Al-Anon Family Groups

OUTREACH TO PROFESSIONALS: LAW ENFORCEMENT

All About Al-Anon

FOR LAW ENFORCEMENT PROFESSIONALS

Who we are

We're members of the
Al-Anon Family Groups (AFG)
of Wisconsin and Upper Peninsula of Michigan

Why we're here

To inform you, Law Enforcement Professionals, about what Al-Anon/Alateen is, and how it can help YOU help citizens you serve

What we'll share

1. How Al-Anon is a **RESOURCE** for you

2. What Al-Anon **IS** and what it **IS NOT**

3. The role Al-Anon plays in recovery from the **FAMILY DISEASE** of alcoholism

4. How you can **MAKE REFERRALS** to Al-Anon

a word about Anonymity

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People. Saving Money through Prevention.

SEARCH

A-Z Index A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

Morbidity and Mortality Weekly Report (*MMWR*)

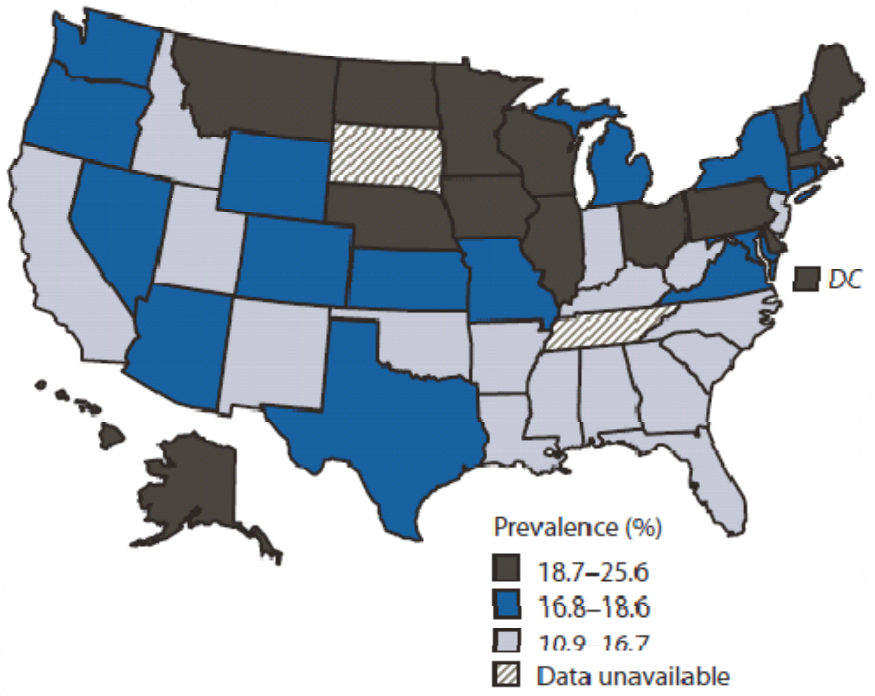
MMWR

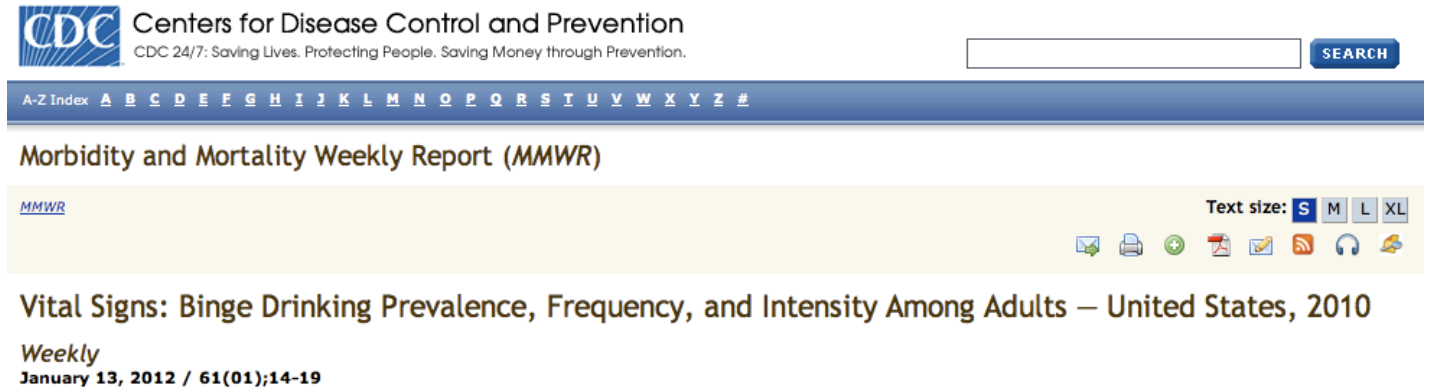
Text size: S M L XL

Vital Signs: Binge Drinking Prevalence, Frequency, and Intensity Among Adults — United States, 2010

Weekly
January 13, 2012 / 61(01);14-19

Prevalence of Binge Drinking Among Adults in the U.S.





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Wisconsin has the highest PREVALENCE OF BINGE DRINKING among all 50 states:

10.9% (Utah) to 25.6% (Wisconsin)

Wisconsin has the highest INTENSITY OF BINGE DRINKING among all 50 states:

6.0 drinks on occasion (DC) to 9.0 drinks on occasion (Wisconsin)

In the U.S. there are more than 18 million people
with a drinking problem, and
only 10% of them
will ever get help

Every individual with a drinking problem
disrupts the lives of at least 4 other people:
THE CHILD WHO LOSES A PARENT TO A DRUNKEN DRIVING ACCIDENT
CAREERS THAT ARE RUINED
MARRIAGES AND FAMILIES THAT ARE DESTROYED
BY PROBLEM DRINKING

Of the estimated

72 million Americans

affected by someone else's drinking, most will not get help for themselves

Many will never realize they could have benefited from insight into problems caused by another person's drinking

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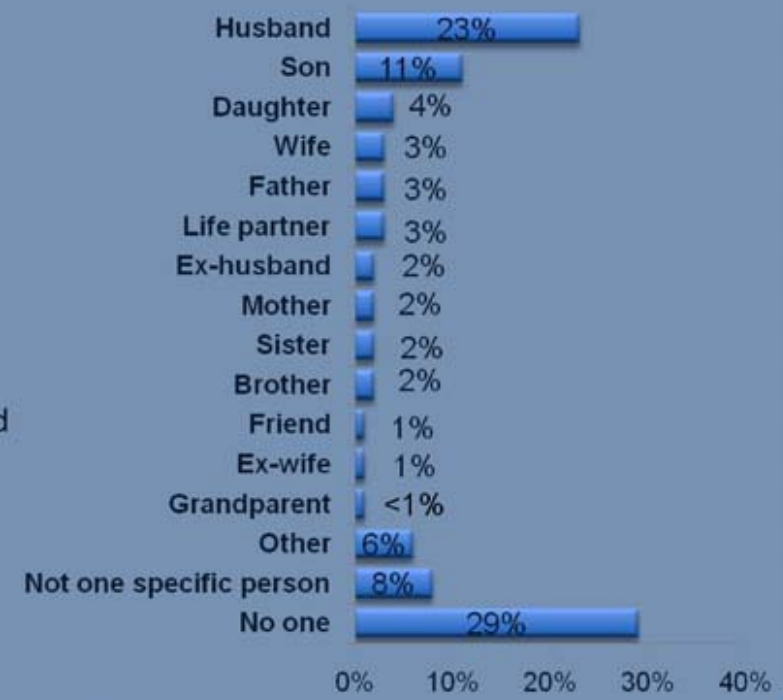
Who is the Problem Drinker?

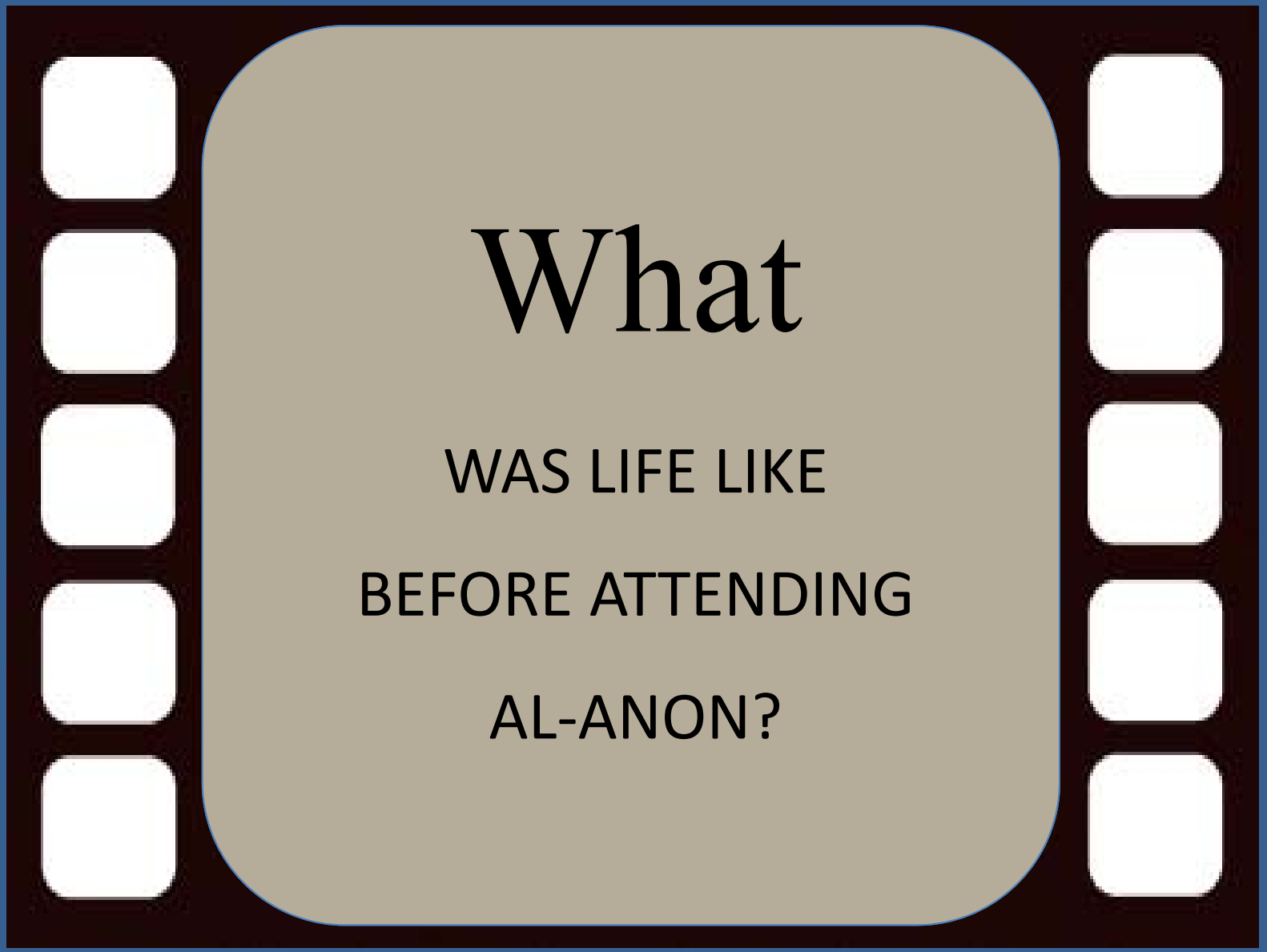
- Nearly one-quarter of Al-Anon Family Group members identify their husband as the person whose alcoholism or problem drinking is negatively affecting their life the most.
- One in ten members are affected most by their son's drinking.



Q7: Please select the person whose alcoholism or problem drinking is CURRENTLY negatively affecting your life the most.
Base: All respondents (n=1,775)

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

What effect
can someone's
excessive drinking
have on others?


What
WAS LIFE LIKE
BEFORE ATTENDING
AL-ANON?

Where

LAW ENFORCEMENT PROFESSIONALS WILL

FIND CITIZENS AFFECTED BY

SOMEONE ELSE'S DRINKING

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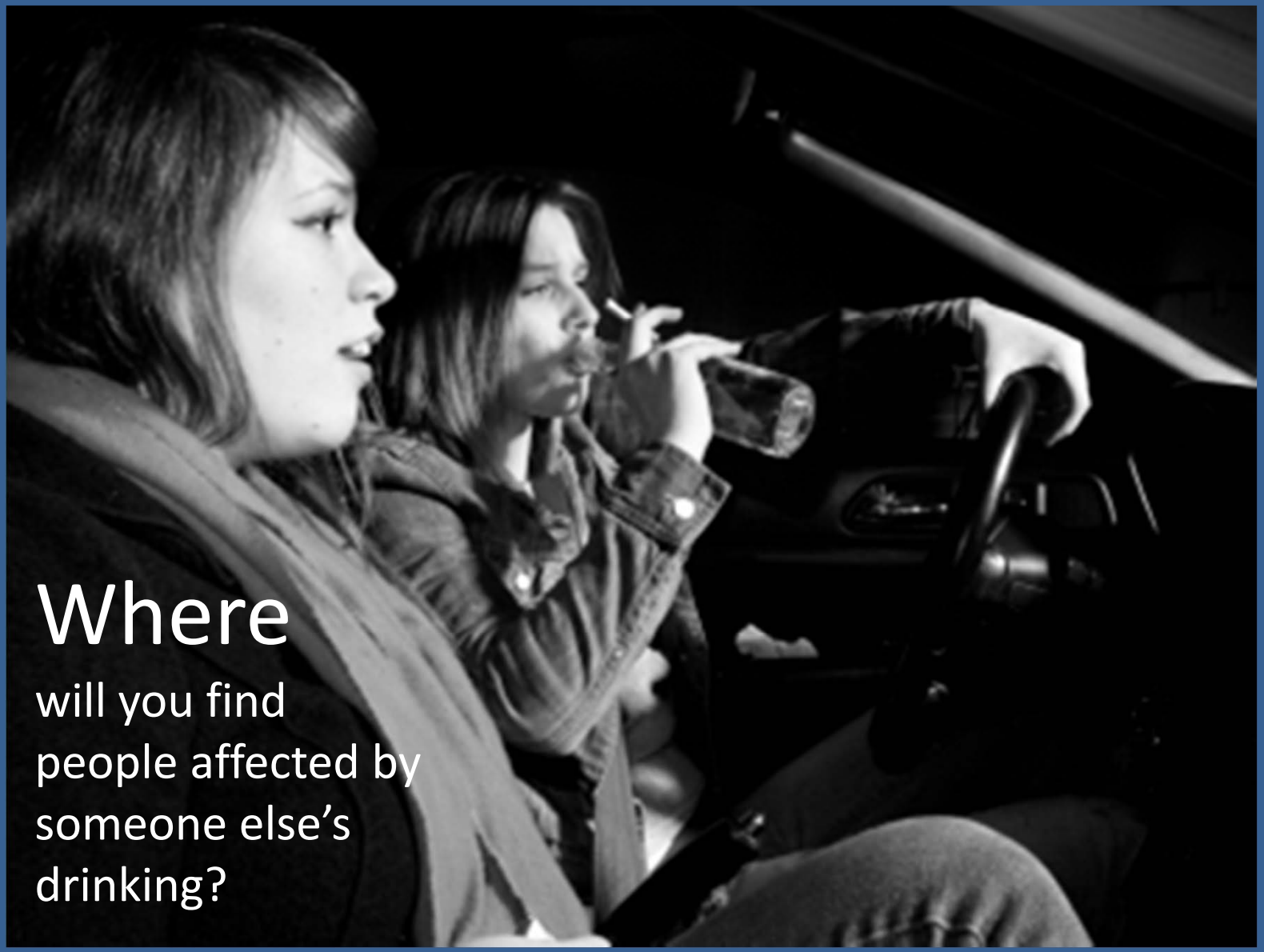
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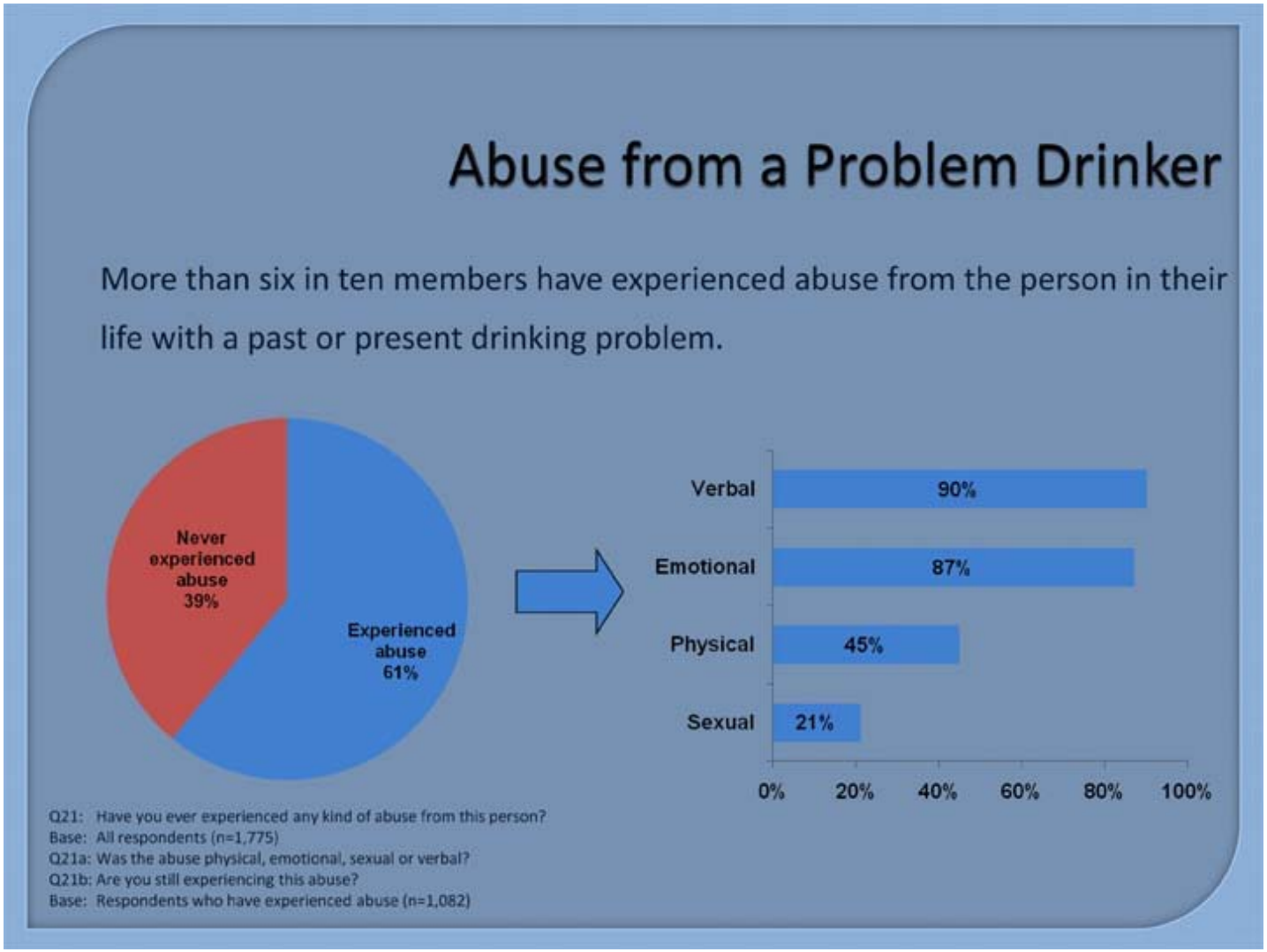

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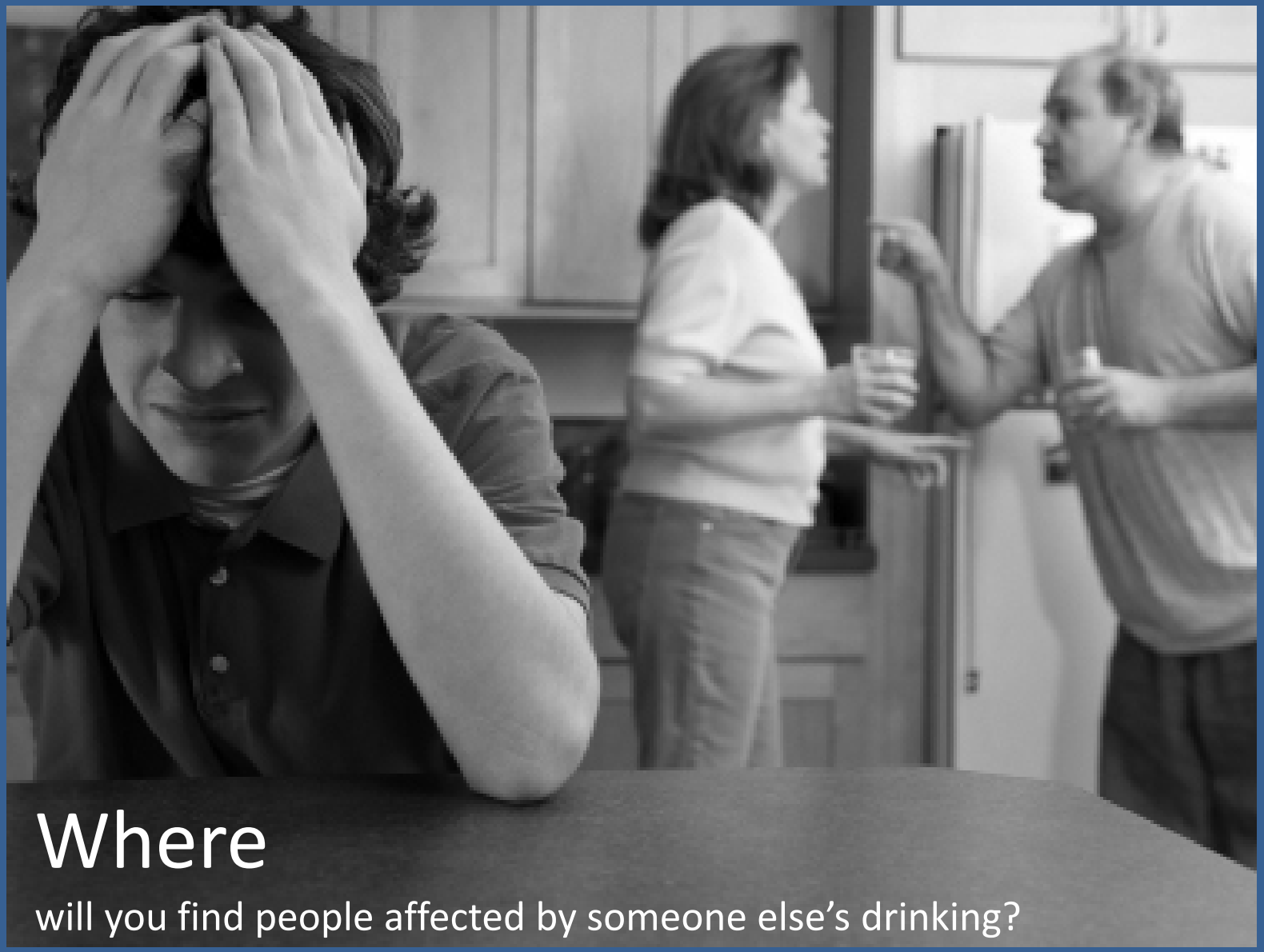

Where

will you find people affected by someone else's drinking?

Where else

LAW ENFORCEMENT PROFESSIONALS WILL FIND PEOPLE AFFECTED BY SOMEONE ELSE'S DRINKING

- Court
- Traffic stops
- Domestic violence calls
- And other community settings

Does active drinking impact

If the problem drinker is still drinking, the member is...

- Less likely to be content, loving, or proud.
- More likely to feel disappointed, frustrated, resentful, and angry.
- Less likely to feel safe.
- More likely to be diagnosed with a anxiety disorder
  - Members who report the problem drinker is not actively drinking are more likely to be diagnosed with a mood disorder.
- More likely to report fatigue and sleeping problems, high stress levels, and an obsession with eating too much food.
- 3 times more likely to be currently experiencing abuse.

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

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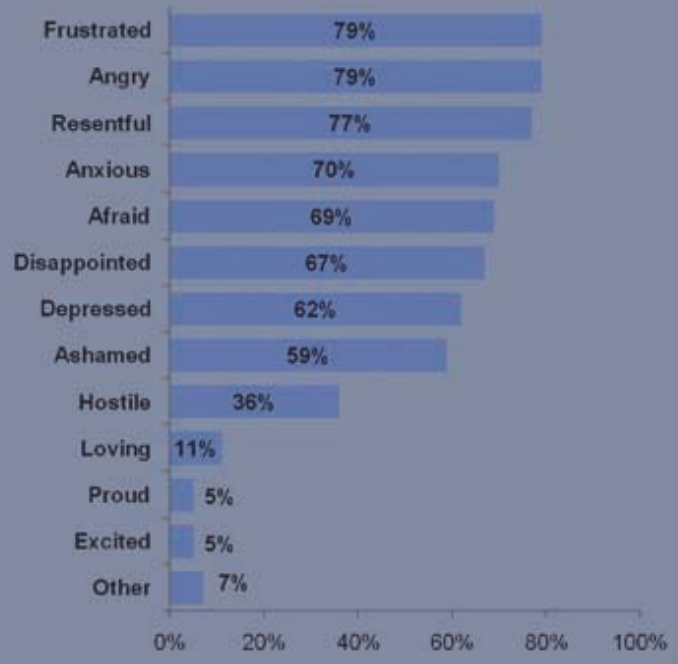
Emotions Experienced Before Attending Al-Anon Family Groups

- The most common emotions experienced by members before attending Al-Anon Family Groups are frustration, anger, and resentment.
- Members in the US experienced fear and depression more than those in Canada.
- Women experienced resentment, anxiety, fear, depression, and shame more than men.



Note: Responses with less than 3% of total not shown.
Q9: Please select the emotions and feelings you experienced on a continual basis, related to your experience with the alcoholic or problem drinker, BEFORE attending Al-Anon Family Groups.
Base: All respondents (n=1,775)

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers

SINGLE PURPOSE:

To help families and friends of problem drinkers,

whether the problem drinker is still drinking or not.

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Al-Anon Family Groups
Strength and hope for friends and families of problem drinkers

WORLDWIDE FELLOWSHIP NETWORK of people who believe their lives have been affected by someone else's drinking ...
NOT group therapy and NOT led by a counselor or therapist.

MUTUAL SUPPORT recovery program where members share their experience, strength and hope to solve common problems

BASED ON THE TWELVE STEPS of Alcoholics Anonymous …
but NOT affiliated with AA

SPIRITUAL PROGRAM that is compatible with all religious beliefs or none at all … *independent and NOT allied with any sect, denomination, political entity, organization or institution*

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Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers

Weekly and online meetings

No dues or fees

Anonymous

Compatible with professional treatment

Free of charge

Worldwide

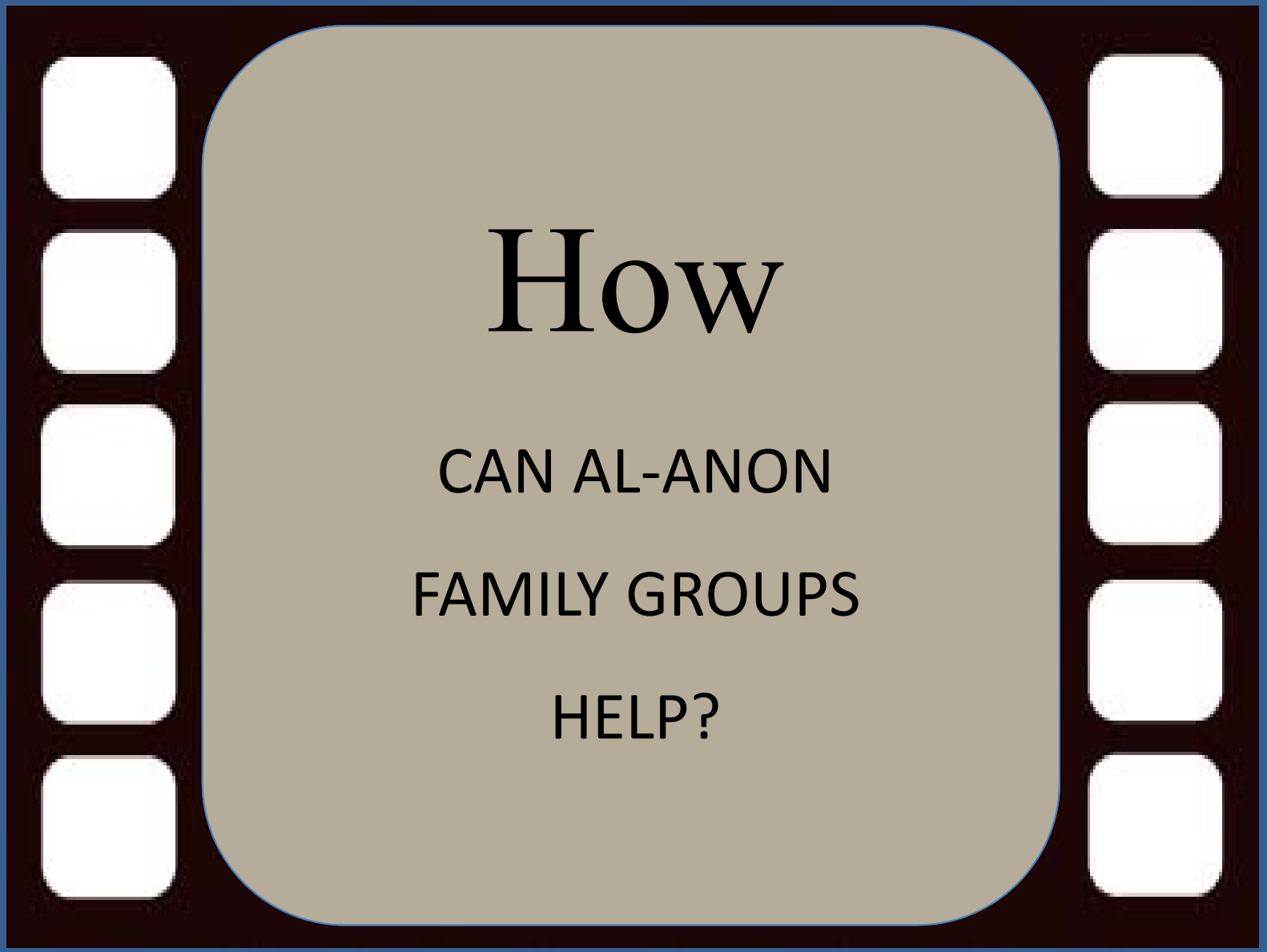
Spiritual

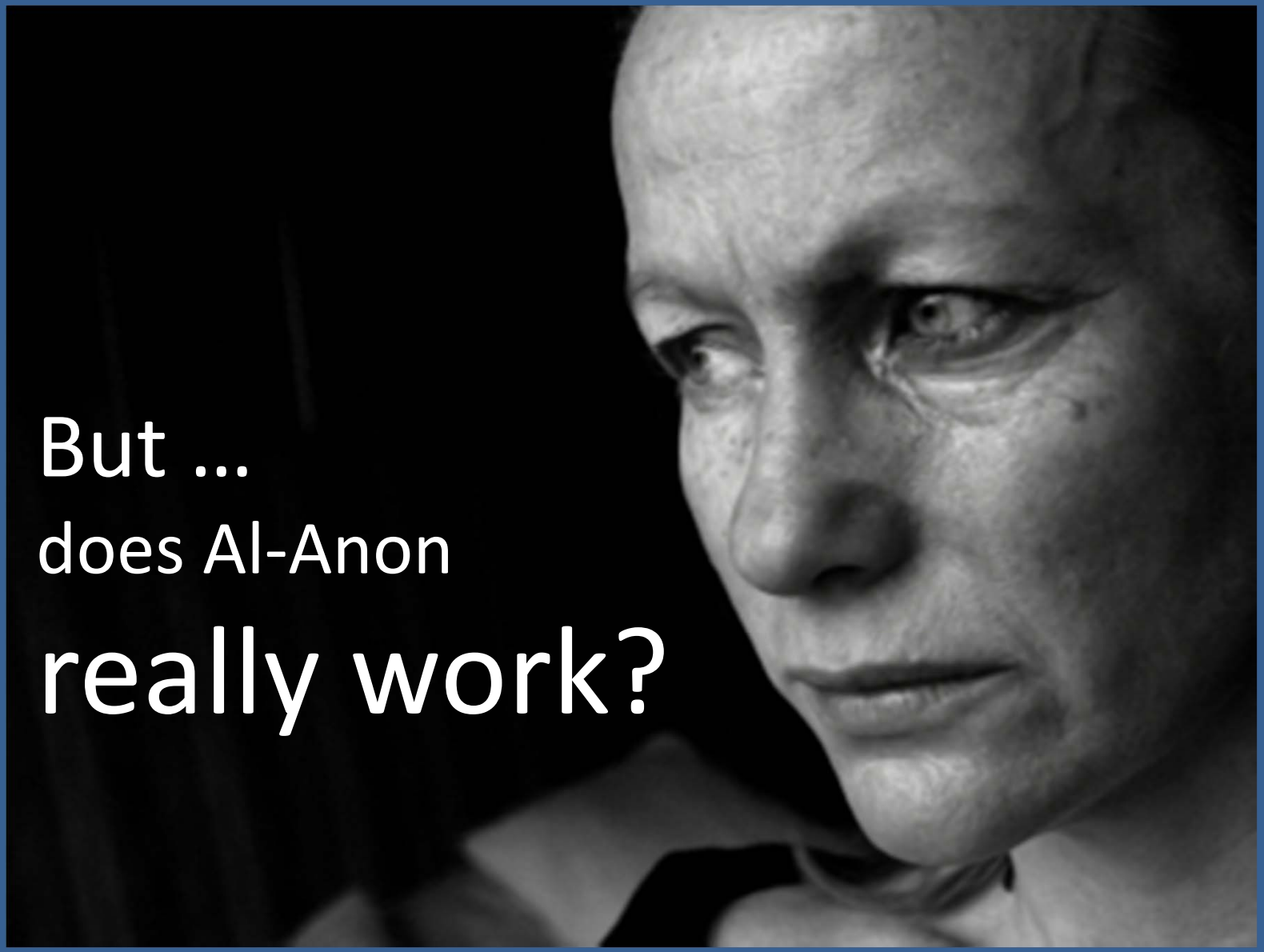
Fellowship of peers

Independent

No professional referral required

Not a treatment center, counseling agency or teaching program


How
CAN AL-ANON
FAMILY GROUPS
HELP?


But …
does Al-Anon
really work?

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Negative emotions	Before Attending Al-Anon Family Groups	% Point Decline	After Attending Al-Anon Family Groups
Angry	79%	-70	9%
Resentful	77%	-65	12%
Frustrated	79%	-63	16%
Afraid	69%	-57	12%
Ashamed	59%	-55	4%
Disappointed	67%	-53	14%
Anxious	70%	-52	18%
Depressed	62%	-52	10%
Hostile	36%	-34	2%

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

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Positive Emotions	Before Attending Al-Anon Family Groups	% Point Increase	After Attending Al-Anon Family Groups
Calm	2%	+71	73%
Loving	11%	+61	72%
Content	1%	+58	59%
Safe	1%	+56	57%
Receptive	2%	+41	43%
Relieved	2%	+33	35%
Proud	5%	+25	30%
Excited	5%	+15	20%
Elated	2%	+12	14%

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

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Physical problems	Before Attending Al-Anon Family Groups	% Point Decline	After Attending Al-Anon Family Groups
Stress level	84%	-62	22%
Depression	63%	-48	15%
Sleeping	61%	-38	23%
Fatigue	55%	-32	23%
Headaches	36%	-26	10%
Diarrhea or constipation	21%	-14	7%
Eating too much	32%	-13	19%
Breathing	14%	-10	4%
General sickness	12%	-10	2%
Skin breakouts	13%	-9	4%
Nausea	10%	-9	1%
Eating too little	10%	-8	2%
Chest pain	10%	-8	2%
Alcohol abuse	8%	-7	1%
Memory loss	19%	-5	14%
Gas	13%	-4	9%
Drug abuse	4%	-4	0%
Back pain	22%	-3	19%
Blood pressure	14%	-2	12%
Self mutilation	2%	-2	0%

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

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Daily functioning	Before Attending Al-Anon Family Groups	% Point Decline	After Attending Al-Anon Family Groups
Concentrating on specific tasks	58%	-42	16%
Productivity at work or school	43%	-34	9%
Procrastinating	55%	-28	27%
Following through with commitments	34%	-27	7%
Paying bills	30%	-22	8%
Taking care of the family	25%	-22	3%
Having a coherent conversation	24%	-21	3%
Carrying excessive debt	28%	-18	10%
Overspending	24%	-18	6%
Regularly exercising	49%	-14	35%
Maintaining personal hygiene	10%	-8	2%

SOURCE: 2009 MEMBER SURVEY, AL-ANON FAMILY GROUPS WORLD SERVICE HEADQUARTERS

Summary of More Key Findings

The majority of members who:

- Joined due to someone else's drug use, **LATER DISCOVER SOMEONE ELSE'S ALCOHOLISM IS ALSO A FACTOR.**
- Received treatment, counseling, or therapy before or after Al-Anon **NO LONGER DO.**
- Were referred by a professional, **ATTENDED AL-ANON BECAUSE OF THE PROFESSIONAL'S RECOMMENDATION.**
- Members' self-diagnoses of physical/mental health problems **IMPROVED AFTER AL-ANON.**
- 95% of members **REPORT IMPROVED QUALITY OF SPIRITUAL LIFE AFTER AL-ANON.**

2012 AL-ANON MEMBERSHIP SURVEY AL-ANON FAMILY GROUPS HEADQUARTERS, INC.

Al-Anon
MEMBERS TELL
THE WAY IT IS
TODAY

CALL TO ACTION FOR LAW ENFORCEMENT PROFESSIONALS

Call to Action

WHAT LAW ENFORCEMENT PROFESSIONALS CAN DO TO HELP CITIZENS AFFECTED BY SOMEONE ELSE'S DRINKING

Al-Anon Family Groups

CALL TO ACTION FOR LAW ENFORCEMENT PROFESSIONALS

1. EDUCATE YOURSELF.

Attend open meetings

Know how to find a meeting schedule

Learn more online at **www.area61afg.org**

CALL TO ACTION FOR LAW ENFORCEMENT PROFESSIONALS

2. RECOGNIZE THE OPPORTUNITY.

CALL TO ACTION FOR LAW ENFORCEMENT PROFESSIONALS

3. ASK THE QUESTION.

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CALL TO ACTION FOR LAW ENFORCEMENT PROFESSIONALS

4. SUGGEST AL-ANON

OR ALATEEN

if appropriate.

CALL TO ACTION FOR LAW ENFORCEMENT PROFESSIONALS

5. FOLLOW UP WITH CITIZENS

as appropriate.

Dear Officer,

Do you remember me? I'm the woman who frantically called you three times this year because my husband came home drunk and was violent.

You were annoyed because I called for help so often; yet after each incident, and in spite of your warnings, I'd go back into the same situation without taking legal action.

A few months ago, I began attending Al-Anon meetings regularly. I now understand that alcoholism is a disease and my husband is out of control when he is drunk.

Because of the support I receive from others who have had similar experiences, it's clear to me I do not have to accept violence as a part of my life.

Today, Al-Anon is giving me the courage to take the steps I need to protect myself and my children. I'm learning to make healthy choices for myself. I feel that if you refer others with this problem to Al-Anon, they would be forever grateful. Perhaps my story and the Al-Anon website at www.area61afg.org will help you when you encounter a similar situation.

For more information:

publicoutreach@area61afg.org

or visit

www.area61afg.org

TO ACCESS INFORMATION FOR YOU AND FOR
YOUR CITIZENS WHO MAY BENEFIT
FROM OUR ORGANIZATION

All About Al-Anon

FOR LAW ENFORCEMENT PROFESSIONALS

THANK YOU FOR ATTENDING!