

# Al-Anon, Alateen, and Professional Studies of Alcoholism and the Family: A Chronology

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## Introduction

This year (2011), Al-Anon is celebrating the sixtieth anniversary of its founding. Over the course of these years, Al-Anon has emerged as the prevailing long-term support model for families facing alcoholism and other conditions—particularly chronic health disorders—that threaten their stability, health, and quality of life. Through its growth in North America and international dispersion and its wide adaptation to family problems other than alcoholism, Al-Anon has much to be proud of at this special time in its history.

The sixtieth anniversary of Al-Anon seemed a fitting time to review some of the historical milestones within Al-Anon and to set these milestones within the larger context of the evolving professional and scientific views on alcoholism and the family. The primary audiences for this chronology include addiction professionals, research scientists, and students who are interested in conducting research on Al-Anon and the history of worldwide responses to the impact of alcoholism on the family. The goal was not to list all relevant research, but to provide a representative sampling of publications that could convey the evolution of interest and understanding about alcoholism and the family.

For ease of use, the Al-Anon and Alateen milestones are indented once and the listing of scientific studies, other publications, and contextual milestones are indented twice.

To facilitate easier navigation of this document, the following hyperlinks in blue font will take the reader to specific years. Selecting the hyperlinked years in the document (also in blue font), will return the reader to this page.

<a href="#">1808 - 1919</a>	<a href="#">Early 1940's</a>	<a href="#">1956</a>	<a href="#">1972</a>	<a href="#">1987</a>	<a href="#">1999</a>
<a href="#">1842</a>	<a href="#">1941</a>	<a href="#">1957</a>	<a href="#">1973</a>	<a href="#">1988</a>	<a href="#">2000s</a>
<a href="#">1870s &amp; 1880s</a>	<a href="#">1942</a>	<a href="#">1959</a>	<a href="#">1974</a>	<a href="#">1989</a>	<a href="#">2001</a>
<a href="#">1891</a>	<a href="#">1945</a>	<a href="#">1960s and 1970s</a>	<a href="#">1975</a>	<a href="#">Late 1980s</a>	<a href="#">2002</a>
<a href="#">1890s</a>	<a href="#">Late 1940s</a>	<a href="#">1960</a>	<a href="#">1976</a>	<a href="#">1990s</a>	<a href="#">2003</a>
<a href="#">1907</a>	<a href="#">1949</a>	<a href="#">1961</a>	<a href="#">1977</a>	<a href="#">1990</a>	<a href="#">2004</a>
<a href="#">1915</a>	<a href="#">1950</a>	<a href="#">1962</a>	<a href="#">1978</a>	<a href="#">1990 – 1995</a>	<a href="#">2005</a>
<a href="#">1918</a>	<a href="#">1940s- Early 1950s</a>	<a href="#">1963</a>	<a href="#">1979</a>	<a href="#">1991</a>	<a href="#">2006</a>
<a href="#">1928 – 1930</a>	<a href="#">1950s &amp; 1960s</a>	<a href="#">1964</a>	<a href="#">1980s</a>	<a href="#">1992</a>	<a href="#">2007</a>
<a href="#">1934</a>	<a href="#">1951</a>	<a href="#">1965</a>	<a href="#">1981</a>	<a href="#">1993</a>	<a href="#">2008</a>
<a href="#">1935</a>	<a href="#">1951 – 1953</a>	<a href="#">1967</a>	<a href="#">1982</a>	<a href="#">1994</a>	<a href="#">2009</a>
<a href="#">1936</a>	<a href="#">1953</a>	<a href="#">1968</a>	<a href="#">1983</a>	<a href="#">1995</a>	<a href="#">2010</a>
<a href="#">1937</a>	<a href="#">1954</a>	<a href="#">1969</a>	<a href="#">1984</a>	<a href="#">1996</a>	<a href="#">2011</a>
<a href="#">1939</a>	<a href="#">1955 – 1960</a>	<a href="#">1970</a>	<a href="#">1985</a>	<a href="#">1997</a>	
<a href="#">1940</a>	<a href="#">1955</a>	<a href="#">1971</a>	<a href="#">1986</a>	<a href="#">1998</a>	

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

To aid future historians, abbreviations used to note other sources include the following:

- AF:** White, W., & Savage, B. (2005). All in the family: Alcohol and other drug problems, recovery, advocacy. *Alcoholism Treatment Quarterly*, 23(4), 3-37.
- AAG:** *Alcoholics Anonymous Grapevine*
- AT:** *ALATEEN—Hope for children of alcoholics* (1982). New York: Al-Anon Family Group Headquarters, Inc.
- CMAG** White, W. (2011). *Chronology of addiction recovery mutual aid groups*. Posted at [www.williamwhitepapers.com](http://www.williamwhitepapers.com).
- FS:** Al-Anon Family Groups (1986). *First Steps: Al-Anon...35 years of beginnings*. New York: Author.
- LR:** Wilson, L. (1994). *Lois remembers: Memoirs of the co-founder of Al-Anon and wife of the co-founder of Alcoholics Anonymous*. New York: Al-Anon Family Group Headquarters, Inc.
- MVOJ:** Al-Anon Family Groups (2011). *Many voices, one journey*. Virginia Beach, VA: Author.
- SD:** White, W. L. (1998). *Slaying the dragon: The history of addiction treatment and recovery in America*. Bloomington, IL: Chestnut Health Systems.
- TN:** *Al-Anon: Then and now*, 1986
- WRT:** Fitzpatrick, M. (2011). *We recovered too: The Family Groups' beginnings in the pioneers own words*. Center City, Minnesota: Hazelden.

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## PRE-AL-ANON MILESTONES

**1808 – 1919**

Concern about the effects of drunkenness on families is a constant motif within the American temperance movement, with temperance plays such as *The Drunkard*, *One Cup More*, and *The Doom of the Drunkard* portraying the alcohol-related violence, the economic hardship, and abandonment experienced by families (AF).

**1842**

Martha Washington Society founded to support wives and children of inebriates—particularly those whose husbands and fathers have joined the Washingtonian Temperance Society (SD).

**1870s & 1880s**

The “Women’s Crusade” and “Children’s Crusade” against alcohol is led by family members affected by the alcoholism of their family members (AF).

**1891**

Lois B., future wife of Alcoholics Anonymous co-founder Bill W., is born to Clark and Matilda B. (March 4<sup>th</sup>).

**1890s**

Early evidence of wives being blamed by professional addiction specialists for the alcoholism of their husbands:

Palmer, in his 1898 treatise *Inebriety*, had the following to say about wives: “The universality of good wives to intemperate husbands suggests an inquiry into the connection they may bear and the influence they may exercise, however innocently, in the downfall of their husbands.” (Palmer, C. (1898). *Inebriety: Its source, prevention, and cure*. Philadelphia: Union Press, p. 42.)

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## PRE-AL-ANON MILESTONES

**1907**

Cutten, in his *Psychology of Alcoholism* text, notes: “The kindest wife and most indulgent parents are very much in the way of numerous cures, and prove to be, instead of the best friends, the worst enemies the alcoholic has.” (Cutten, G. (1907). *The psychology of alcoholism*. New York: Charles Scribner’s Sons, p. 325.)

**1915**

Lois B. becomes engaged to Bill W.

**1918**

Lois B. marries Bill W. (January 24<sup>th</sup>)

**1928 – 1930**

Bill W. makes repeated pledges to Lois W. in the family Bible that he will stop drinking (October 20, 1928; November 29, 1928 [Thanksgiving]; January 12, 1929; and September 3, 1930).

**1934**

On November 11, Bill W. is re-admitted for the fourth time to Charles Towns Hospital for treatment of his alcoholism. It was during this last stay that he had a profound spiritual experience that marked the beginning of his permanent sobriety. Lois would later reflect that when she first saw Bill after this experience, she recognized that he had undergone a significant change and from that moment shared his hope for the future (LR, p. 89).

**1935**

In search of another alcoholic to talk to while on a business trip to Akron, Ohio, Bill W. meets Dr. Robert S. on May 12 (LR, p. 95). Their meeting and “Dr. Bob’s” subsequent last drink in mid-June will mark the founding of Alcoholics Anonymous. Lois W. later described how Alcoholics Anonymous during this period was a “family affair” (LR, p. 171).

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## PRE-AL-ANON MILESTONES

1936

Anne S., wife of Alcoholics Anonymous co-founder Dr. Bob, organizes a group for the wives of AA members (WRT, p. 8).

1937

Bill and Lois W. sever ties with the Oxford Group; Dr. Bob and Annie will do the same in 1939 (FS, 16).

Moore and Gray, in a 1937 article on alcoholism note, “the person with the greatest need of psychiatric treatment is the marital partner who has *not* become alcoholic” (pp. 381-388). (Moore, M., & Gray, M. (1937). The problem of alcoholism at the Boston City Hospital. *New England Journal of Medicine*, 217, 381-388.)

There is an emerging trend in the 1930s for therapists to see family members of alcoholics as possessing great pathology and interfering with the treatment of the alcoholic (e.g., Strecker, E., & Chambers, F. (1938). *Alcohol: One man’s meat*. New York: MacMillan; Knight, R. (1938). The psychoanalytic treatment in a sanatorium of chronic addiction to alcohol. *Journal of the American Medical Association*, 111, 1443-1446.)

1939

AA’s basic text, *Alcoholics Anonymous*, includes a chapter “To Wives” authored by AA co-founder Bill W. Lois later shared her disappointment that Bill had not asked her to write this and the “The Family Afterward” chapters (LR, p. 114).

1940

When AA members at AA’s first clubhouse in New York City begin “alcoholics only” meetings, the wives begin meeting together and sharing their stories (September 12) (LR, p. 172).

Early 1940’s

Wives (and later, wives and husbands) of AA members began to band together for mutual support in such places as Long, Beach California; Richmond, Virginia; and Chicago, Illinois (SD, p. 221).

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## PRE-AL-ANON MILESTONES

**1941**

Bill and Lois W. buy Stepping Stones – their home at 62 Oak Road in the village of Katonah in Bedford, New York.

**1942**

Lois and Anne B. – future co-founders of Al-Anon – first meet when Anne seeks help for her husband (MVOJ, p. 18; WRT, 160).

**1945**

The first family group is registered by the Alcohol Foundation (the latter will evolve into the AA General Services Organization (GSO) (MVOJ, p. 21). They first refer to themselves as AAA / Triple (Alcoholics Anonymous Auxiliary) and AA NAA (Non-Alcoholics Anonymous) (WRT, p. 21).

Landis-Benson, Y. (1945). Excessive drinking and the institution of the family. *Alcohol, science and society*. Westport, CT: Greenwood Press, p. 223-238.

**Late 1940s**

*A.A. Grapevine* articles (30 family-focused articles between 1945 – 1950) and news reports reveal considerable family activity (MVOJ, 33), including the following sources:

- Family groups make headway in California. (1947). *A.A Grapevine*, 3(12), May, p.1.
- Non-A.A. group formed in Austin. (1947). *A.A Grapevine*, 4(12), July, p.3
- Non-alcoholic wives form A.A. Auxiliary. (1948). *A.A Grapevine*, 5(2), May, p.7.
- Enthusiasm key word. (1948). *A.A Grapevine*, 8(3), July, p.5
- California - THE San Diego AA Associate Group. (1951). *A.A Grapevine*, 19(9), August, p.38.
- The Al-Anon story. (1963). *A.A Grapevine*, 19(9), February, p. 2-9.

Alcoholics Anonymous Associates organizes in San Diego, CA (AAG).

Family Groups organized in San Pedro and Sugar Hill, CA (AAG).

A.A. Auxiliary” (AAA) formed in Rome, GA (AAG).

“Non-A.A. Group” (NAA) created for family members in Austin, TX (AAG).

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## PRE-AL-ANON MILESTONES

### Late 1940s

Rochester, NY Non-AA Group adapts AA’s Twelve Steps for use by the husbands and wives of alcoholics (AAG).
Other names of early family groups include A.A. Helpmates, Al-Anon, Alono, and Onala (SD).
In 1949, Lois W. authors “One Wife’s Story” in the <i>A.A. Grapevine</i> (AAG).
In 1949, Ruth G., a San Francisco Al-Anon member, develops the newsletter, the <i>San Francisco Family Chronicle</i> – later renamed <i>The Family Forum</i> – the forerunner of today’s newsletter used as the primary instrument of communication among the nation’s Al-Anon groups (LR, 173; WRT, p. 81).
In July 1949, a <i>Coronet Magazine</i> article entitled “New Help for Alcoholics” marks the first national publicity for the emerging family groups (MVOJ, 24).
A family group begins meeting weekly in Mount Kisco, New York; its membership includes Lois W. and Anne B.—future co-founders of Al-Anon (MVOJ, 28-29).

### 1949

Anne S., wife of Dr. Bob, dies June 1; her early work with families will serve as an inspiration for what will soon become Al-Anon (WRT, 203).
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### 1950

Wives of still-drinking alcoholics not involved in AA begin participation in family group meetings (FS, 159).
Bill W. returns from visits to AA groups across the US and Canada; in response to his seeing so many family groups, he encourages Lois to open a service office to support these groups (LR, 173).

### 1940s- Early 1950s

Wives of alcoholics are increasingly depicted in the professional alcoholism literature as having chosen alcoholics in order to meet their own dependency needs, e.g., Futterman, S. (1953). Personality trends in wives of alcoholics. *Journal of Psychiatric Social Work*, 23, 37-41. Whalen, T. (1953). Wives of alcoholics: Four types observed in a family service agency. *Quarterly Journal of Studies on Alcohol*, 12, 632-641.

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## AL-ANON AND RELATED MILESTONES

### 1950s & 1960s

Two themes that permeate family studies of alcoholism in the 1950s and 1960s: the personal and role adaptations that occur within the family in response to alcoholism and the alcoholism-related deterioration in the role performance of family members (AF).

Wives of alcoholics continue to be portrayed as choosing and remaining with alcoholic husbands as a result of their own psychopathology (See Corder, B., Hendricks, A., & Corder, R. (1964). An MMPI study of a group of wives of alcoholics. *Quarterly Journal of Studies on Alcohol*, 25, 551).

### 1951

Lois W. and Anne B. set up a service office at Stepping Stones, Bill & Lois W.'s home – called the Clearinghouse Committee – to support the 49 and growing family groups meeting in tandem with AA (WRT, p. 91).

The Committee identified 87 groups operating in May, 1951 (WRT, p. 117).

145 groups have registered with the Clearinghouse (SD, p. 221).

Lois W. and Anne B. author *Purposes and Suggestions* (MVOJ, 42).

### 1951 – 1953

Lois W. adapts AA's Twelve Steps and Twelve Traditions for Al-Anon; The Al-Anon Family Groups agree to accept the adapted Steps; there are 300 registered Al-Anon groups (LR, p. 199).

Anne B. and volunteers create the first Al-Anon World Directory (FS, 72; MVOJ, 78).

### 1953

There are 441 registered Al-Anon groups (LR, p. 178; WRT, 162).

Henrietta S. becomes Al-Anon's first paid worker in her role as General Secretary/ Executive Director (TN).

Futterman, S. (1953). Personality trends in wives of alcoholics. *Journal of Psychiatric Social Work*, 23, 37-41.

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## AL-ANON AND RELATED MILESTONES

**1953**

Whalen, T. (1953). Wives of alcoholics: Four types observed in a family service agency. *Quarterly Journal of Studies on Alcohol*, 12, 632-641.

**1954**

The Clearinghouse Committee incorporates itself as Al-Anon Family Group Headquarters, Inc. (MVOJ, p. 67).

There are 500 registered Al-Anon Groups (FS, 64).

Joan Jackson publishes her article, “The Adjustment of the Family to the Crisis of Alcoholism” in the *Quarterly Journal of Studies on Alcohol*. Jackson went on to study how alcoholism elicited a wide variety of developmental problems in children of alcoholics (Jackson, 1964).

**1955 – 1960**

Al-Anon’s growth is spurred on by articles in such publications as the *Saturday Evening Post* (July, 1955), *Christian Herald* (1953), *Life Romances* (April, 1953), *Life Today* (April, 1953), *Time* (May 16, 1960), *Life* (1961), and *Guideposts* (March, 1960) and by Abigail Van Buren and Ann Lander’s positive treatment in their advice columns (e.g., March 24, 1960). Some of these publishing events generate more than 10,000 letters of request for help from Al-Anon (FS, 149). Al-Anon had been featured earlier in radio (e.g., Second Chance) and television programs (e.g., Lamp Unto My Feet) (MVOJ, 55).

**1955**

Al-Anon’s Twelve Traditions, which Lois W. had begun drafting in 1952, are officially ratified in 1955 by the Alcoholics Anonymous General Service Conference (FS, 85).

First printing of the book *The Al-Anon Family Groups*, authored by Lois W. with assistance from Alcoholics Anonymous cofounder Bill W., Margaret D., and Ralph P., is distributed at the AA International Convention in St. Louis (LR, p. 180).

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## AL-ANON AND RELATED MILESTONES

### 1955

The first special session about children of alcoholics was hosted by Al-Anon at the AA International Convention in St. Louis (LR, p. 183); early signs of a rising Alateen begin as early as 1954 (WRT, 157).

J.E.S. (1955). It's a family disease. *AA Grapevine*, 12(3), August.

### 1956

Frank, J. D., Gliedman, L. H., Nash, H. T., & Rosenthal, D. (1956). Group therapy of alcoholics with concurrent group meetings of their wives. *Quarterly Journal of Studies on Alcohol*, 17, 655-670.

MacDonald, D. (1956). Mental disorders in the wives of alcoholics. *Quarterly Journal of Studies on Alcohol*, 17, 282-287.

### 1957

On November 10, the story of Al-Anon is featured on *The Loretta Young Show* (FS, 141).

Alateen is started by a Pasadena, California adolescent whose parents were in AA and Al-Anon. Alateen provides a support-group structure for people ages 12 to 20 whose lives have been affected by the alcoholism of someone close to them, most often a parent. Within a year, there are 45 Alateen groups established (AT). This is the first organization for children of alcoholics since the Junior Washingtonian Societies of the early 1840s (SD).

C.W. (1957). What Al-Anon means to me. *A.A. Grapevine*, 14(1), May.

### 1959

Ross, A.B. (1959). Al-Anon help alcoholic's wives. *Hospital Progress*, 40(4), 70-72.

### 1960s and 1970s

A growing number of alcoholism treatment institutions begin to experiment with "family programs." The conceptualization of addiction as a "family disease" opened the door to exploring how this disease altered family structure (roles and subsystem interactions), family

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## AL-ANON AND RELATED MILESTONES

### 1960s and 1970s

rules, family rituals, and the family’s boundary transactions with the outside world as a natural process of adaptation rather than from the psychopathologies of husband and wife (AF).

### 1960

At the AA International Convention in Long Beach, CA, Al-Anon members vote to hold a trial World Service Conference the following year (MVOJ, p. 93).
The growing visibility of women recovering from alcoholism and the related growth of men in Al-Anon is recognized by a new genre of Al-Anon literature bearing such titles as <i>The Stag Line</i> , <i>What's Next? Asks the Husband of an Alcoholic</i> , <i>My Wife is an Alcoholic</i> , and <i>Al-Anon IS for Men</i> (SD, p. 222).
A revision of Al-Anon’s basic text, <i>The Al-Anon Family Groups</i> , is revised and published as <i>Living with an Alcoholic</i> (LR, p. 200).
There are about 100 Alateen groups (LR, p. 200).
Alateen article, “My Mother is an Alcoholic,” is published in <i>Guideposts</i> magazine in March (MVOJ, 91).
Fox, R. (1960). Al-Anon’s role in the alcoholic’s home. <i>AA Grapevine</i> , 17(1), June.
McNamara, J. (1960). The disease conception of alcoholism: Its therapeutic value for the alcoholic and his wife. <i>Social Casework</i> , 41, 460-465.

### 1961

There are 1,500 Al-Anon groups (LR, p. 200); Al-Anon hosts its first World Service Conference (FS, 128; MVOJ 96); Since 1963, it has been held annually (WRT, 156).
The first autonomous Alateen convention is held in Philadelphia in June (LR, p. 186).
Alateen receives national media coverage in such magazines as <i>Life</i> , <i>Time</i> , <i>American Weekly</i> , <i>Seventeen</i> , and <i>Teen Etiquette</i> ; there are 154 Alateen groups (AT).

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## AL-ANON AND RELATED MILESTONES

1961

Bailey, M. (1961). Alcoholism and marriage: A review of the research and professional literature. <i>Quarterly Journal of Studies on Alcohol</i> , 22, 81-97.
Day, B. (1961). Alcoholism and the family. <i>Marriage and Family Living</i> , 23, 253-258.
Dr. Ruth Fox presents The Effect of Alcoholism on Children, Alcohol Is a Family Disease at the Int'l Congress for Psychotherapy, 1961.

1962

Bailey, M.B. (1962). Family agency and social casework in treatment of the spouse and family of the alcoholic. In A. Kuhn, (ed.), <i>What family agencies can do to help alcoholics and families</i> (pp. 35-46). Springfield, IL: Illinois Division of Alcoholism.
Jackson, J. (1962). Alcoholism and the family. In D. Pittman & C. Snyder (Eds.), <i>Society, culture and drinking patterns</i> (pp.472-492). New York: John Wiley & Sons.
Kellermann, J. L. (1962). <i>Guide for the family of the alcoholic</i> . New York: Al-Anon Family Group Headquarters.
Cork, M. (1962). Alcoholics Anonymous and Al-Anon as resources for the alcoholic and his family. In A. Kuhn, <i>What family agencies can do to help alcoholics and families</i> . Springfield, IL: Illinois Division of Alcoholism.
Fox, R. (1962). Children in the alcoholic family. In W. C. Bier (Ed.), <i>Problems in addiction: Alcoholism and Narcotics</i> . New York: Fordham University Press.

1963

There are 1,500 Al-Anon registered groups (SD, p. 221).
The Al-Anon story. (1963). <i>AA Grapevine</i> , 19(9), February.
There are 262 Alateen groups spurring in part by many new groups outside the United States (AT).
Shipp T. (1963). <i>Helping the alcoholic and his family</i> . Englewood Cliffs, NJ: Prentice Hall.

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## AL-ANON AND RELATED MILESTONES

1964

First studies appear that question the 1950s portrayal of the alcoholic wife as having selected and remained with her husband out of her own deep emotional disturbance.
Corder, B., Hendricks, A., & Corder, R. (1964). An MMPI study of a group of wives of alcoholics. <i>Quarterly Journal of Studies on Alcohol</i> , 25, 551.
Blaine, H.T., & Meyers, W.R. (1964). Psychological test score changes from wives of alcoholics during periods of drinking and sobriety. <i>Journal of Clinical Psychology</i> , 20(2), 230-232.
Jackson, J. (1964). Drinking, drunkenness, and the family. In R. McCarthy (Ed.), <i>Alcohol education for classroom and community</i> (pp. 155-166). McGraw-Hill.
Presnall, L.F. (1964). <i>The wife of an alcoholic: A pattern to happiness</i> . Salt Lake City, UT: Utah Alcoholism Foundation.

1965

<i>Al-Anon Faces Alcoholism</i> is published. Al-Anon's growth is reflected in 3 Spanish-speaking staff at the Al-Anon World Service Office who provide support to 3,000 Spanish-speaking and 800 Portuguese-speaking groups now meeting in 20 countries (FS, 123).
Bailey, M. (1965). Al-Anon family groups as an aid to wives of alcoholics. <i>Social Work</i> , 10, 68-74.

1967

<i>The Dilemma of the Alcoholic Marriage</i> is published.
The Al-Anon program is adapted by Nar-Anon and in subsequent years, Families Anonymous (1971), Co-anon (1985), and Recovering Couples Anonymous (1988).
Bailey, M.B. (1967). Psychophysiological impairment on wives of alcoholics as related to their husband's drinking and sobriety. In R. Fox (Ed.), <i>Alcoholism: Behavioral research, therapeutic approaches</i> (pp. 134-144). New York: Springer.

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## AL-ANON AND RELATED MILESTONES

1968

*One Day at a Time in Al-Anon* is published. By 1986, it will be in its 18<sup>th</sup> printing and have sold more than two million copies.

1969

There are 701 Alateen groups, sparked in part by dramatic growth of Alateen outside the United States (AT).

Cork, M. (1969). *The forgotten children*. Toronto: Addiction Research Foundation.

Joseph Kellerman's booklet, *Alcoholism, a Merry-Go-Round Named Denial*, is published.

1970

*Al-Anon's Favorite Forum Editorials* (by Margaret D.) is published.

Meeks, D., & Keely, C. (1970). Family therapy with families of recovering alcoholics. *Quarterly Journal of Studies on Alcohol*, 31, 399-413.

1971

The film *Lois's Story* recounting the early years of Al-Anon is released.

Families Anonymous founded (CMAG).

Cheek, F.E., Franks-Cyril, M., & Laucius, J. (1971). Behavior modification training for wives of alcoholics. *Quarterly Journal of Studies on Alcohol*, 32(2), 456-461.

Cohen, P.C., & Krause, M.S. (1971). *Casework with wives of alcoholics*. New York: Family Service Association of America.

James, J.E., & Goldman, M. (1971). Behavior trends of wives of alcoholics. *Quarterly Journal of Studies on Alcohol*, 32(2), 373-381.

Scott, E.M. (1971). *Struggles in an alcoholic family*. Springfield, IL: Charles C. Thomas publisher.

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DISSERTATION	NEWSLETTER	VIDEO

## AL-ANON AND RELATED MILESTONES

1972

The “Three Cs” (“I didn’t cause it, can’t control it, and can’t cure it.”) first appear <i>Al-Anon Family Groups Forum</i> (MVOJ, 163).
Alateen groups reach 1,000 benchmark (AT).
<i>Alcoholism: A family illness</i> . New York: Christopher D. Smithers Foundation.
Courdet, J. (1972). <i>The alcoholic in your life</i> . New York: Warner Paperback Library.
Corder, B.F., Corder, R.F., & Laidlaw, N.D. (1972). An intensive treatment program for alcoholics and their wives. <i>Quarterly Journal of Studies on Alcohol</i> , 33, 1144-1146.
Mueller, J.F. (1972). Casework with the family of the alcoholic. <i>Social Work</i> , 17(6), 79-84.

1973

Al-Anon Family Groups. (1979). <i>How can I help my children? Asks an Al-Anon member</i> (Revised). New York: Al-Anon Family Group Headquarters, Inc.
K.G. (1973). I joined Al-Anon and found AA. <i>AA Grapevine</i> , 29(8), January.
Alateen’s first book, <i>Alateen—Hope for Children of Alcoholics</i> , is published.
Bosma, W. (1973). Alcoholism and the family. <i>Addictions</i> , 2(5), 14-16.
Edwards, P., Harvey, C., & Whitehead, P.C. (1973). Wives of alcoholics: A critical review and analysis. <i>Quarterly Journal of Studies on Alcohol</i> , 34, 112-132.
Reverend Vernon Johnson published <i>I’ll Quit Tomorrow</i> and outlines a process of family intervention for alcoholism.
Seifert, M.H. (1973). Treating alcoholism, a family disease. <i>American Family Physician</i> , 8(4), 150-153.

1974

The first Al-Anon adult children of alcoholics group is registered (MVOJ, 175).
Ablon, J. (1974). Al-Anon family groups: Impetus for learning and change through the presentation of alternatives. <i>American Journal of Psychotherapy</i> , 28, 30-45.
Bowen, M. (1974). Alcoholism as viewed through family systems theory and family psychotherapy. <i>Annals of the New York Academy of Sciences</i> , 233, 115-122.

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DISSERTATION	NEWSLETTER	VIDEO

## AL-ANON AND RELATED MILESTONES

1974

Bowen, M. (1974). Family systems approach to alcoholism. *Addictions*, 21(2), 28-39.

1975

Ann Landers column recommending Al-Anon generates 3,000 requests for assistance (MVOJ, 178).

R, N.H. (1975). Male Al-Anon. *AA Grapevine*, October.

Becker, J.V. (1975). *Analysis and comparison of verbal and nonverbal behaviors in alcoholics and their wives and nonalcoholics and their wives*. Ann Arbor, MI: University microfilms 75-22488.

Corenblum, B., & Fischer, D. G. (1975). Some correlates of Al-Anon group membership. *Journal of Studies on Alcohol*, 36, 675–677.

O’Farrell, T.J. (1975). *Marital stability among wives of alcoholics: Reported antecedents of a wife’s decision to separate from or endure her alcoholic husband*. Ann Arbor, MI: University Microfilms 75-21006.

Orford, J., Guthrie, S., & Nicholls, P. (1975). Self-reported coping behavior of wives of alcoholics and its association with drinking outcome. *Journal of Studies on Alcohol*, 36(9), 1254-1267.

Swift, H.A., & Williams, T. (1975). *Recovery for the whole family*. Center City, MN: Hazelden Foundation.

Wadsworth-Allen, P., Wilson, O.W., & Barker, H.R. (1975). Determinants of marital happiness rated by alcoholics and their wives. *Journal of Studies on Alcohol*, 36(5), 634-644.

Wiseman, J.P. (1975). Social forces and the politics of research approaches: Studying the wives of alcoholics. In *Women and their health: Research implications for a new era* (pp. 22-26). San Francisco, CA.

Wright, K.D. (1975). *Current drinking status of alcoholic men and the treatment received by their non-alcoholic wives*. Ann Arbor, MI: University microfilms, 76-18156.

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## AL-ANON AND RELATED MILESTONES

1976

<i>Blueprint for Progress</i> : Al-Anon's Fourth Step Inventory is published and sells more than 90,000 copies in the next year (MVOJ, 185).
Article "An Oasis called Al-Anon" appears in September Issue of <i>Readers Digest</i> .
Alateen groups approach 2,000 milestone; a doubling of registered groups in five years (AT).
Davis, D.I. (1976). Changing perceptions of self and spouse from sober to intoxicated state: Implications for research into family factors that maintain alcohol abuse. <i>Annals of the New York Academy of Sciences</i> , 273, 497-506.
Djukanovic, B., Milosavcevic, V., & Jovanovic, R. (1976). Drustenvizivotalcoholicara I njihovihsupgruga (Social life of alcoholics and their wives). <i>Alkoholizam, Beograd</i> , 6(3-4), 67-75.
Huppert, S. (1976). The role of Al-Anon groups in the treatment program of a VA alcoholism unit. <i>Hospital &amp; Community Psychiatry</i> , 27(10), 693, 7.
Orford, J. (1976). Study of the personalities of excessive drinkers and their wives, using the approaches of Leary and Eyseneck. <i>Journal of Consulting and Clinical Psychology</i> , 44(4), 534-545.
Steingalss, M.D. (1976). Experimenting with family treatment approaches to alcoholism 1950-1975: A review. <i>Family Process</i> , 15, 97-123.
Tamerin, J.S., Tolor, A., & Harrington, B. (1976). Sex differences in alcoholics: A comparison of male and female alcoholics' self and spouse perception. <i>American Journal of Drug and Alcohol Abuse</i> , 3(3), 457-472.
Wiseman, J.P. (1976). Alkoholistien vaimot II. Elaminenalkoholistinkanssa (Wives of alcoholics Part II. Living with an alcoholic). <i>Alkoholipolitikka</i> , 41, 109-117.

1977

Anthony, M. (1977). Al-Anon. <i>Journal of the American Medical Association</i> , 238(10), 1062-1063.
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## AL-ANON AND RELATED MILESTONES

1977

Alateen to these children. <i>Journal of Consulting and Clinical Psychology</i> , 45, 946–947.
Hurwitz, J., & Daya, D. K. (1977). Non-help-seeking wives of employed alcoholics: A Multilevel interpersonal profile. <i>Journal of Studies on Alcohol</i> , 38(9), 1730-1739.
Keller, J.E. (1977). <i>Alcohol: A family affair; Help for families in which there is alcohol misuse</i> . Santa Ynez, CA: Kroc Foundation.
Miller, D., & Jang, M. (1977). Children of alcoholics: A 20-year longitudinal study. <i>Social Work Research and Abstracts</i> , 4, 23-29.
Paolino, T.J., & McCrady, B.S. (1977). <i>Alcoholic marriage: Alternative perspectives</i> . New York: Grune & Stratton.
Reddy, B. (1977). <i>Alcoholism-A family illness</i> . Park Ridge, IL: Lutheran General Hospital, Inc.

1978

W.B. (1978). Al-Anon saved the day. <i>AA Grapevine</i> , September.
Former President Ford and First Lady Ford announce that Mrs. Ford has sought treatment for alcohol and drug dependence. Her entrance into treatment following a family intervention sparks great interest in the role of family in addiction recovery.
Founding of Adult Children of Alcoholics.
Ackerman, R.J. (1978). <i>Children of alcoholics - A guidebook for educators, therapists, and parents</i> . Holmes Beach, FL: Learning Publications, Inc.
Friedrich, W.N., & Loftsgard, S.O. (1978). Comparison of two alcoholism scales with alcoholics and their wives. <i>Journal of Clinical Psychology</i> , 34, 784-786.
Gillick, J.J. (1978). <i>Al-Anon: A self-help group for co-alcoholics</i> (PH.D. Dissertation). State University of New York at Buffalo.
Jacob, T., Favorini, A., & Meisel, S.S. (1978). Alcoholic's spouse, children and family interactions: Substantive findings and methodological issues. <i>Journal of Studies on Alcohol</i> , 39, 1231-1251.

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## AL-ANON AND RELATED MILESTONES

1978

Janzen, C. (1978). Family treatment of alcoholism: A review. <i>Social Work</i> , 23(2), 135-141.
King, B. Bissell, L., & Holding, E. (1978). Usefulness of the disease concept of alcoholism in working with wives of alcoholics. <i>Social Work &amp; Health Care</i> , 3, 443-455.
McInernney, J. (1978). Al-Anon as an aid to professional in alcoholism. In M.J. Goby & J.E. Keller (Eds.), <i>Perspectives on treatment of alcoholism</i> . Park Ridge, IL: Lutheran General Hospital.
Ricahrds-Tarpley, M., & Bascue-Loy, O. (1978). Emotional stages in wives of alcoholics during the decent and recovery process of alcoholism. <i>Journal of Alcohol and Drug Education</i> , 23(2), 12-17.
Sundren, A.S. (1978). <i>Sex differences in adjustment to an alcoholic spouse</i> (Ph.D. Dissertation). University of Washington.
Woititz, J.G. (1978). Alcoholism and the family: A survey of the literature. <i>Journal of alcohol and drug education</i> , 23(2), 18-23.
Wright, K.D., & Scott, T.B. (1978). The relationship of wives' treatment to the drinking status of alcoholics. <i>Journal of Studies on Alcohol</i> , 39(9), 1577-1581.

1979

W., L. (1979). <i>Lois remembers: Memoirs of the co-founder of Al-Anon and wife of the co-founder of Alcoholics Anonymous</i> . New York: Al-Anon Family Group Headquarters, Inc. is published.
There are 14,000 Al-Anon groups (LR, 194); the first Al-Anon groups in Japan begin meetings (MVOJ, 207).
The Stepping Stones Foundation is created with the mission of “preserving the historic home of Bill and Lois W., co-founders respectively of Alcoholics Anonymous and Al-Anon Family Groups, and to commemorating their achievements in the field of recovery from alcoholism” (FS, 152; quotation from <a href="http://www.steppingstones.org/">http://www.steppingstones.org/</a> ).
Al-Anon Family Groups. (1979). <i>Al-Anon Family Groups - Adult Children of Alcoholics</i> . New York: Al-Anon Family Group Headquarters, Inc.

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1979

There are 2,200 Alateen groups (LR, p. 194).

Gorman, J. M., & Rooney, J. F. (1979). The influence of Al-Anon on the coping behavior of wives of alcoholics. *Journal of Studies on Alcohol*, 40(11), 1030-1038.

Gorman, J. M., & Rooney, J. F. (1979). Delay in seeking help and onset of crisis among Al-Anon wives. *American Journal on Drug and Alcohol Abuse*, 6(2), 223-33.

Nici, J. (1979). Wives of alcoholics as “repeaters. *Journal of Studies on Alcohol*, 40, 677-682.

O’Farrell, T.J., & Cutter, H.S. (1979). Proposed behavioral couples group for male alcoholics and their wives. In D. Upper & S.M. Ross (Eds.), *Behavioral group therapy: An annual review* (pp. 279-300). Champaign, IL: Research Press.

Schaffer, J.B., & Tyler, J.D. (1979). Degree of sobriety in male alcoholics and coping styles used by their wives. *British Journal of Psychiatry*, 135, 431-437.

Sexias, J. (1979). *Living with a parent who drinks too much*. New York: Greenwillow Books.

Steinglass, P. (1979). Family therapy with alcoholics: A review. In E. Kaufman & P. Kaufman (Eds.), *Family therapy of drug and alcohol abuse* (pp. 147-186). New York: Gardner Press.

McCrary, B.S., Paolino, T.J., Longabaugh, R., & Rossi, J. (1979). Effects of joint hospital admission and couples treatment for hospitalized alcoholics: A pilot study. *Addictive Behavior*, 4, 155-165.

1980s

A growing focus on the special needs of children of alcoholics leads to the concepts of “co-alcoholism” or “para-alcoholism” (Greenleaf, 1981), the graphic description of the psychological and developmental consequences of parental alcoholism on children, and a focus on how these consequences continued to affect children of alcoholics in their adult lives. These spark full blown COA/ACOA and Codependency movements that become something of a social phenomenon.

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## AL-ANON AND RELATED MILESTONES

### 1980s

There are 2,000 Spanish-speaking Al-Anon groups meeting in Mexico, Latin America, and Spain (MVOJ, 208).

Al-Anon and employee programs. (1980). *Labor-Management Alcoholism Journal*, 10(2), 45-49.

Davis, D. (1980). Alcoholics Anonymous and family therapy. *Journal of Marital and Family Therapy*, 6, 65-73.

Logan, D. (1980). *Marital adjustment and interaction between recovered alcoholic wives and their husbands* (Ph.D. dissertation). University of Georgia.

Peitler, E.J. (1980). *Comparison of the effectiveness of group counseling and Alateen on the psychological adjustment of two groups of adolescent sons of alcoholic fathers* (Ph.D. dissertation). St. John's University.

Ryan, L.M. (1980). *Description of the adult experience of being rejected by a spouse as reported by alcoholics* (Ed.D. dissertation). The University of Mississippi.

Wolin, S.J., Bennett, L.A., Noonan, D.L., & Teitelbaum, M.A. (1980). Disrupted family rituals; a factor in the intergenerational transmission of alcoholism. *Journal of Studies on Alcohol*, 41(3), 199-214.

### 1981

*Al-Anon's Twelve Steps and Twelve Traditions* is published.

There are more than 15,000 Al-Anon groups meeting worldwide (MVOJ, 219).

There are 2,300 Alateen groups meeting worldwide (MVOJ, 219).

Beletsis, S., & Brown, S. (1981). A developmental framework for understanding the adult children of alcoholics. *Journal of Addictions and Health, Focus on Women*, 2, 187-203.

Black, C. (1981). *It will never happen to me! - Children of alcoholics as youngsters-adolescents-adults*. Denver, Co: M.A.C. Printing & Publications Div.

Bourg, M., Vanhoove, D., Barreau, A., & Faidherbe, D. (1981). *La femme du marinalcoolique: Essai de comprehension ethnosociopsychiatrique de l'alcoolismedans le*

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## AL-ANON AND RELATED MILESTONES

1981

milieu marin Breton (Wives of alcoholic sailors: An ethnosocial-psychiatric study of alcoholism in the maritime community of Brittany). <i>Annales Médico-Psychologiques</i> , 139(9), 1014-1023.
Dulfano, C. (1981). Recovery: Rebuilding the family. <i>Alcoholism</i> , 1(3), 33-36.
Greenleaf, J. (1981, April). <i>Co-alcoholic para-alcoholic: Who's who and what's the difference</i> . Paper presented at the National Council on Alcoholism Forum, New Orleans, LA.
Lavino, J. (1981). Family members of alcoholics at work: Al-Anon as a treatment resource. <i>Labor-Management Alcoholism Journal</i> , 10(4), 133-136.
O'Farrell, T.J., Harrison, R.H., Schulmeister, C.A., & Cutter, H.S. (1981). Closeness to Divorce Scale for wives of alcoholics. <i>Drug and Alcohol Dependence</i> , 7(4), 319-324.
O'Farrell, T.J., Harrison, R.H., & Cutter, H.S.G. (1981). Marital stability among wives of alcoholics: An evaluation of three explanations. <i>British Journal of Addiction</i> , 76(2), 175-189.
Presnall, L.F. (1981). <i>Alcoholism: The exposed family</i> . Salt Lake City, UT: Utah Alcoholism Foundation.
Royce, J.E. (1981). Spouse and family of the alcoholic. In J. E. Royce, <i>Alcohol problems and alcoholism: A comprehensive survey</i> (pp. 119-139). New York: The Free Press.
Sisson, R.W., & Mallams, J.H. (1981). The use of systematic encouragement and community access procedures to increase attendance at Alcoholic Anonymous and Al-Anon meetings. <i>American Journal of Drug and Alcohol Abuse</i> , 8(3), 371-376.
Steingalss, P. (1981). The alcoholic family at home: Patterns in dry, wet, and transitional stages of alcoholism. <i>Archives of General Psychiatry</i> , 38(5), 578-584.
Suhre, M.P. (1981). Family members of alcoholics at work; Al-Anon as a treatment resource. <i>Labor-Management and Alcoholism Journal</i> , 10, 177-178.
Wegsheider, S. (1981). <i>Another chance: Hope and health for the alcoholic family</i> . Palo Alto, CA: Science and Behavior Books.
Zimberg, S. (1982). Alcoholics Anonymous and Al-anon. In <i>Clinical management of alcoholism</i> (pp. 117-124). New York: Brunner/Mazel.

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1982

A.A. World Services. (1982). Recovery is a family disease. <i>AA Grapevine</i> , 12(3), July.
Ablon, J. (1982). Perspectives on Al-Anon family groups. In N. J. Estes & M. E. Heinemann (Eds.), <i>Alcoholism: Development, consequences and interventions</i> (pp. 319–328). St. Louis: C. V. Mosby.
Ablon, J. (1982). Support system dynamics of Al-Anon and Alateen. In E. Pattison & E. Kaufman (Eds.), <i>Encyclopedic handbook of alcoholism</i> (pp. 987-995). New York: Gardner Press.
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Cermak, T., & Brown, S. (July 1982). Group therapy with the adult children of alcoholics. <i>International Journal of Group Psychotherapy</i> .
Deutsch C. (1982). <i>Broken bottles broken dreams: Understanding and helping the children of alcoholics</i> . New York: Teachers College Press.
Edwards, D.W. (1982). Spouse participation in the treatment of alcoholism: Completion of treatment and recidivism. In M. Altman & R. Crocker (Eds.), <i>Social groupwork and alcoholism</i> (pp. 41-48). New York: Haworth Press.
Estes-Nada, J. (1982). Counseling the wife of an alcoholic spouse. In N.J. Estes & M.E. Heinemann (Eds.), <i>Alcoholism: Development, consequences, and interventions</i> (2nd Edition; pp. 304-310). St. Louis, MO: C.V. Mosby Company.
Griggs, D., & Winting, G. (1982). Model for the treatment of the alcoholic and spouse during outpatient treatment and the resulting impacts on recovery. In P. Golding (Ed.), <i>Alcoholism: A modern perspective</i> (pp. 225-232). Lancaster, England: MTP Press.
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Mckenna T., & Pickens, R. (1983). Personality characteristics of alcoholic children of alcoholics. <i>Journal of Studies on Alcohol</i> , 44, 688-700.

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<b>PEER REVIEWED JOURNAL</b>	<b>PROFESSIONAL TRADE JOURNAL</b>	<b>UNPUBLISHED PROFESSIONAL REPORT</b>
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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1982

Moos, R.H., & Billings, A.G. (1982). Children of alcoholics during the recovery process: Alcoholics and matched control families. *Addictive Behaviors*, 7, 155-163.

1983

*Alateen – A Day at a Time* is published.

The National Association for Children of Alcoholics (NACoA) is organized (CMAG).

Ackerman, R.J. (1983). Alcoholism and the family. In H.K. Cleminshaw & E.B. Truitt (Eds.), *Alcoholism: New perspectives* (pp. 79-94). Akron, OH: University of Akron.

Ackerman, R.J. (1983). *Children of alcoholics - a guide for parents, educators and therapists* (2nd ed.). New York: Simon & Schuster, Inc.

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Lawson, G., Peterson, J.S., & Lawson, A. (1983). Treatment with the alcoholic's spouse. In *Alcoholism and the family* (pp. 227-235). Rockville, MD: Aspen Systems Corporation.

Leonard, K., Dunn, N.J., & Jacob, T. (1983). Drinking problems of alcoholics: Correspondence between self and spouse reports. *Addictive Behaviors*, 8(4), 369-373.

Woititz, J. G. (1983). *Adult children of alcoholics*. Pompano Beach, FL: Health Communications.

1984

Ackerman, R. (1984). Alcoholic parents: Reducing the impact. *Focus on Family, The U.S. Journal of Drug and Alcohol Dependence*, 7(1).

Burnett, M.M. (1984). Toward a model for counseling the wives of alcoholics: A feminist approach. *Alcoholism Treatment Quarterly*, 1(2), 51-60.

Cadogan, D.A. (1984). Alcohol is destroying our marriage: A couple mixed marital group therapy. In E. Kaufman (Ed.), *Power to change: Family case studies in the treatment of alcoholism* (pp. 177-197). New York: Gardner Press.

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>



## AL-ANON AND RELATED MILESTONES

1984

Carter, S., Carter, B., Caesar, F., Caesar, S., Robards, L., & Robards, J. (1984). Wives and alcoholic husbands. In <i>Courage to change</i> (pp. 161-192). Boston, MA: Houghton Mifflin Company.
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Galanter, M., Gleton, T., Marcus, C. E., & McMillen, J. (1984). Self-help groups for parents of young drug and alcohol abusers. <i>American Journal of Psychiatry</i> , 141, 889–891.
Kaufman, E. (1984). Family system variables in alcoholism. <i>Alcoholism: Clinical and Experimental Research</i> , 8(1), 4-8.
Kaufman, E. (Ed., 1984). <i>Power to change: Family case studies in the treatment of alcoholism</i> . New York: Gardner Press.
Noel, N.E., & McCrady, B.S. (1984). Behavioral treatment of an alcohol abuser with the spouse present: Two case studies. In E. Kaufman, (Ed.), <i>Power to change: Family case studies in the treatment of alcoholism</i> (pp. 23-77). New York: Gardner Press.
O’Farrell, T.J., & Cutter, H.S.G. (1984). Behavioral marital therapy couples groups for male alcoholics and their wives. <i>Journal of Substance Abuse Treatment</i> , 1(3), 191-204.
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Smalley, S. (1984). <i>Co-dependency: An intimacy dilemma</i> . New Brighton, MN: SBS Publications.
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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1985

<p><i>As We Understood...</i> is published – Al-Anon’s first book focused on spirituality.</p>		
<p>Al-Anon has an annual budget of more than \$5 million and processes more than 50,000 literature orders per year (FS, 76).</p>		
<p>There are Al-Anon groups in 81 countries (FS, p. 121).</p>		
<p>Representatives from 54 countries who speak 23 different languages participate in Al-Anon’s first International Convention in Montreal, Canada (FS, p. 159).</p>		
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<b>PEER REVIEWED JOURNAL</b>	<b>PROFESSIONAL TRADE JOURNAL</b>	<b>UNPUBLISHED PROFESSIONAL REPORT</b>
<b>BOOK</b>	<b>POPULAR MAGAZINE/ NEWSPAPER</b>	<b>PAMPHLET/BOOKLET</b>
<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1985

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1986

<i>First Steps: Al-Anon – 35 Years of Beginnings</i> is published; there are 27,201 Al-Anon groups, and Al-Anon literature has been translated into 24 languages (LR, p. 201, 126); Al-Anon hosts its first permanent International General Services Meeting.
There are 3,196 Alateen groups (LR, 201).
Co-Anon founded (CMAG).
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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1986

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1986

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1987

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1987

*Psychoactive Drugs*, 19, 257-268.

1988

Lois W., Al-Anon co-founder, dies on October 5 at the age of 97. (Borchert, 2005; MVOJ, 262)

John Bradshaw publishes *Healing the Shame That Binds You*; a highly popular PBS television series is based on the book. A whole nation seemed to be riveted on the exploration of the “dysfunctional family” (AF).

Recovering Couples Anonymous founded (CMAG).

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## AL-ANON AND RELATED MILESTONES

1988

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## AL-ANON AND RELATED MILESTONES

### 1989

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### Late 1980s

Al-Anon members first begin to reach out to one another on Internet Bulletin Boards.

### 1990s

Al-Anon members communicate online in such Internet forums as *Tranquility*; *CyberSerenity*; *Al-Anon Chatters*; *Friends of Lois W.*; *American Families Online*; *Courage to Change*; *Experience, Strength and Hope*, *A Serenity Place*, *Men's One Day at a Time*, *Undernet Al-Anon Group*, *Awakenings*, *Key to Harmony*, *Saturday Night Butterflies*, *Al-Anon Beginners Chat*, *Heart-to-Heart Al-Anon Chat* and *Fifth Tradition*.

Stephanie Brown and Virginia Lewis conduct sustained research on the effects of alcoholism on the family and the further destabilization of the family during early recovery from alcoholism (AF).

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1990

An Alateen membership survey reveals that 30% of Alateen membership is younger than age 12 (MVOJ, 273); there are more than 4,000 Alateen meetings worldwide (MVOJ, 279).

The National Association for Children of Alcoholics (NACoA) grows to more than 1,500 local groups by 1990. (Brown, S. (1991). Adult children of alcoholics: The history of a social movement and its impact on clinical theory and practice. In M. Galanter (Ed.), *Recent Developments in Alcoholism* (vol. 9, pp. 267–285). New York: Plenum.)

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DISSERTATION	NEWSLETTER	VIDEO

## AL-ANON AND RELATED MILESTONES

### 1990

Weinberg, T.S., & Vogler, C.C. (1990). Wives of alcoholics: Stigma management and adjustments to husband-wife interaction. *Deviant Behavior*, 11(4), 331-343.

Wills, E.M. (1990). Perceived health status, perceived stress and family satisfaction of wives of alcoholics and of non-alcoholics. *Dissertation Abstracts International*, 51(6), 2823-B.

### 1990 – 1995

A co-dependency backlash movement casts aspersions on the ACOA and codependency movements and on mutual help groups in general.

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Katz, S., & Liu, A. (1991). *The codependency conspiracy*. New York: Warner Books.

Rieff, D. (1991). Victims all? Recovery, co-dependency, and the art of blaming somebody else. *Harpers*, October, 49–56.

### 1991

There are 32,000 Al-Anon groups worldwide—an 85% increase since 1981 (MVOJ, 279); the Al-Anon office now has 62 employees (MVOJ, 279).

Ackerman, R. (1991). Differentiating adult children of alcoholics: The effects of background and treatment on ACOA symptoms. *International Journal of the Addictions*, 26(11), 1159-1172.

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DISSERTATION	NEWSLETTER	VIDEO

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1991

<p>Corbett, K., Mora, J., &amp; Ames, G. (1991). Drinking patterns and drinking-related problems of Mexican-American husbands and wives. <i>Journal of Studies on Alcohol</i>, 52(3), 215-223.</p>
<p>Galanter M. (1991). <i>Recent developments in alcoholism: Vol 9: Children of alcoholics. Genetic predisposition, Fetal Alcohol Syndrome, vulnerability to disease, social and environmental issues.</i> New York: Plenum Press.</p>
<p>Gomberg, E.L., Nelson, B.W., &amp; Hatchett, B.F. (1991). Women, alcoholism, and family therapy. <i>Family &amp; Community Health: The Journal of Health Promotion &amp; Maintenance</i>, 13(4), 61-71.</p>
<p>Goodwin, D.W., &amp; Warnock, J.K. (1991). Alcoholism: A family disease. In R.J. Frances &amp; S.I. Miller (Eds.), <i>Clinical textbook of addictive disorders</i> (pp. 485-500). New York: Guilford Press.</p>
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<p>Hyphantis, T., Koutras, V., Liakos, A., &amp; Marselos, M. (1991). Alcohol and drug use, family situation and school performance in adolescent children of alcoholics. <i>International Journal of Social Psychiatry</i>, 37(1), 35-42.</p>
<p>Lawson, A.W., &amp; Lawson, G.W. (1991). Classic articles in the field of family dynamics of addiction: The early years, 1953-1980. <i>Family Dynamics of Addiction Quarterly</i>, 1(2), 59-70.</p>
<p>McBride, J.L. (1991). Assessing the Al-Anon component of Alcoholics Anonymous. <i>Alcoholism Treatment Quarterly</i>, 8(4), 57-65.</p>
<p>Nakamura, K., Takano, T., &amp; Iguchi, T. (1991). Family involvement for improving the abstinence rate in the rehabilitation process of female alcoholics. <i>International Journal of the Addictions</i>, 26(10), 1055-1064.</p>
<p>Nyman, D.J., &amp; Cocores, J. (1991). Coaddiction: Treatment of the family member. In N.S. Miller (Ed.), <i>Comprehensive handbook of drug and alcohol addiction</i> (pp. 877-888). New York: Marcel Dekker.</p>

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1991

<p>McCrary, B.S., Stout, R., Noel, N., Abrams, D., &amp; Nelson, H.F. (1991). Effectiveness of three types of spouse-involved behavioral alcoholism treatment. <i>British Journal of Addiction</i>, 86(11), 1415-1424.</p>
<p>O'Farrell, T.J., &amp; Choquette, K. (1991). Marital violence in the year before and after spouse-involved alcoholism treatment. <i>Family Dynamics of Addiction Quarterly</i>, 1(1), 32-40.</p>
<p>Rosenqvist, P. (1991). AA, Al-Anon and gender. <i>Contemporary Drug Problems</i>, 18, 687-706.</p>
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<b>PEER REVIEWED JOURNAL</b>	<b>PROFESSIONAL TRADE JOURNAL</b>	<b>UNPUBLISHED PROFESSIONAL REPORT</b>
<b>BOOK</b>	<b>POPULAR MAGAZINE/NEWSPAPER</b>	<b>PAMPHLET/BOOKLET</b>
<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1992

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<b>PEER REVIEWED JOURNAL</b>	<b>PROFESSIONAL TRADE JOURNAL</b>	<b>UNPUBLISHED PROFESSIONAL REPORT</b>
<b>BOOK</b>	<b>POPULAR MAGAZINE/ NEWSPAPER</b>	<b>PAMPHLET/BOOKLET</b>
<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1993

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<b>PEER REVIEWED JOURNAL</b>	<b>PROFESSIONAL TRADE JOURNAL</b>	<b>UNPUBLISHED PROFESSIONAL REPORT</b>
<b>BOOK</b>	<b>POPULAR MAGAZINE/ NEWSPAPER</b>	<b>PAMPHLET/BOOKLET</b>
<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

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PEER REVIEWED JOURNAL	PROFESSIONAL TRADE JOURNAL	UNPUBLISHED PROFESSIONAL REPORT
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DISSERTATION	NEWSLETTER	VIDEO



## AL-ANON AND RELATED MILESTONES

1994

There are more than 32,500 Al-Anon groups meeting in 12 countries and distributing literature published in 30 different languages (LR, 201).

There are 3,300 Alateen groups (LR, 201).

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PEER REVIEWED JOURNAL	PROFESSIONAL TRADE JOURNAL	UNPUBLISHED PROFESSIONAL REPORT
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DISSERTATION	NEWSLETTER	VIDEO

## AL-ANON AND RELATED MILESTONES

1995

The first Al-Anon List Serv (Bulletin Board) begins.
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<b>PEER REVIEWED JOURNAL</b>	<b>PROFESSIONAL TRADE JOURNAL</b>	<b>UNPUBLISHED PROFESSIONAL REPORT</b>
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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1995

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1996

Al-Anon World Service Office and its 56 staff move from New York to Virginia.		
<i>Courage to Be Me</i> is published, containing Alateen members' stories of how they've applied the Steps and Traditions to their lives.		
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DISSERTATION	NEWSLETTER	VIDEO

## AL-ANON AND RELATED MILESTONES

1996

Thomas, E.J., Yoshioka, M., & Ager, R.D. (1996). Spouse enabling of alcohol abuse: Conception, assessment, and modification. <i>Journal of Substance Abuse</i> , 8(1), 61-80.
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1997

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Dassi, S., & Bocchia, M. (1997). Role of Al-Anon in the management of alcohol problems. <i>Alcologia: European Journal of Alcohol Studies</i> , 9(1), 23-27.
Hughes, J.M. (1997). Adolescent children of alcoholic parents and the relationship of Alateen to these children. <i>Journal of Consulting and Clinical Psychology</i> , 43(5), 946-947. (Main finding was that children of alcoholics participating in Alateen have better emotional health than children of alcoholics who do not participate in Alateen.)
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Rychtarik, R.G., & McGillicuddy, N.B. (1997). Spouse situation inventory: A role-play measure of coping skills in women with alcoholic partners. <i>Journal of Family Psychology</i> , 11(3), 289-300.

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<b>BOOK</b>	<b>POPULAR MAGAZINE/ NEWSPAPER</b>	<b>PAMPHLET/BOOKLET</b>
<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

1998

In Salt Lake City, Utah, 4,500+ Al-Anon members participate in Al-Anon's Third International Convention. The book, *Having Had a Spiritual Awakening*, is introduced (MVOJ, 321).

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1999

Grief After Substance Passing (GRASP) founded for family members who have lost a loved one to addiction (CMAG).

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## AL-ANON AND RELATED MILESTONES

### 1999

use: Social conditions as mediators. <i>Journal of Studies on Alcohol</i> , 60(3), 368-377.
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O'Farrell, T.J., & Fals-Stewart, W. (1999). Treatment models and methods: Family models. In B.S. McCrady & E.E. Epstein (Eds.), <i>Addictions: A comprehensive guidebook</i> (pp. 287-305). New York: Oxford University Press.

### 2000s

Al-Anon telephone meetings begin (See <a href="http://www.al-anon.alateen.org/electronic-meetings">http://www.al-anon.alateen.org/electronic-meetings</a> ). Telephone and online meetings are collectively referred to as “electronic meetings” to distinguish them from face-to-face meetings.
AA World Services. (2000). <i>Box 1980 - Special Section: The family afterward - Now and not now - A long journey. The International Monthly Journal of AA</i> . New York: The AA Grapevine, Inc.
Brown, S., Lewis, V., with Liotta, A. (Fall 2000). <i>The family recovery guide: A map for healthy growth</i> . Oakland: New Harbinger Publications.
Brown, S. (May 2000). ACA's today: A new idea all grown up. <i>New Times</i> . San Jose: Resource Alliance, 3-4.
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## AL-ANON AND RELATED MILESTONES

### 2000s

alcoholism treatment. <i>Journal of Family Violence</i> , 15(4), 295-310.
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### 2001

There are 24,000 Al-Anon groups meeting in 130 countries (MVOJ, 331).
Adult children of alcoholics groups that for a period considered organizing independently of Al-Anon are now mostly integrated within Al-Anon (MVOJ, 329).
Al-Anon Family Groups hosts a Family Recovery Luncheon in a U.S. Senate building in Washington D.C. Claudia Black is the keynote speaker addressing the U.S. Center for Substance Abuse Treatment’s Recovery Month Planning Partners and executives from national non-profit organizations. Congressman and Senator Paul Wellstone, MN U.S. Senate and Congressman Jim Ramstad issue proclamations acknowledging Al-Anon Family Groups as a community resource that has helped countless Americans affected by a relative or friend’s drinking in honor of Al-Anon’s 50 <sup>th</sup> anniversary.
Al-Anon Family Groups hosts a Family Recovery Luncheon in Ottawa, ON in cooperation with the Canadian Centre on Substance Abuse in honor of Al-Anon’s 50 <sup>th</sup> Anniversary. Claudia Black is the keynote speaker. Executives from Canadian nongovernment organizations, government agencies, Members of Parliament Senators(MPS), and embassies attend. A Standing Order is read in Canada’s Parliament record.
There are 2,300 Alateen groups (MVOJ, 331).

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<b>DISSERTATION</b>	<b>NEWSLETTER</b>	<b>VIDEO</b>

## AL-ANON AND RELATED MILESTONES

2001

*Living Today in Alateen* is published—a second daily reader for Alateen members.

Harkness, D. (2001). Testing Cermak's hypothesis: Is dissociation the mediating variable that links substance abuse in the family of origin with offspring co-dependency? *Journal of Psychoactive Drugs*, 33(1), 75-82.

Harkness, D., Swenson, M., Madsen-Hampton, K., & Hale, R. (2001). The development, reliability, and validity of a clinical rating scale for co-dependency. *Journal of Psychoactive Drugs*, 33(2), 159-171.

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Tarter, R.E., Schultz, K., Kirisci, L., & Dunn, M. (2001). Does living with a substance abusing father increase substance abuse risk in male offspring? Impact on individual, family, school, and peer vulnerability factors. *Journal of Child and Adolescent Substance Abuse*, 10(3), 59-70.

Thomas, C., & Corcoran, J. (2001). Empirically based marital and family interventions for alcohol abuse: A review. *Research on Social Work Practice*, 11(5), 549-575.

2002

*Hope for Today*, a meditation reader for adult children of alcoholics, is published and sells more than 110,000 copies in the next year (MVOJ, 339).

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## AL-ANON AND RELATED MILESTONES

2002

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## AL-ANON AND RELATED MILESTONES

2002

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Meyers, R. J., & Wolfe, B.L. (2004). *Get your loved one sober: Alternatives to nagging, pleading and threatening*. Center City, MN: Hazelden Publishing & Educational Services.

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2004

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Smith, J.E., & Meyers, R.J. (2004). <i>Motivating substance abusers to enter treatment: Working with family members</i> . New York: Guilford Press.
Trim, R.S., & Chassin, L. (2004). Drinking restraint, alcohol consumption and alcohol dependence among children of alcoholics. <i>Journal of Studies on Alcohol</i> , 65, 122-125.

2005

Al-Anon Family Groups host family recovery lunches in Washington DC and Ottawa, ON in honor of its 55 <sup>th</sup> anniversary. Robert J. Ackerman is the keynote speaker. Representatives from national nonprofit organizations and federal government agencies attend the events in their respective countries.
Borchert, W.G. (2005). <i>The Lois Wilson story: When love is not enough</i> . Center City, MN: Hazelden.
Brown, S., & Abbott, S. (Nov/Dec. 2005). Children of alcoholics: Clinical update. <i>Family Therapy Magazine</i> , 46.
Meyers, R.J., Smith, J.E., & Lash, D.N. (2005). A program for engaging treatment-refusing substance abusers into Treatment: CRAFT. <i>International Journal of Behavioral and Consultation Therapy</i> , 1(2), 90-100.
Rychtarik, R.G., & McGillicuddy, N.B. (2005). Coping skills training and 12-step facilitation for women whose partner has alcoholism: Effects on depression, the partner's drinking, and partner physical violence. <i>Journal of Consulting and Clinical Psychology</i> , 73(2), 249-61.
White, W., & Savage, B. (2005). All in the family: Alcohol and other drug problems, recovery, advocacy. <i>Alcoholism Treatment Quarterly</i> , 23(4), 3-37.

2006

Al-Anon's new outreach magazine, <i>Al-Anon Faces Alcoholism 2007</i> , is released.
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## AL-ANON AND RELATED MILESTONES

2006

Al-Anon WSO begins experiments with an online Alateen bulletin board to provide teens a safe and secure meeting room on the Internet (MVOJ, 368).

Fernandez, A.C., Begley, E.A., & Marlatt, G.A. (2006). Family and peer interventions for adults: Past approaches and future directions. *Psychology of Addictive Behaviors*, 20(2), 207-13.

2007

*Opening Our Hearts, Transforming Our Lives* is released; the book is focused on grief and loss and includes the shared experiences of more than 700 Al-Anon members (MVOJ, 370).

Meyers, R.J., (Author), & Yu, J. (Director). (2007). Getting an addict into treatment: The CRAFT approach [television series episode]. In J. Hoffman & S. Froemke (Producers), *The HBO addiction series: Why can't they stop?* New York: HBO.

Wainwright, A.T., & Poznanovich, R. (2007). *It's NOT okay to be a cannibal - How to keep addiction from eating your family alive.* Center City, MN: Hazelden Foundation.

2008

Al-Anon WSO launches its first blog (MVOJ, 371).

*Discovering Choices*, Al-Anon's book on relationships, is released.

Lovelidge G. (2008). *Recovery Today - Vol. 13, #5, May Issue - Recognizing family recovery.* Round Rock, TX: Institute of Chemical Dependency Studies.

Roth, J.D. (2008). Spirituality and recovery from familial aspects of alcohol and other drug problems: Analysis of an online Al-Anon meeting. *Alcoholism Treatment Quarterly*, 26(4), 399-426.

Smith, J. E., Meyers, R. J., & Austin, J. L. (2008). Working with family members to engage treatment-refusing drinkers: The CRAFT program. In O. J. Morgan & C. H. Litzke (Eds.), *Family interventions in substance abuse.* West Hazleton, PA: Haworth Press. (Co-published simultaneously as *Alcoholism Treatment Quarterly*, 26(1/2), 169-193.)

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## AL-ANON AND RELATED MILESTONES

2009

Al-Anon Membership Survey reveals an average of 14 members per Al-Anon group; 84% of members are female; an average age of membership of 56; 93% of membership is white; 99% graduated from high school and 56% have a college degree; the average household income is \$71,542; 58% are married; 29% of those who said they had a life partner report a same sex life partner; 95 percent who said they were married had a spouse of the opposite sex; average years of Al-Anon membership is 12.7 years; average weekly meeting attendance is 1.8 and 6% participate in a weekly on-line meeting; 75% have a sponsor and 50+% sponsor others; 44% of Al-Anon members were referred by a professional; 30% of members begin because of concern about a person with a drug problem; 42% of those persons whose drinking Al-Anon members are most concerned about are AA members and 49% are reported to be actively drinking; 95% of members surveyed report that Al-Anon participation has affected their lives “very positively.”

Al-Anon WSO launches blog, “Using the Traditions in our Personal Lives,” with audio podcasts and member comments (MVOJ, 377).

2010

The total number of Al-Anon and Alateen groups worldwide is 25,452.

“Using Al-Anon’s Steps in Our Personal Lives” blog is launched (MVOJ, p. 379).

Gould, T. (Producer), & Harrison, J. K. (Director). (2010). *When love is not enough: The Lois W. story* [Motion picture]. Hallmark Hall of Fame.

Roozen, H.G., de Waart, R., & van der Kroft, P. (2010). Community reinforcement and family training: An effective option to engage treatment-resistant substance-abusing individuals in treatment. *Addiction*, 105(10), 1729-38.

2011

Al-Anon Family Groups celebrates its 60<sup>th</sup> anniversary.

There are more than 25,500 Al-Anon groups regularly meeting in more than 130 countries (MVOJ, p. 3). There are 30 email Al-Anon meetings (English, French, Spanish, Portuguese, Estonian, Russian,

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2011

and German), 6 chat meetings (English, French, and Spanish), 7 bulletin board meetings (English, Danish, German, and Russian), and 42 telephone meetings (41 English and 1 Spanish).

Keller, P.S., Gilbert, L.R., Koss, K.J., Cummings, E.M., & Davies, P.T. (2011). Parental problem drinking, marital aggression, and child emotional insecurity: A longitudinal investigation. *Journal of Studies on Alcohol and Drugs*, 72, 711-722.

Velleman R., Orford J., Templeton L., et al. (2011). 12-month follow-up after brief interventions in primary care for family members affected by the substance misuse problem of a close relative. *Addiction Research and Theory*, 19(4), 362–374.

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