

“Talk to a Doctor” Project - Area 05 - District 14

We in District 14 ask our Officers, GSR’s and “friends of the district” to go to their groups and **ask AA members** to take this packet to their own Healthcare Provider (any type of doctor, P.A., Therapist, Psychiatrist etc.)

We don’t recommend a packet just sits at the Literature table. There’s a lot of money and time invested in each.

On pages 2-4: Here are (3) pages of **different scripts about CPC and this project.** Readings these assure consistency and we recommend to switch it up for variety

The following items are in placed in a large yellow envelope: ‘THE PACKET’

Page 5 & 6: Letters in English & Spanish for the Health Care provider.

Page 7: We rubber band about (10) Small Information Cards (wallet-size) for doctors to pass along.

Page 8: we give (1) both Spanish & English Larger Information Cards (5”x7”). We suggest that these be placed where other employees can view them or in a waiting room.

Some *suggested* pamphlets for each packet:

“If You Are a Professional” P-46 (one copy in each packet)
“Is A.A. for You?” P-3 (we put in 2 or 3 of these)
“Do You Think You’re Different?” P-13. (2 or 3)
“Young People and A.A.” P-4 (2 or 3)
“A message to Teenagers” F-9 (2 or 3)

Page 9: “Note to AA Members” This does NOT go in the packet but may help an AA member who has questions about talking to a physician.

Page 10: “Digital Letter to a Health Care Provider” can be emailed to any Health Care Provider. Hyperlinks as listed for resources.

Other things to we have purchased: Sheet protectors, yellow envelopes, rubber bands, We also mail packets to AA members who may be remote and interested in participating.

Hope this helps anyone get enthusiastic and see that CPC work is DOABLE!

Sue Strickland (562) 743-4471 Area 05 CPC Chair

Instructions for GSRs

**Read & become familiar with this script and the notes at the bottom.
We suggest you have the packet materials ready to show your group.**

'Talk to Your Doctor' Script for GSRs

“Many of us here today were ‘nudged’ into the rooms by... a doctor? A judge? A lawyer? Or the reverse happened... we weren’t nudged but wish someone in a professional job would’ve mentioned AA, and we might’ve gotten here sooner than we did.

There is a committee called Cooperation with the Professional Community, or C.P.C. They communicate with professionals who come in contact with **possible** alcoholics in their line of work. This group *could* include Attorneys, Social Workers, Faith Leaders, Human Resources, or Health Care Providers.

This committee is asking you guys, **AA members**, to share information about Alcoholics Anonymous with your own HealthCare Provider. Think of it as 12th step work; carrying the message to the still suffering alcoholic, **through your doctor**.

They have put together a **Packet** of information to take to your doctor. Each packet contains an introduction letter to the Provider, a handful of pamphlets, & Information cards. These cards have a QR code for the Meeting Guide App to help any patient find an AA meeting.

Remember, our primary purpose is to help another alcoholic. By letting your provider know about AA, it may save someone’s life.”

THEN pick from the following to close:

(Remote Mtg:) “If you think you’d like to do this, send me a private chat and we will mail the packet to you. Thank you.”

(In-Person Mtg:) “If you think you’d like to do this, meet with me at the break or after the meeting and I’ll give you a packet to take to your doctor. Thank you.”

(Hybrid Mtg:) “If you think you’d like to do this, I can give you the packet here in the room. If you are remote right now, let the host privately know, and they can pass on my info. Thank you”

NOTES:

- * The doctor does **not** need to be in our district.
- * Remind them that **any type of health care provider** can be approached (nurse practitioner, therapist, orthopedic, dentist, etc.).
- * Remember to take the time to talk to a member who is interested. Suggest that they show their doctor the contents in the packet and explain the purpose of each of them. Try to let the Provider leave with the understanding that AA has a *solution* for patients who may be alcoholics.

“Talk to a Doctor” Instructions for GSRs

Read & become familiar with the script **and** the notes at the bottom of the page and have the packet ready to show your group

“Talk to a Doctor” Script for GSRs

“Cooperation with the Professional Community, or C.P.C., wants to communicate with any type of profession who comes in contact with **possible** alcoholics in their line of work. This group of professionals *could* include HealthCare, Clergy, Attorneys, or Social Workers.

The CPC Committee in **this** district is asking you guys, **AA members**, to share information about Alcoholics Anonymous with your own HealthCare Provider. Think of it as 12th step work; carrying the message to the still suffering alcoholic, through your doctor.

This Committee has put together a **Packet** of information to take to your doctor. Each packet contains an **introduction letter**, a handful of **pamphlets**, and Information cards. These cards have a QR code for the Meeting Guide App to help the doctor’s patients find an AA meeting. **Remember, our primary purpose is to help another alcoholic. By letting your doctor know about AA, it may save someone’s life.”**

THEN GO TO ONE OF THE FOLLOWING

(Remote Only:) “If you think you’d like to do this, send me a private chat and we will mail the packet to you. **Thank you.**”

(In-Person Only:) “If you think you’d like to do this, meet with me at the break or after the meeting and I’ll give you a packet to take to your doctor. **Thank you.**”

(Hybrid:) “If you think you’d like to do this, I can give you the packet here in the room. If you are remote right now, let the host privately know, and they can pass on my email address or phone number. The packet can then be mailed to you. **Thank you.**”

NOTES:

1. The doctor does **not** need to be in our district.
2. Remind them that **any type of doctor** can be approached (therapist, orthopedic, dentist, etc.)
3. Remember, take the time to talk to a member who is interested. Let them know that the envelope isn’t intended to just be handed off to the doctor. Suggest they let the doctor know that AA has a solution for any patients who may be an alcoholic.

Instructions for GSRs

**Read & become familiar with this Script and the notes at the bottom.
We suggest you have the packet materials ready to show your group.**

Cooperation With The Professional Community (CPC)

“I’m a GSR, speaking on behalf of Cooperation with the Professional Community, or C.P.C. CPC’s purpose is to reach the alcoholic through a Profession who is providing a service for them, such as a Doctor, Psychologist, Attorney, Prosecutor, Judge, or Therapist. Unfortunately, many of these professionals are unaware of Alcoholics Anonymous and how we could help.

It is CPC's goal to work with **and** educate professionals about how Alcoholics Anonymous works with alcoholics to achieve sobriety.

We are seeking AA members who are willing to share their experiences with **any** Healthcare Provider, and explain how AA has helped *you* recover from the disease of alcoholism.

If you're interested in carrying the message to an alcoholic who still suffers through any Healthcare Provider, I can provide you with a packet. The packet consists of the following: A letter to the provider, AA Pamphlets, such as (***name one pamphlet***), and a copy of the Grapevine magazine. Also inside are large and small Information Cards that have QR codes for the Meeting Guide app.

Maintaining our Anonymity can be a concern. However, the purpose of CPC service work is to share with the public what AA is, what we do, and how to get in touch with us. Our hope is that a Healthcare Provider who hears about AA will know that we offer a solution to alcoholism.

Remember, our primary purpose is to help another alcoholic. By letting your provider know about AA, it may save someone’s life.” **THEN pick from the following to close:**

(Remote Mtg:) “If you think you’d like to do this, send me a private chat and we will mail the packet to you. Thank you.”

(In-Person Only:) “If you think you’d like to do this, meet with me at the break or after the meeting and I’ll give you a packet to take to your doctor. Thank you.”

(Hybrid Mtg:) “If you think you’d like to do this, I can give you the packet here in the room. If you are remote right now, let the host privately know, and they can pass on my email address or phone number. The packet can then be mailed to you. Thank you.”

NOTES:

- * The doctor does **not** need to be in our district.
- * Remind them it can be **any type of Healthcare Provider** (Nurse, Therapist, Orthopedic, etc.) Remember, take the time to talk to a member who is interested. Let them know that the envelope isn’t intended to just be handed off to the doctor. Suggest they let the doctor know that AA has a solution for any patients who may be an alcoholic.

((English Letter to the Healthcare Professional
Change the top address and signatory))

Cooperation with the Professional Community
P.O. Box 132
Downey CA 90241
cpcdist14@gmail.com

Dear Health Care Professional,

If you have patients with a drinking problem, we are here to help.

Support from Alcoholics Anonymous can be a compliment to virtually any treatment you offer a problem drinker.

Referring patients to A.A. is as simple as having them go to the homepage of the A.A. website, 'aa.org' and clicking on "Need Help With A Drinking Problem?"
Local 24/7 Hotlines are available at (323) 936-4343 and (562) 989-7697.

Alcoholics Anonymous is not a religious organization. It includes people of many faiths, as well as atheists, agnostics and nonbelievers. What unites us is our shared suffering and shared solutions.

This packet contains pamphlets and small information cards you can offer patients. Larger cards can be placed at common work areas or waiting rooms. You will see QR codes that can lead a patient directly to a Free Meeting Guide App. The Meeting Guide lists available meetings for Monday – Sunday; Day or Night.

Patients could also link to 'Worldwide Zoom Meetings' (24/7) by simply logging at 'aa-intergroup.org'.

Please contact us if there is any way that we can help you to assist your patients. We also provide presentations to doctors and office staff about how AA helps patients find a solution for their drinking problem.

Sincerely,

Sue S. (Chairperson)
Cooperation with the Professional Committee

Information about meetings can be obtained here:



((Spanish Letter to the Healthcare Professional
Cambiar la dirección superior y el firmante))

Cooperación Con La Comunidad Profesional
P.O. Box 1322
Downey, CA 90241

Querido Doctor,

Si usted tiene un paciente con problemas de la bebida, aquí estamos para ayudar.

El apoyo de Alcohólicos Anónimos puede ser un complemento para virtualmente cualquier tratamiento que usted ofrezca a un bebedor problema.

Refiriendo a pacientes a Alcohólicos Anónimos es tan simple como hacerlos que vayan a la página web de A.A aa.org y hacer clic en “Necesita ayuda para un problema con la bebida?”

Líneas directas locales están disponibles 24/7 a (323)936-4343 y (562)989-7697

Alcohólicos Anónimos no es una organización religiosa. Incluye gente de diferentes creencias y fe y también ateos, agnósticos y no creyentes. Lo que nos une es nuestro sufrimiento compartido y nuestra solución compartida.

Este paquete contiene folletos y pequeñas cartas de información para que usted pueda ofrecer a sus pacientes. También contiene una tarjeta grande que puede ser colocada en áreas comunes del trabajo para que otros que trabajen con pacientes que también puedan tener problemas con el alcohol. Verá códigos QR que vinculan a un paciente directamente a una aplicación de guía de reuniones gratuita. La Guía de reuniones enumera las reuniones disponibles de lunes a domingo, de día o de noche.

Los pacientes también pueden vincularse a 'Worldwide Zoom Meetings' (24/7) simplemente iniciando sesión en aa-intergroup.org.

Por favor contáctenos si hay alguna forma que podamos ayudarlo para asistir a sus pacientes que puedan tener problemas con el alcohol. También ofrecemos presentaciones a médicos y personal de oficina sobre cómo AA ayuda a los pacientes a encontrar una solución para su problema con la bebida.

Sinceramente,

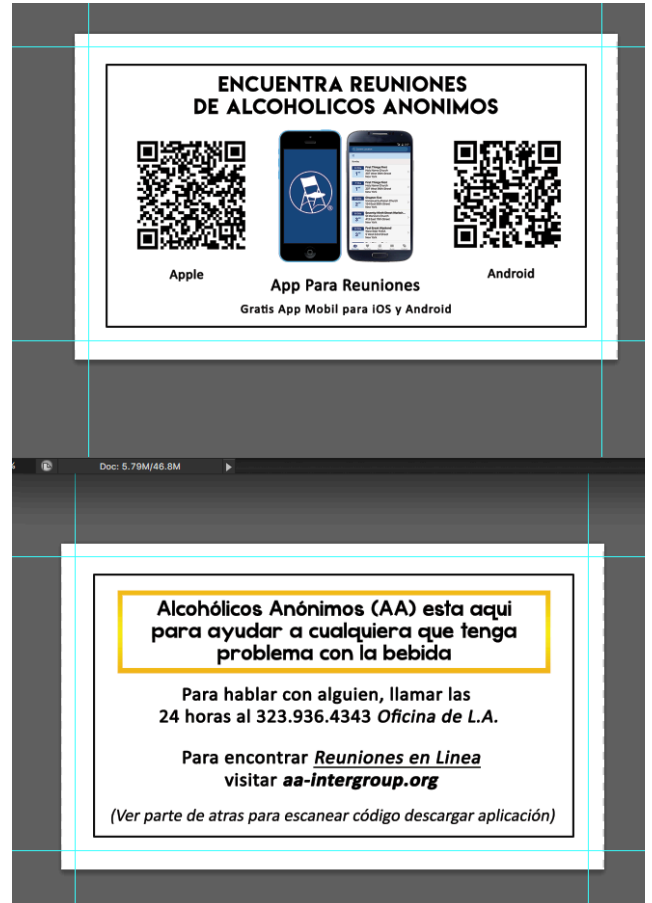
Sue S. (Coordinadora)
Cooperación Con la Comunidad Profesional
CPCdist14@gamil.com

La información sobre las reuniones se puede obtener aquí:



Small Information Cards (Business-size) English and Spanish

We rubber band them into groups of 10 for the packet



Larger Information Cards

5"x7" cards; one of both languages in each packet. These could be placed in a Waiting Room, or somewhere for other Employees can be familiar with the information.



More Information FOR 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.

-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 video on Stanford/Harvard study video.

** 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

The packet contains:

- Letter to a physician
- Business-sized Cards with contact information that can be given away
- Information Cards that can be placed in the Office Workspace for others’ to view
- (Pamphlet) AA for the Health Care Professional
- (Pamphlet) Do You Think You’re Different
- (Pamphlet) 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!

Dear Health Care Practitioner,

If you have patients with a drinking problem, we are here to help. Support from Alcoholics Anonymous can be a complement to virtually any treatment you offer a problem drinker.

Resources for the Professional:

1. Go to www.aa.org, open the homepage and in the bottom left corner click 'For Professionals' for a brief overview of A.A. written for healthcare professionals. https://aa.org/pages/en_US/information-for-professionals
2. We will provide you with A.A. pamphlets and literature you can offer to patients.
3. We will provide you, your staff or your office with short presentations about AA.

Resources for the Patient:

1. Referring patients to A.A. is as simple as having them go to www.aa.org, open the homepage and at the bottom of the page click "Need Help With a Drinking Problem". https://www.aa.org/pages/en_US/need-help-with-a-drinking-problem
2. Helping them find meetings is as simple as having them **download the free meeting guide app** on their cell phones. It's the one with a white chair inside a blue circle. You will also find it at the top of our home page. https://www.aa.org/pages/en_US/meeting-guide
3. Volunteers will accompany your patient to a meeting.

Does it work? Absolutely.

1. Please read the attached letter from John Fromson, M.D., Chief of Psychiatry at Brigham and Women's Faulkner Hospital and Associate Professor of Psychiatry at Harvard Medical School. https://www.aa.org/assets/en_US/f-210-AnOpenLettertoHealthCareProf.pdf
2. In March 2020, the Cochrane Library published a study which concluded AA works as well or better than other scientifically proven treatments for alcohol addiction. See AA Newsletter for Professionals, https://www.aa.org/newsletters/en_US/f-13_summer20.pdf

What does it cost? Zero, AA is completely self-supporting.

Is AA a religious organization? No. AA includes people of many faiths, as well as atheists, agnostics and nonbelievers. It includes people of nearly every race, culture and religion.

Please contact us if there is any way that we can be of service to you and your patients.

Sincerely,

Pamphlets:

[P-23 - AA as a Resource for the Health Care Professional](#)

[P-42 - A Brief Guide to Alcoholics Anonymous \(aa.org\)](#)

[P-36 - Is A.A. for Me \(aa.org\)](#)