



PAL Organizational Timeline

Mission: PAL provides hope through education and support to parents of addicted loved ones.

Vision: Make PAL meetings available to all parents of addicted loved ones.

- 2006** PAL was founded by Michael Speakman, LISAC, in Phoenix, AZ while working as an in-patient substance abuse counselor. Mike notes that the reason he started PAL was, “There is no other human relationship like that between parent and child. Even though parents have the most power includes over their children, when addiction enters the picture, the situation mysteriously reverses. Now the child is in the driver seat. Why does this happen? How does this happen? Most important, what can be done about it?”
- Joyce Page was a registered nurse with 23 years working in a Scottsdale family practice. She found herself trying to help an addicted son who was resisting recovery and was one of the first people to attend a PAL meeting and later to become the first parent PAL facilitator. Joyce, before her passing, credited PAL with saving her son’s life and getting him back on the road to recovery. For the next 6 years, PAL expanded to a handful of meetings in the Phoenix area as word spread about this valuable resource.
- 2012** Diane Buxton in Avon, IN came across PAL’s website and started a PAL meeting in Indiana. Groups continued to form and expand in the Phoenix metropolitan area.
- 2014** PAL expanded into Kentucky when another individual heard about the organization and wanted to bring PAL to her community. PAL was now in three states, primarily in Arizona. In 2014, Mike Speakman published his book, *The Four Seasons of Recovery for Parents of Alcoholics and Addicts*. Mike Speakman approached a group of parents and requested assistance in formalizing PAL as an organization.
- 2015** PAL grew beyond the ability of one person to manage, and operations were passed on to a volunteer board of 12 parents, each with a loved one battling addiction. In early 2015, PAL incorporated in Arizona as a Christian-run nonprofit. PAL operated its 501c(3) status under the umbrella of Partners in Action, a Christian organization dedicated to partnering and assisting other groups that fulfill their mission of serving the poor and displaced of the world.
- 2018** PAL meetings grew to over 80 weekly meetings in 26 states. PAL became an independent nonprofit, no longer being operated under Partners in Action.
- 2023** Since incorporating in 2015, PAL now has more than 185 meetings in 38 states and 6 virtual meetings. New meetings are starting monthly around the country as word spreads about the value of PAL in communities. PAL is open to anyone of any background over the age of 18 that has someone in their family struggling with addiction.