

A Treatment Professional's Experience

As the director of a treatment program, I speak with struggling families almost every day. They call me in the midst of crisis with a son or daughter suffering from addiction. While I try to help them in a variety of ways, I always refer them to Al-Anon.

Families get stuck; get hooked by the trauma of their addicted child. They get mad - or they attempt to control. It doesn't work, and they get more scared and frustrated.

Al-Anon helps families get "un-stuck." It helps them stop managing the lives of their addict or alcoholic - and find some peace in the meantime. It inevitably makes the family member healthier, and infinitely better able to help their loved one when the occasion demands.

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