



PAL Fact Sheet

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

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

- **PAL was founded in 2006** by Michael Speakman, LISAC, in Phoenix, AZ, where he worked as an in-patient substance abuse counselor. He saw the need for something specific to assist parents who are dealing with their loved ones who were struggling with addiction
- **PAL incorporated as a Christian-run nonprofit in 2015.**
- **PAL's first board of directors** was formed in February 2015 with 12 volunteer parents, each with a loved one battling addiction.
- **PAL meetings are available across the country.** Click here <https://palgroup.org/find-a-meeting/> for a listing to find a group in your area. All meetings are facilitated by trained volunteer parents.
- **PAL meetings are led by trained facilitators**, other parents of addicted loved ones.
- **PAL meetings follow an educational curriculum on substance abuse, recovery, and related topics.** The focus is on educating and supporting the group member rather than the person who is using, although the approach often leads to behavioral changes in the user as the parent learns healthy ways to respond.
- **PAL meetings are unique in that they combine structured education with networking.** Equally important to the curriculum is the interaction between group members. Differences in opinion are embraced without judgment and suggestions are offered in lieu of advice. Members are encouraged to "take what works and leave the rest." Everyone experiences the journey at their own pace and is supported by the group regardless of the speed or direction of their progress. Parents are relieved to find they are not alone and can learn from others who have had similar experiences.
- **PAL focuses on the challenges unique to the parents of adult users.** Parents of adolescents still have some control over their child's life, but parents of adults lose that ability to negotiate. Parents struggle with the distinction between helping and enabling and learn how to set healthy boundaries.
- **PAL meetings are open to anyone of any faith or background** over the age of 18.
- **PAL's founding principle is parents helping parents.** While the focus is on parents with an addicted child, all adult family member and friends are welcome to attend PAL meetings.
- **PAL national online meetings are also available.** Weekly 90-minute meetings are held for those where PAL meetings have not yet formed. Go to: <https://palgroup.org/pal-virtual-meetings/> for details.
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