

SPONSOR YOUR HEALTHCARE PROFESSIONAL

NOTE TO AA MEMBERS

Our Twelfth Step and our Fifth Tradition both speak to us of carrying the message to the Alcoholic who still suffers.

Do not assume that your Health Care Professional knows what AA is, how it works or that it is a tool available to help their patients.

-Doctors, for example, receive between two and four hours of training in total for alcoholism.

-A study by the CDC found that in 2011, only 1 in 6 United States adults and 1 in 4 binge drinkers had ever been asked by a health professional about their drinking behavior.

When you go to your Health Care Professional (Doctor, Nurse Practitioner, Therapist, Dentist, Acupuncturist, Nutritionist, etc.) inform them that you are a member of alcoholics anonymous.

Sample Script: **“I don’t want this to go in my file, but I want you to know that I am a member of alcoholics anonymous. I know that alcoholism has gone way up during the pandemic, and I wanted to provide you with some resources about recovery from alcoholism which may help your patients.”**

HAND THEM THE HEALTH CARE PACKET OR ASK IF YOU CAN EMAIL IT.

The packet contains:

- Letter with your Doctor’s name
- Business Card with contact information
- P-23 AA for the Health Care Professional
- P-11 The AA member – Medications and other Drugs
- P-42 A Brief Guide to AA
- P-3 Is AA for You.

Finish your conversation with something like: **“If you are interested, we offer short presentations to describe A.A. and alcoholism for all professional groups. Most of all, we would love for you to tell us how we can help.”**

Remember, have confidence in AA. We know it works!

-A March 2020 a study by Stanford and Harvard professors was published in the Cochrane Library. The study concluded that AA works! MUST SEE VIDEO
<https://vimeo.com/378364390> Link to Stanford/Harvard video.

Suggestion: At a recent CPC conference, it was suggested that we identify ourselves as “**members of Alcoholic Anonymous**” instead of as an “Alcoholic or a drunk.” **The words “alcoholic and/or drunk” trigger a negative stereotype.** Second, a “member of Alcoholics Anonymous” does not necessarily mean you are an alcoholic and preserves some measure of anonymity. For example, we have non-alcoholic trustees.

Suggestion: At the same conference, brevity was stressed. Most professionals are very busy. They want a short concise presentation which provides them with resources if they are interested and tools they can immediately pass on to their patients/clients like the **Meeting Guide App**.

Suggestion: Professionals want to know how best to get their clients involved in the A.A. program. Give them some tools.

- Show them the meeting guide app
- Give the professional a telephone number or email address to contact AA
- Offer literature and a literature rack
- Offer to accompany them or their patients to an open A.A. meeting.

Suggestion: If the doctor asks questions, **share a PG version of how being trapped in alcoholism made you act and feel.** Describe, for example, how you hated yourself for breaking your promises to yourself and to your families, employers, and friends. Nothing will help as much as this to create the understanding, working relationship which we all desire between the "caring professions" and people who are in trouble with alcohol. **After all, how can professional people understand the disease unless those who are the victims will honestly and completely describe their symptoms and their feelings?**

I try to emphasize 4 things: 1. This is a disease. 2. Recovery is possible. 3. Confront the disease just like you would any other chronic health problem. Don't ignore it just because you think the patient won't listen. 4. AA works for millions of people. We have experienced it working and we have seen it working for others.

Suggestion: If you are nervous, I think of this as making amends to my Doctors for all the lies I have told over the years.

**The choice of pamphlets is up to you and your committee, home group or district. If the doctor asks for a rack, you will want to have more pamphlets designed for the patients than the doctors.

Suggested pamphlets for patients if you are stocking a rack:

P-42, A brief guide to AA

P-24, A Newcomer Asks

P-36, Is AA for Me