also, there will be an Al-Anon meeting on Wednesday, May 23 from 7-8 AM in the Hatch D Ballroom. This will be an opportunity for people who are interested to get an idea of what an Al-Anon meeting is like. Hope to see you there!

Would you like an Al-Anon speaker?

Do you know of a conference, group or organization that would like a speaker to talk about Al-Anon and Alateen? If you do, email area13newsletter@gmail.com.

Do your friends and colleague a favor and share this newsletter with them!

The Idaho Area 13 Al-Anon Alateen Newsletter for Professionals is designed to provide information regarding Al-Anon and Alateen for interested individuals and organizations. If you have feedback regarding this newsletter, please send your comments to area13newsletter@gmail.com. Please feel free to share this newsletter with others who would be interested. To receive this FREE monthly newsletter, send an email area13newsletter@gmail.com. Thank you.

[CLICK HERE](#) to access the Area 13 website to download meeting schedules for any or all of the seven districts in Idaho Area 13.