

AL-ANON EN LAS INSTITUCIONES

Volumen 6, No. 1

LO MAS DESTACADO DEL MUNDO

Marzo de 1986

Ideas para el Mes Mundial de Instituciones

Me gustaría iniciar en octubre (1986) la primera campaña del Mes Mundial de Instituciones porque en nuestra Zona también se celebra el Mes del Conocimiento del Alcoholismo. Quiza éste sea también a nivel nacional.

A continuación lo que pienso sugerir a los de mi Zona:

- sitúen un exhibidor de mesa con bolsillo (M-18) relleno del volante M-1, titulado: ¿Le preocupa a usted la bebida de otra persona? y pónganlo en un lugar visible;
- escriban un artículo para el boletín "Round Robin de Missouri" del mes de febrero implementando la idea de solicitar a los miembros que proporcionen ideas.

Como coordinadora, se me asigna algún dinero para comprarle a cada Representante de Distrito (RD) un exhibidor de mesa y un paquete de volantes para relleno. Los distribuiré en nuestra reunión de marzo del Comité de Servicio Mundial de Zona. Cada RD puede llevarlo consigo a su regreso al Distrito, dar la información a los Representantes de Grupo (RG) y así sucesivamente pasar la noticia. Así que debemos estar preparados para llevar a cabo el proyecto de Instituciones en octubre.

Loreta R.

Coordinadora de Instituciones
Missouri, E.U.A.

La presencia de Al-Anon — Publicaciones

No hace mucho tiempo me pasó todo un día en el edificio de la

Corte Suprema, con un joven amigo, sentada esperando a comparecer ante el juez. Observaba a los familiares consternados, el temor de la gente joven y sentí congoja.

Yo había traído mi libro de *Un Día a la Vez*, pero pensé que si las publicaciones de Al-Anon estuvieran disponibles, alguien de allí podría haberlas tomado para leerlas; si un cartel de Al-Anon estuviera visible, con un número de teléfono, alguien quizá habría llamado. ¿Hay un juzgado u otra institución en su Zona, o cercana a su grupo, donde pueda situar publicaciones para hacer que los familiares se enteren que allí existe Al-Anon? A esto llamamos llevar la presencia de Al-Anon a cualquier institución.

Las Guías para los Servicios de Instituciones de Al-Anon y Alateen contienen información sobre cómo apadrinar un grupo de Instituciones. Se sugiere que se pongan en comunicación con un profesional que esté en contacto con la institución, por medio de esta persona, las publicaciones y un cartel, podrían hacerse disponibles y suplirlas a medida que se fueran agotando. Extendiendo poco a poco nuestra ayuda puede que la semilla de nuestra labor en las instituciones germine. ¡Que empiece por su grupo!

Betty McQ.

Coordinadora de Instituciones
Connecticut, E.U.A.

Publicado del Boletín *Lifeline de Connecticut*

Planificando con antelación . . . Cosas a considerar como un comienzo

El mes de octubre es nuestra fecha indicada para el ataque mundial de llevar la presencia de Al-Anon a las instituciones. Preparando el terreno para ese mes, los miembros están empezando ya a hacer los planes. Algunos de los artículos en este boletín reflejan esta actitud y a medida que el tiempo pasa, estaremos redactando artículos para los otros vehículos de noticias de la OSM, Al-Anon y Alateen en acción (The FORUM) y Dentro de Al-Anon. El boletín en inglés titulado Area Highlights contendrá artículos orientados hacia los Coordinadores de Zona y Delegados, los que transmitirán la información y se unirán de forma agradable a la planificación de llevar la presencia de Al-Anon a tantas instituciones como sea posible hacerlo en el mes de octubre, por ejemplo:

- Invitando a los miembros para que se conviertan en parte de un equipo de voluntarios.
- Utilizando el nuevo volante titulado "Planting a Seed" (Siembre la semilla), ustedes pueden llevar a cabo reuniones de

deliberación o talleres de trabajo para reclutar voluntarios.

- Comprometiéndoles para proyectos específicos.
- Recordándoles siempre invitar a Alateen.
- Considerando llevar a cabo reuniones abiertas.
- Enviando cartas a los profesionales de la Zona para que utilicen la hoja S-22 titulada "Reuniones de grupo de Instituciones de Al-Anon y Alateen" y obsequiarla a los profesionales.
- Manteniendo una reunión "para tomar impulso" al principio de cada mes, hasta que llegue octubre.
- Haciendo una lista de todas las instituciones que piensan abarcar y que entren en estas categorías: hospitales, centros de tratamiento, centros correccionales y otras instituciones residenciales, etc. Por ejemplo, la residencia para familiares maltratados entraría en la categoría de otras instituciones residenciales. Lugar de reuniones para los que conducen bajo la influencia del alcohol o las drogas entraría en la categoría de centros correccionales.

No Trick-Or Treat!

Every six months the Stoney Mt. Penitentiary has a party for about 100 people, 50 to 75 Al-Anon and AA members. They always invite the speakers of the past six months who have received clearance.

On October 31st, there had been two excellent AA speakers, a woman and a man called "the great Tommy B." We lined up for supper about 8:30, the musician had started to play, I was through the supper line but not everyone was. Suddenly a white-faced resident got up to the mike and said "I'm sorry, but something dreadful is happening in here and everyone will have to leave *immediately*," (and not for a moment did I think it was a Halloween prank). Experienced in maximum security prisons, we knew we could not take the food out, so we just left it. We got our coats and marched out with guards about every 12 feet. There had been a recent change in location of the meetings, we were now within the very heart of the prison and had to march past the cells. Also the residents amongst us had to move out of the Cultural Centre as well. The Guards would not give out any details about what this "something dreadful," was. Even the guards we knew and dealt with, would not talk to us.

About eleven o'clock that night we found out that some prisoners overpowered four guards and were holding them hostage. They were in prisons a long way from their relatives and friends and wanted to be moved. They later were.

No one was seriously hurt. One guard was hit on the head with a baseball bat, by a prisoner, but when he developed a severe headache, the prisoners released him. This siege lasted about 48 hours.

One girl, to whom I related this story said, "you had better keep this quiet if you want anyone to go in with you again." But I feel it is just the opposite. To discontinue my work "inside", because it is too dangerous is preposterous. I think that it proves just how much we are protected when we are there. I am not laboring under any delusions that prisons are a piece of cake and the inmates are cream puffs, innocent, or falsely accused and sentenced by mere chance. We did as we

were told and the guards were there to protect us. After all it wasn't the visitors that were taken hostages; it was the guards. I also feel it was a testimony to the way the guards in Stoney Mt. treat their prisoners, there were no beatings. People in protective custody were not harmed in any way, and in a prison, that is remarkable. (Protective Custody in Canada could be child molesters, stool pigeons, sadists and cops.)

The "hostage takers" could just as easily have come to the AA meeting and done what they did, but they chose a Halloween party and did not take the guards until all the guests were out. Their respect for AA was apparent, as was the changed attitudes of the prisoners in the AA program.

So all is well that ends well.

Marion O.

WSD Panel 22

Manitoba, Winnipeg, Canada

Juganetz

A Most Receptive Audience

I was invited to a penitentiary in this area, for what the inmate AA group called "Al-Anon Evening." There were around forty AA inmates, the current Manitoba Delegate, Marion O., and myself present. I felt immensely grateful to the WSO Institutions Committee for the constant encouragement to start Al-Anon groups in institutions, and to continue carrying the Al-Anon message within such walls.

Over a twenty-year period, I have been invited into such meetings, and have always experienced feelings of profound gratitude to have been granted the privilege. The men who are there, listen to whatever message the Al-Anon members bring, **they are one of the most receptive audiences I have encountered.**

As they listen they seem warmed by a message of compassion and views of understanding. They ask sensible and realistic questions, frequently express a dawning awareness that parental alcoholism in their childhoods may have affected their development. Some indicate that their own tendencies toward overuse of alcohol as a way of coping with their environments may possibly be related to family alcoholism.

Ruth H.

Winnipeg Manitoba, Canada

Legend of a Name, "Hanging in There"

I recently discovered that I belong to two groups, in Foxboro, Mass. "Seeking Serenity" and the Walpole "Hanging In There." We've had a group in the maximum security prison in Walpole, Massachusetts for four or five years, but just recently a name was selected and the group registered in New York.

One night we asked the men how they were doing and several said, "Hanging in there," and thereby hangs the legend of the group's name. It's a nice feeling to know this group is now official. We've had some "touch and go" moments when we weren't sure they wanted us there, or we wanted to be there. Some nights when no inmates showed, we held a meeting anyway, among ourselves.

We've been through personnel changes at the prison and with the, One Day at a Time, Live and Let Live attitude we are now a registered group! **Anger, frustration, tears, joy, laughter and quiet determination have gone into the success of this group and through all of this we've learned a few do's and don'ts.**

We stay on Steps 1, 2, and 3 and well away from 4. We're not there to listen to the inmates confessions, but to pass along and share the basics of the Al-Anon program.

We urge inmates to participate so that the meeting doesn't become a lecture and encourage questions after the meeting. We individually explain the program as we use it. In most cases, the men are friendly and interested, once they find out we're not "reformers" or "do-gooders."

Each month we bring literature. I save all my FORUMS and my husband's GRAPEVINES and bring them along. We give away an ODAT whenever possible. We have a raffle, decide on the winning number and the inmate who guesses the number, gets the book. We encourage them to tell their families about Al-Anon. One member told us his wife joined a group and loves it. We left walking on air that night.

The prerequisite for coming to the meetings is to participate in the AA program at the prison. This is a rule of the prison, not ours, but find it very helpful.

We tell them they can use the Al-Anon philosophy in their daily lives in dealing with other alcoholics in prison; many have come to the realization during the meetings that they are children of alcoholics.

(continued on page 4)

Un grupo de cinco

En la Zona de Hibbing-Virginia, Minnesota, E.U.A., se utiliza con gran éxito un formato de grupo para reunión de Instituciones. Este grupo consiste de cuatro miembros de Al-Anon y su Coordinador. Se reúnen una hora antes de lo programado, para estudiar las preguntas que cada miembro de dicho grupo le sea fácil de contestar. Las preguntas se exponen todas durante la reunión y luego se da tiempo a que los oyentes dialoguen sobre éstas.

Mis tres años de servicio como Coordinadora de Instituciones están al concluir y me resulta difícil comprender por qué no hay más gente de Al-Anon que desee comprometerse en esta clase de servicio; las recompensas recibidas han excedido a los esfuerzos brindados.

El Presidente o Coordinador

- Averigua cuánta gente asistirá a la reunión.
- Hace los arreglos pertinentes para acomodar los asistentes en un salón.
- Pone a la vista las publicaciones y tiene a mano una lista de los nombres de los miembros del "grupo de cinco" y si es posible los números de teléfonos disponibles.
- Trata con los miembros de dicho grupo sobre cuáles preguntas responderían con más facilidad.

Programa de orientación para una reunión de Instituciones

(Utilizado en Hibbing-Virginia, Minnesota, E.U.A.)

1. Apertura con la Oración de la Sereñidad (opcional).
2. Bienvenida - (recibimiento personal y si se desea se lee la Declaración de Propósito para Reunión de Instituciones) (I-4).
3. Presentación de los miembros Al-Anon y Alateen (dando el nombre de pila y el nombre del grupo al que pertenecen).
4. Lectura del Preámbulo de Al-Anon (página 41 del Manual de los Grupos Al-Anon y Alateen en acción).
5. Lectura o declaración hecha en sus propias palabras, del propósito de Al-Anon y Alateen.
6. Explicación del Anonimato.
7. Explicación de la hermandad y cómo

nos mantenemos económicamente autosuficientes.

8. Mención de nuestras publicaciones.
9. Deliberación del grupo sobre quién contestará las preguntas introducidas por el Comité.
10. Debate abierto - (se pide a los asistentes que hagan preguntas).
11. Lectura del Mensaje de Esperanza (página 4 del Manual de los Grupos Al-Anon y Alateen en acción).
12. Clausura con una oración.

Nosotros ofrecemos esperanza, un nuevo comienzo, una nueva forma de vida, pero nunca prometemos nada.

Si podemos ayudar aunque sea a una sola persona, ¿no sería esto maravilloso?

Dick T.

Coordinador de Instituciones
Minnesota del Norte, E.U.A.

Octubre 1986						
DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Cooperación y compartimiento

Una vez más, estamos ocupadas haciendo los planes del programa de la Conferencia de Instituciones y Hospitales (IH) de 1986 que se llevará a cabo los días 2, 3 y 4 de mayo. Hace quince años Bernie E., quien continuó en otros servicios de Al-Anon para ayudar en el crecimiento del programa en la parte sur de California, me presentó a una Conferencia de Instituciones y Hospitales. En esta próxima Conferencia de mayo ella participará otra vez y ayudará a que den comienzo las cosas.

Nos sentimos muy afortunados de contar con la cooperación del Comité de IH de A.A. Ellos nos invitan a participar en algunos de sus grupos de deliberación. Es la primera vez que sucede en nuestra Zona. Algunos de los miembros del Comité de A.A. han expresado el deseo de que Al-Anon esté representado en todos los hospitales e instituciones donde A.A. preste sus servicios. Nos solicitaron que fuéramos con ellos cuando celebren sus reuniones. El combinar los esfuerzos de mantenernos en comunicación, podría resultar la solución para algunos de nuestros problemas. Sé que nuestro Duodécimo Paso no entiende de cantidades sino de individuos haciendo el esfuerzo de llevar el mensaje y que se descorazonan por

"no haber nadie en las reuniones". No somos perfectos y a veces perdemos de vista nuestras metas principales. Hoy, con tantos de nuestros amigos A.A. llegando a ser también miembros de Al-Anon (doble afiliación) el entendimiento y la comprensión entre los miembros de A.A. y de Al-Anon es lo más natural.

Aquéllos días de "incógnita sobre qué es Al-Anon y su exclusividad" quedaron en el pasado. Ya no necesitamos sentirnos celosos de nuestra identidad y nuestro programa porque al compartir con ellos todos nos beneficiamos.

George O.

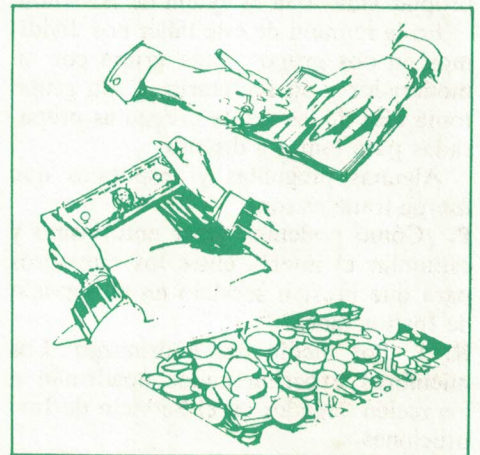
Coordinador de Instituciones
California (Sur), E.U.A.

Solicitud cuatrimestral de la OSM

Se han preguntado ustedes ¿por qué, como grupo de Instituciones, ustedes reciben la carta de solicitud cuatrimestral de la OSM?

Bien, en esta maravillosa era de la tecnología, todo se hace mecanizado mediante computadoras. Por lo tanto, para hacerlo simple, todos los grupos Al-Anon inscritos reciben la carta de solicitud tres veces al año.

Además, hay algunos grupos de Instituciones que pueden y desean contribuir. Algunos grupos de Instituciones que no recaudan contribución, han traído a nuestra atención su preocupación por nuestra solicitud cuatrimestral. Por favor estén completamente seguros de que nosotros comprendemos. Algunos grupos difícilmente pueden proporcionar publicaciones, cuanto y más recoger donaciones para contribuir con la OSM.



Los que recaudan fondos y nos envían contribuciones, sepan que la Oficina de Servicio Mundial aprecia y agradece profundamente su respuesta a nuestra solicitud.



We Will Try Again

Last year we had to drop several institutions groups for the following reasons: at one facility there were problems with the social workers who wanted to coordinate the meetings. This was unfortunate because at this clinic the doctors recognized the growth in the patients who had attended Al-Anon meetings.

At another facility a regular group was started. Here they are meeting half an hour before the regular meeting to pass along information about Al-Anon and refer potential members to regular group meetings. At a third clinic it was not possible to motivate the directors in favor of our work for Al-Anon. At this facility the nurses and social workers requested the meeting, but since the administration did not agree we had to disband the group. We tried to meet with the administration to inform them of the purpose of Al-Anon and tell them we were willing to cooperate concerning the time and day we would hold a meeting, nevertheless they did not welcome us. However, we will try again in the near future to meet with them.

From the Guidelines for Institutions Service which we received from the WSO, we developed a guide for ourselves which will be helpful and it has clarified a great many doubts we had. We feel the cooperation of the Al-Anon PI service minded members here, will also help the growth of the institutions groups.

We hope with the support of our GSO and WSO we will increase our services to institutions in this country.

Magdalena E.
Mexico

My Husband Helped to Lead the Way

"How I got into the Women's Jail — long, long, trail — long story. In 1949 my husband, only weeks sober in AA, went with a fellowship friend to the Prince Albert Penitentiary and talked with the Warden. The Nor Kel AA group grew from this conversation. In 1950 we moved to Edmonton.

There my husband started a meeting in the men's jail. I met the Warden from each institution my husband visited and was always asked to contact families of those inside who were attending AA meetings. In 1952, my husband was the first employee of the Alcohol Foundation, later A.A.D.A.C. He opened the first halfway house in Alberta for alcoholics — all the time I followed in his footsteps, helping families.

Belmont Rehabilitation Centre (detention from jail) helped alcoholics, but not their families. At this point in 1962, my husband had also started groups in Alberta Mental Hospitals, Ponoka and Edmonton. There Al-Anon members spoke for the first time at their AA meetings. A psychiatrist heard us and talked to me about Al-Anon. We held meetings there from 1962 to 1973 when a new administration stopped both AA and Al-Anon meetings.

At the Correctional Institution for Girls, I convinced the Superintendent an Alateen meeting would be beneficial and so a meeting was started.

Although my husband paved the way it wasn't always easy, but the satisfaction was great. Since I'm a letter writer, all through the years of 1954-1965, I wrote to the people in government, asking how come they give instructions to diabetics' families and none to families of alcoholics?

I truly believe that the way to get Al-Anon into any place is to find someone with a concern for this problem who works at a facility, and through the principles of attraction, show them.

Catherine S.
Canada

"Hanging in There"

(continued from page 2)

We prepare for a beginners meeting because there's always someone there who has never heard of Al-Anon. We gave up trying to hold the same type of discussion meeting as in outside Al-Anon groups, the atmosphere here doesn't encourage the same type of openness about shortcomings we enjoy at our meetings. However, there is a great deal of sharing about feelings towards the alcoholic and alcoholism, in fact, the Security Officer has often reminded us, that "time's up."

Joan N.; our "fearless leader," calls each of us monthly to confirm that we're going so she can give this information to the office at MCI-Walpole, as required, for clearance.

We are four women who are the "core-group" with one or more additional members, each month. Recently, we added a male member, who plans to enlist some of his friends.

Dottie, Kay, Joan and I want to pass on our enthusiasm and our encouragement to other members chairing Institutions Group meetings and say, "keep hanging in there." Its fulfilling, exciting and totally rewarding.

Violet L.
Foxboro, Massachusetts

Giving It Back With Gratitude

Service is very meaningful to me. I started giving back to Al-Anon before I was "dry behind my ears." Somehow, I seemed to be in the right place — but wondered, would it be the wrong time to be asked to serve on the steering committee? This was at a time of my life when I hardly knew where I was, what I was or who I was. I knew nothing about a steering committee, and wondered what this committee would steer.

I had been going to state Assemblies as GR (Group Representative) and/or Alateen GR for a long time. After corresponding with our Delegate for some time, she asked me if I would serve as Institutions Coordinator, and I said I'd give it a shot. Later I wondered why I said yes, doubts and fears crept into my mind. My first committee meeting of our state was filled with trepidation. Believe me, I worked on me and talked to my sponsor who suggested getting back to the program and pointed out I had choices. The day of the meeting came and there I was, nominated as the Institutions Coordinator.

A year has gone by and beautiful things have happened. **The professionals I have dealt with, mostly by mail, have been cooperative and most praise Al-Anon. We now have 10 institutions meetings, and more Al-Anon members who are becoming interested in bringing Al-Anon into institutions.**

Because Al-Anon gave me back my life, I wish to give back to Al-Anon as much as I am able.

Suzanne K.
Institutions Coordinator
Pennsylvania



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