

## How to Present “Talk to Your Doc” – A Call to Action

### Introduction–

Many alcoholics find recovery through a professional’s recommendation. Many professionals want to help alcoholics but don’t know how. The Cooperation with the Professional Community (CPC) is here to help. CPC does not promote Alcoholics Anonymous (AA) but rather ensures that professionals are aware of AA as a resource and understand how it can assist the alcoholic. By engaging with CPC, professionals like healthcare workers, clergy, social workers, and attorneys can learn how to connect individuals to AA for support.

**Call to Action**–The CPC Committee invites members of AA to share information about Alcoholics Anonymous with their healthcare providers and other professionals.

Consider this an extension of your 12th Step work: carrying the message to the still-suffering alcoholic through the professionals that serve them, and for some, possibly to the professionals themselves or their staff.

**Materials Provided**–For interested members, the CPC has a packet of information for you to take to any of your healthcare providers or professionals including doctors, dentist or clergy. Each packet includes:

- **Introduction Letter:** Explains AA and its resources.
- **QR Codes:** Links to AA pamphlets. Feel free to add pamphlets or a Grapevine.
- **Business Cards:** Cards with the aa.org self-assessment and GSO site, contact information for Area 29 intergroups, and QR codes for the Meeting Guide App and online intergroup.
- **Laminated Resource Card:** (out of stock) These can be available for purchase, but in the packet, this is a paper copy of the 11 Intergroups in Maryland. The laminated version has a fold-out stand for display in a waiting room or any visible location, and a sticky tab for posting on a mirror or wall.

**How to Present the Packet**–When you present the packet to your doctor, take a moment to walk them through its contents. Emphasize that AA offers a proven solution available 24/7/365 in multiple formats for patients struggling with alcoholism. The goal is to provide materials **AND** engage in a brief conversation, ensuring the provider knows how AA can be a valuable resource.

**What to Say**–**Show the provider each item in the packet, explaining its purpose.**

- Ask if they can display an acrylic pamphlet stand with a few AA pamphlets, such as “Is AA for You” and “Frequently Asked Questions” or if available the laminated resource card (it has a stand to use or an adhesive for posting somewhere staff will see and become familiar with or to post where clients will

see it-exam room, bathroom). Also make the business cards available. These are in stock.

- Offer to answer questions, or consider speaking to a patient if needed, or accompanying someone to a meeting. Your number can also be written on the brochure to share, or you can add [CPC@marylandaa.org](mailto:CPC@marylandaa.org) to the pamphlets.
- Some members have chosen to include a handwritten note with copies for the provider to share with clients who might be struggling with alcohol.
- You may consider noting the local intergroup/adding a directory/pamphlet(s).

**For AA Members Distributing Packets** –If you are a DCM or GSR, please briefly explain the materials and ensure members understand the importance of their role in this effort.

**How CPC upholds the Principle of Attraction, Not Promotion**– AA doesn't actively seek out new members; instead, it attracts those ready for help by making information available and accessible. Informed professionals can then share AA's resources.

**About Anonymity**–AA members remain anonymous as individuals **but we are public as a fellowship**. When sharing the CPC information, focus on the fellowship and its principles, rather than personal stories. If you choose to disclose your alcoholism to your provider, note that it will likely be recorded in your medical chart. Bill Wilson spoke of anonymity as the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. Yet also being true that, in our public relations, we should express our fellowship in a way that permits us to reach as many suffering alcoholics as possible. See also the "Anonymity pamphlet" or "A.A. Tradition-How it Developed".

**Shared Experience**–Most professionals are extremely busy and appreciate brevity. When talking to your doctor about AA, it's important to make a good impression. Dress appropriately, be well-prepared, and present yourself with confidence and kindness." Express appreciation for the opportunity.

**Inviting Others to Participate**–

- Please discuss this outreach at your district meetings and group conscience.
- **In-Person Meetings:** "If you're interested in participating, meet with me after the meeting, and I'll give you a packet to take to your doctor. Thank you."
- **Hybrid/Virtual Meetings:** "If you'd like to participate, I can give you a packet here after the meeting. For remote attendees, let the host or me know privately, and I'll share my contact information or connect you with CPC at [cpc@marylandaa.org](mailto:cpc@marylandaa.org)."