

# Alateen and AMIAS Appeal 2022

by Mary-Ann N

Seattle AIS Alateen Coordinator

Fellow members of Al-Anon and AMIAS (Al-Anon Members Involved in Alateen Service),

I would like to give you an update on our Alateen meetings.

Before COVID, we had about 20+ active Alateen meetings state-wide, and in addition, we were able to offer Alateen meetings to many high schools throughout Washington State.

However, due to COVID, Alateen meetings have been reduced to only 4 meetings in Washington State, 2 available locally

- WSO Alateen mobile chat, Monday night at 7pm
- In person Lake Hill (Bellevue) 1<sup>st</sup> & 3<sup>rd</sup> Thurs from 7:30PM to 9:00PM

For our teens to have the needed access to recovery, we encourage 3 things:

- **We need more certified AMIAS** to enable us to reopen or open new Alateen meetings, as it takes at least 3 to 4 (2 being the bare minimum) certified AMIAS for every Alateen Meeting. Hopefully, having enough AMIAS will help us be ready when schools open their doors for the much-needed Alateen Meetings...
- **Get the word out to teens on where to find meetings** We can contribute by ensuring our Al-Anon meetings have a visible place for Alateen pamphlets, schedules, and copies of the flyer below for sharing. You can download the flyer at: <https://www.seattle-al-anon.org/alateen.html>.

**Recovery is for everyone.**

**In Person meetings:**  
Lake Hill (1<sup>st</sup> & 3<sup>rd</sup> Thurs)  
7:30PM - 9:00PM  
St Andrews Lutheran Church  
[LakeHillsAlateen@gmail.com](mailto:LakeHillsAlateen@gmail.com)

**Zoom meetings:**  
Seattle Alateen (Sat 10:30AM - 11:30AM)  
Contact [alateen@seattle-al-anon.org](mailto:alateen@seattle-al-anon.org)  
for Zoom info

**Try Alateen Mobile App Meetings:**  
WA Area Alateen Room Mon at 7PM  
To attend download the App at:  
[www.al-anon.org/for-members/members-resources/mobile-app/](http://www.al-anon.org/for-members/members-resources/mobile-app/)

**What is Alateen?**

Alateen is a place where teens come together to:  
• share experiences, strength and hope with each other to find effective ways to cope with problems.  
• discuss difficulties and encourage one another.  
• help each other understand the principles of the Al-Anon program by learning about and using the 12 Steps and 12 Traditions to recover from the family disease of alcoholism.

Alateen is NOT:  
• for teenagers seeking help for their own drinking or drug problems.  
• a time to complain about parents or anyone else.  
• a religious group.  
• therapy.

[www.seattle-al-anon.org](http://www.seattle-al-anon.org)

If you know any AA persons, ask them to leave copies of this flyer at their home group or district, as many AA persons may know a loved one who could benefit from an Alateen meeting.

- **Remember that Alateens are welcome in Al-Anon meetings.** Due to the lack of Alateen meetings, it is even more important that we remind ourselves, our groups, and Alateens that they belong in Al-Anon and are welcome to join our meetings.

Training is required for everyone interested in volunteering as an AMIAS. There will be new training dates posted in 2023. Or you could sign up for our ASTAR training weekend in April 2023.



If you wish to sign up for any of the identified training dates or have questions, please contact Eliza D, our WA Area Alateen Coordinator, at [alateen@wa-al-anon.org](mailto:alateen@wa-al-anon.org).

Also, you can contact me at [alateen@seattle-al-anon.org](mailto:alateen@seattle-al-anon.org) for any questions you may have.

Thank you for your service.

Mary-Ann

Seattle AIS Alateen Coordinator