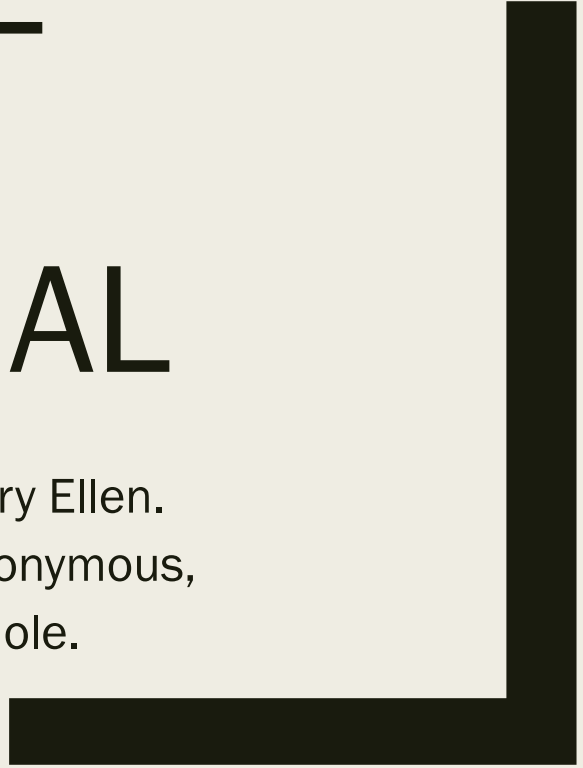




# AA FOR THE MEDICAL PROFESSIONAL

My name is Michael, my colleague is Mary Ellen.  
We are here as members of Alcoholics Anonymous,  
not as spokespersons for AA as a whole.



# Personal Anonymity Statement

- Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
- Thus we respectfully ask that no AA speaker or, indeed, any AA member be identified by full name in published or broadcast reports of our meetings, including reports on new media technologies including the Internet.

# Why We're Here Today

- What AA is
- What AA does
- What AA does not do

# My AA Background

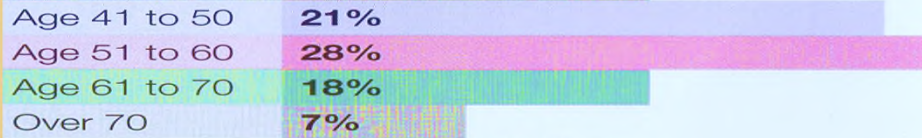
- Started drinking in teens
- 1<sup>st</sup> blackout episode at 16
- Drinking accelerated rapidly during military service
- Drinking related problems appeared and multiplied.
- Lost the ability to control my drinking
- Went from weekend drinker to daily drinker
- Walked into first AA meeting December 5<sup>th</sup> 1990
- Got a sponsor, worked the 12 steps, got my first commitment.
- Stayed continuously sober and found a truly satisfying life, one day at a time

# A Brief History

- Founded in 1935 by an Ohio surgeon and a New York stock broker, both “hopeless” drunks. Both remained continuously sober until their death, Dr. Bob Smith in 1950 and Bill Wilson in 1972
- Bill Wilson got sober and helped Dr. Bob get sober when nothing else worked
- Realized that by helping each other they stayed sober then acting on that, helped others to get sober and stay sober as well
- Resulted in the formation of Alcoholics Anonymous which took its name upon the publication of that first “Big Book” of AA in 1939
- AA now operates in 180+ countries in over 70 languages, with over 2 million active recoveries

Alcoholics Anonymous is a *fellowship* of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The *only requirement for membership* is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.
- *AA is not allied with any* sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- *Our primary purpose* is to stay sober and help other alcoholics to achieve sobriety.



Average Age of Members is **50** Years.

### MARITAL STATUS OF MEMBERS

Married/ Life Partner	Single	Divorced	Other
<b>41%</b>	<b>32%</b>	<b>21%</b>	<b>6%</b>

### GROUP MEMBERSHIP



**86%** of the members belong to a home group.

### LENGTH OF SOBRIETY (YEARS)



### MEETING ATTENDANCE

Members attend an average of **2.5 A.A. meetings** per week.

Self-motivated		30%
Family		27%
Judicial System		12%
Counselor/Mental Health Professional		13%
Medical Professional		4%
Employer or fellow worker		4%
Non-A.A. friend or neighbor		3%
Correctional facility		2%
Al-Anon or Alateen member		2%
A.A. literature		2%
Newspaper/magazine/radio/TV		1%
Member of clergy		1%
Internet		1%
Other		6%



### RELATIONSHIP WITH HEALTH CARE PROFESSIONALS

**75%** of members' doctors know they are in A.A.  
**57%** of members said they were referred to A.A. by a counselor, medical or mental health professional.

### SPONSORSHIP

**82%** of members have a sponsor.  
**74%** got a sponsor within 90 days.



# What AA Does

- We conduct local meetings through over 68,000 separate groups in the U.S.
- We are a diverse society and *welcome* anyone needing help with alcohol, including those who are dually addicted.
- AA's share our firsthand knowledge of alcoholic suffering and recovery with anyone seeking help with a drinking problem.
- AA's share the AA program (the 12 Steps) which explains how to lead a satisfying life without alcohol and the 12 Traditions that advises a means for our society to operate in unison with a singleness of purpose.
- Ours is a program of principles based on honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, justice, perseverance, spirituality and service.
- Members sponsor others with less experience on a mutually voluntary basis.
- AA provides information to the public via media PSA's, static displays, presentation to interested parties e.g. DUI classes, community events and more.
- AA also provides outreach to the medical, legal, social and cleric community.



# What AA Does Not Do

- ***Does not provide initial motivation for alcoholics to recover or solicit members***
- ***Provides no medical or psychiatric diagnosis or treatment***
- ***Offers no religious services, is not aligned with any sect or require belief in any God***
- ***Accept any money for its services, nor accept any contributions from non-AA sources***
- ***Does not engage in or sponsor research on its members***
- ***Engage in alcohol education.***
- ***Provide housing, jobs, money or any other social or welfare services***
- ***Keeps no attendance records, case histories of its members, nor follow up or try to control its members***

# Signs of Problem Drinking

- Failing to control the number of drinks once you start
- Forgetting what happened after drinking
- Getting drunk, even when you do not want to
- Lying about your drinking
- Drinking alone
- Drinking when irritated, frustrated, angry or unhappy
- Drinking in the morning
- Getting in trouble when you drink
- Drinking to cope with problems
- Having trouble at work or school related to drinking
- Guzzling drinks

# How to Contact AA

[www.aa.org](http://www.aa.org)

[www.lakecountyyaa.org](http://www.lakecountyyaa.org)

Lake County Hotline:  
707-995-3316