

# **IDAA Teen Program: Information for Families**

*The mission of the IDAA Teen Program is to introduce the teens at our conference to the gifts and the work of recovery.*

*We facilitate the opportunity for our teens to share their experience, strength, and hope while navigating this disease and its impact on their families and friends.*



*A Recovery Fellowship for Healthcare  
Professionals and Their Loved Ones*

### **About the IDAA Teen Program:**

The IDAA Teen Program is not an official Alateen program. We are exclusively open to the IDAA teens attending our annual conference. The IDAA Teen Program is **not** a treatment program. It is a loving and intentional 12-step recovery-based retreat facilitating the healing of families by emphasizing individual program tools, as IDAA offers to all who participate.

The IDAA Teen Program originated with Bob and Twila Grandchamps after over 30 years of dedicated service to our organization and the IDAA teens. Nancy and Greg have been directing the IDAA Teen Program since 2018 as the IDAA Teen Program Sponsors.

### **IDAA Teen Program Directors: Nancy Duff-Boehm and Greg Boehm**

attended their first IDAA conference in 2008 and have been active members in the IDAA organization. **Greg** is a physician who is board-certified in psychiatry, child-adolescent psychiatry, and Addiction Medicine. **Nancy** is a Clinical Psychologist with special training in child-adolescent psychology and addictions.

**Literature and Resources:** The IDAA Teen Program exclusively uses Al-Anon/Alateen Conference Approved Literature, and we emphasize the core values and guiding principles offered through the Twelve Steps, Traditions, and Concepts of the World Service Office (WSO) of the Al-Anon Family Groups.

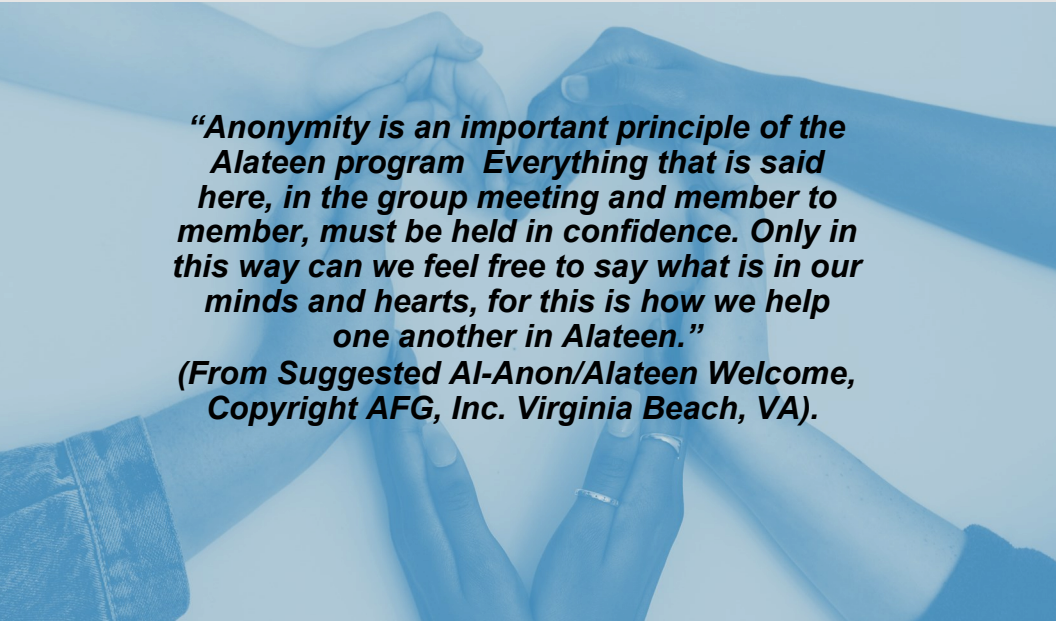
**IDAA Teen Program Format:** The IDAA Teen Program operates in a similar fashion to Alateen groups. There is a set schedule of topics that are available for discussion. The IDAA teens sign up for the topic(s) that they wish to lead in discussion. The teens utilize the Al-Anon and Alateen Conference-Approved Literature that is provided as a guide for discussion while connecting their own life experience to spark their fellow teens in a group exchange. This loving and supportive interchange promotes unity among the IDAA teens. The Program Directors' role is to ensure the discussions convey the experience, strength, and hope of the program that we are privileged to enjoy as a form of healing and recovery.

**Discussion Topics:** The IDAA Teens are able to select to lead discussion on the following topics:

Anxiety & Stress	Communication	Fear, Anger & Resentment	Meditation, Anxiety	Slogans
Boundaries	Detachment	Twelve Steps & Traditions	Sex, Love and Intimacy	Trust
	Expectations	Spirituality and Loss	Hurting to Healing to Helping	

If your teen wants to talk to you about the group discussion, of course listen, but treat the information as confidential. This feature of the program is essential to the integrity of the group, safety at meetings and the spirit of anonymity and trust that allows the teens to share from their hearts with one another.

Additionally, although it may be hard not to, please do not ask the teens about what was said or occurred in the group's meetings or activities. We shall advise the teens to remind you politely that the information is private. As the IDAA Teen Program Directors, of course, we do not reveal to parents what is said in the groups or provide consultation about individuals in the group.



***“Anonymity is an important principle of the Alateen program Everything that is said here, in the group meeting and member to member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Alateen.”***

***(From Suggested AI-Anon/Alateen Welcome, Copyright AFG, Inc. Virginia Beach, VA).***

**Guidance, Love and Support from Beginning to End:** IDAA children are encouraged to participate in family recovery through the Children's Program at IDAA (supporting ages 6-12) and the IDAA Teen Program (supporting ages 13-19). The transition from the Children's Program at IDAA to the IDAA Teen Program can be a monumental step up from childhood years. It inspires excitement and some possible apprehension in our youngsters and their families. We have taken several measures to support this transition during the IDAA conference. The IDAA Teen Program and the Children's Program at IDAA offer a transition pizza party in the Children's Program room to acquaint the transitioning members (our current 12 year old's) to the IDAA Teen Program members. This allows for a fun and engaging way to interact, as well as an opportunity to ask and answer clarifying questions about the Teen Program. Many of the IDAA Teens have gone through the Children's Program at IDAA and are able to offer their own personal experience, strength, and hope to new transitioning IDAA Teen Program members. We also facilitate a mentorship buddy system in which each transitioning 13 year old is partnered with a veteran teen who will provide support and encouragement in the IDAA Teen Program.

As our rising teens “graduate” from the Children's Program at IDAA to the IDAA Teen Program we highlight their transition during the Friday AI-Anon luncheon and introduce them as the rising Children's Program grads who will begin the Teen Program the following year.

The IDAA Teen Program begins with a loving welcome and an Introductory Orientation for both teens and their family members. This is the only mandatory meeting for families and teens together, so that we may collectively provide a brief overview and outline our guiding essential agreements by which the teens must abide.

The conclusion of each IDAA Alateen Program is in the form of a Hug-a-thon. The Hug-a-thon is a tradition of the Alateen workshop conference and is a powerful way to provide and receive loving support from peers.

**IDAA Teen Program Room Hours:** The IDAA Teen Program Room is open all day until midnight. This allows for the IDAA teens in the program to gather and continue bonding and sharing throughout the day. After midnight, parents are responsible for their teens. We advise parents to set their own curfew expectations, limits, and guidelines once the teen room closes.

**We Are Here to Help:** We understand that the transition to teen years can be challenging for parents, especially for those who have been affected by the disease of addiction. Our goal is to help the teens benefit the most from their time at the conference. We remain available to listen to your concerns about your teen and the program. We appreciate any feedback, insight, and communication about the teens entrusted to our care.

*With love in service,  
Nancy & Greg Boehm  
Nancy (216-272-0732)  
Greg (216-577-4250)*

*The mission of IDAA is to carry the message of recovery to  
health care professionals and their families.*



**IDAA.org**