

Welcome to PAL!

PAL is a support group of parents helping parents, using evidence-based practices and structured curriculum created by professionals in the treatment and recovery industry. Weekly meetings offer substance use disorder education and support at no charge for parents and other family members who are trying to support a loved one through SUD.

WE'RE GLAD YOU'RE HERE.

A few things we want you to know:

- We welcome your point of view.
- We will be supportive of you whether you choose to do what is suggested or not.
- Meeting facilitators are parent volunteers, not counselors. Every suggestion and point of view you hear will reflect that person's experience, not necessarily the opinions of PAL as a whole.
- What you hear in meetings, and what you say in meetings, should remain confidential.*
- All PAL attendees must be 18 or older.
- PAL is a support group of parents; therefore, it is not a place to bring your loved one who is dealing with SUD.

***Note regarding confidentiality:** *Although laws vary in different states, child welfare is paramount. Anything shared in our meeting regarding child abuse or endangerment cannot be expected to fall under confidentiality and may be immediately reported to authorities.*

Please also note that while dealing with the issue of substance use disorder, it is not uncommon for a loved one to threaten self harm/suicide. Even though this can be a form of manipulation, it should always be taken seriously. Please call 911 if you encounter this issue.

OUR MISSION:

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

OUR VISION:

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

TO FIND A MEETING

or to learn how to start a meeting, please visit:

palgroup.org



Parents of Addicted Loved Ones - PAL



palgiveshope



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palgroup.org



Parents of Addicted Loved Ones

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Free Support for
Parents of Loved Ones
Who Struggle with
Substance Use Disorder



PARENTS OF
ADDICTED
LOVED ONES

YOU ARE NOT ALONE

PAL PREAMBLE

Welcome to PAL, Parents of Addicted Loved Ones, a support group of parents helping parents. We meet every week to offer education and support, at no cost, for parents who are dealing with a son or daughter suffering from an addiction (substance use disorder). PAL can also help spouses who feel they have to parent a partner with addiction issues.

PAL is especially helpful for parents and spouses; however, all other sober family members and friends (18 or older) are welcome at our meetings. You will have an opportunity to give support and receive support from others facing the same challenges.

There are two parts to our PAL meetings. There is an educational component and an opportunity to share about your current experiences. We value confidentiality and we understand that everyone has their own opinion. We strive to be non-judgmental and to not provide advice, but to offer suggestions. All of our educational topics are theory and we believe you can “take what you want and leave the rest.”

We understand that everyone experiences this journey at their own pace and we will be just as supportive of you whether you choose to do what is suggested or not. We believe in the power of prayer and it is our desire that by attending our meetings you will learn proven ways to help your loved one and ultimately learn to find joy in your own life regardless of the choices of your loved ones.

PAL RECOMMENDED LITERATURE

- ***The Four Seasons of Recovery for Parents of Alcoholics and Addicts***
Mike Speakman
- ***Smoke & Mirrors***
Dorothy Marie England

PAL CURRICULUM

PAL uses evidence-based practices that have been shown in studies to help parents' wellbeing to improve and decrease enabling behavior. The studies also indicate that the loved one with substance use disorder was less likely to be using drugs/drinking alcohol once their family member attended PAL meetings.

PAL meetings are curriculum-based with educational topics such as delayed emotional growth, the role of the family, setting realistic boundaries, and healthy helping vs. enabling.

10 GUIDING PRINCIPLES

1. We honor the PAL Preamble.
2. Each PAL meeting has one purpose, to help parents and family members who are dealing with an addicted loved one.
3. We are a faith-based organization and we believe in the power of prayer.
4. PAL meetings and educational materials are offered free of charge.
5. PAL facilitators are trained volunteers and are parents or spouses of addicted loved ones.
6. Each PAL facilitator is an invaluable resource for developing future facilitators.
7. PAL meetings are open to anyone (18 years and older) who is seeking to learn a better way to help an addicted loved one.
8. Each group is autonomous except in matters affecting another group or PAL as a whole.
9. Anonymity is vital for PAL participants in every meeting.
10. Our Board of Directors and trusted servants will uphold the integrity of PAL's mission and vision statements in all our affairs; concerning endorsements, name affiliation, and financial partnerships with outside organizations, our Board of Directors will have final authority.

STANDARD MEETING FORMAT

The following outline represents a typical PAL meeting. There are a limited number of alternate meeting formats authorized by PAL which can be found on the website at [palgroup.org](#) under the About Meetings tab.

1. **Opening, Introduction and Welcome:** Facilitator introduces self and welcomes participants.
2. **Announcements:** Facilitator announces any changes relating to the group and opens up the floor for PAL-related announcements.
3. **Prayer:** Facilitator opens meeting in prayer, or asks for a volunteer to do so.
4. **Preamble:** Facilitator or volunteer reads the preamble. Facilitator reminds group of importance in maintaining confidentiality.
5. **Introduction of Participants:** Each participant briefly introduces self and mentions who they are here for (son, daughter, spouse, etc., loved one's age, drug of choice, and how long they have been on this journey).
6. **Educational Topic:**
GROUP READING: Facilitator passes around a copy of the Educational Topic.
MEMBERS SHARE their thoughts on the reading and how it applies to them.
7. **Check-in:** Each person shares “what’s happening” in their present life challenges. It’s okay if a person would rather “pass.”
TIMELY PRAYER: If a member is struggling and requests a prayer, the facilitator or a volunteer can pray for them.
8. **Closing:** Facilitator wraps up with a summary, quote or short reading or story, then closes in prayer or asks a volunteer to close in prayer.