

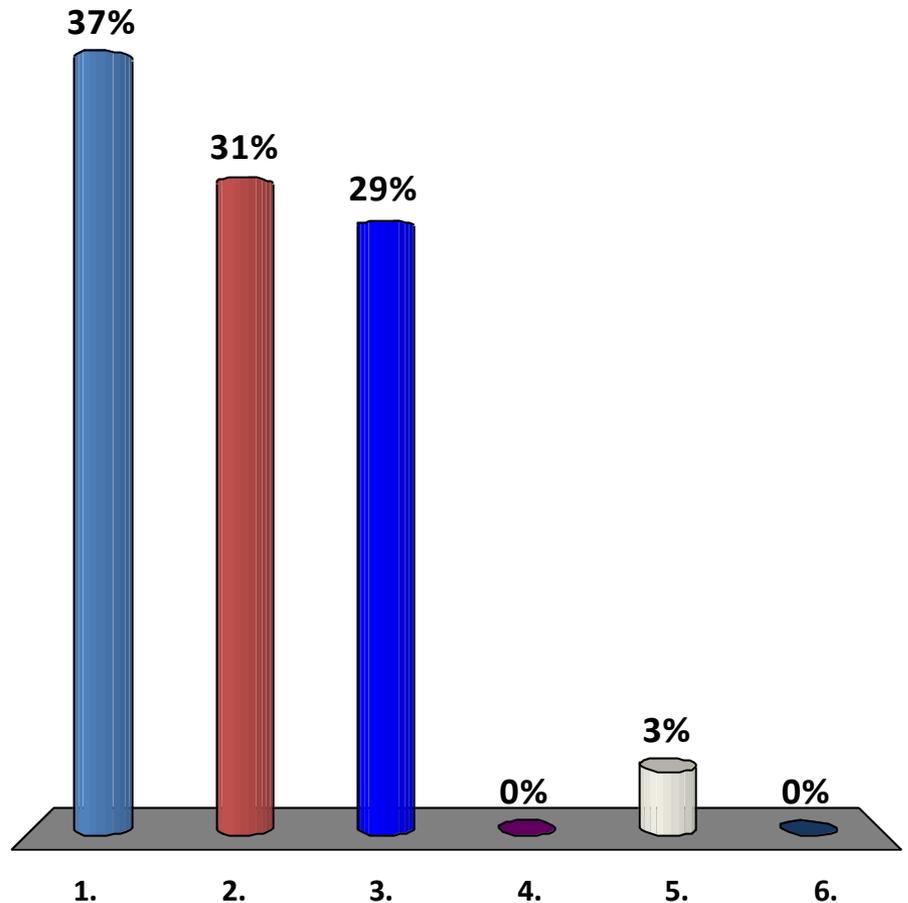
Introduction to Alcoholics Anonymous and Other Twelve Step Programs

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I have attended an Alcoholics Anonymous or Narcotics Anonymous meeting in the past.

1. Never
2. Once
3. 2-5 times
4. 6-10 times
5. 11-25 times
6. 26+ times



Learning Objectives

At the end of the session, learners will be able to:

1. Explain the value of offering 12-Step Programs as part of a “menu of options.”
2. Cite the research findings on effectiveness of mutual help groups
3. List at least 4 guidelines for visitors attending a meeting of a 12-Step Program.

Offering 12-Step Meetings as Part of “Menu of Options”

- Addiction treatment should be individualized
- Can be difficult to predict which combination of treatment will be effective on patient level
- Important to be aware of options (medication, counseling, 12-step programs) and be able to provide basic guidance

What is Alcoholics Anonymous?

- Founded in 1939 by Bill W. and Dr. Bob: reaching out to others to help stay sober
- Anonymous fellowship of members with a desire to stop drinking
- No central governing body
- Meetings have distinct composition
- Many similar groups: Narcotics Anonymous, Overeaters Anonymous, etc

Therapeutic Elements

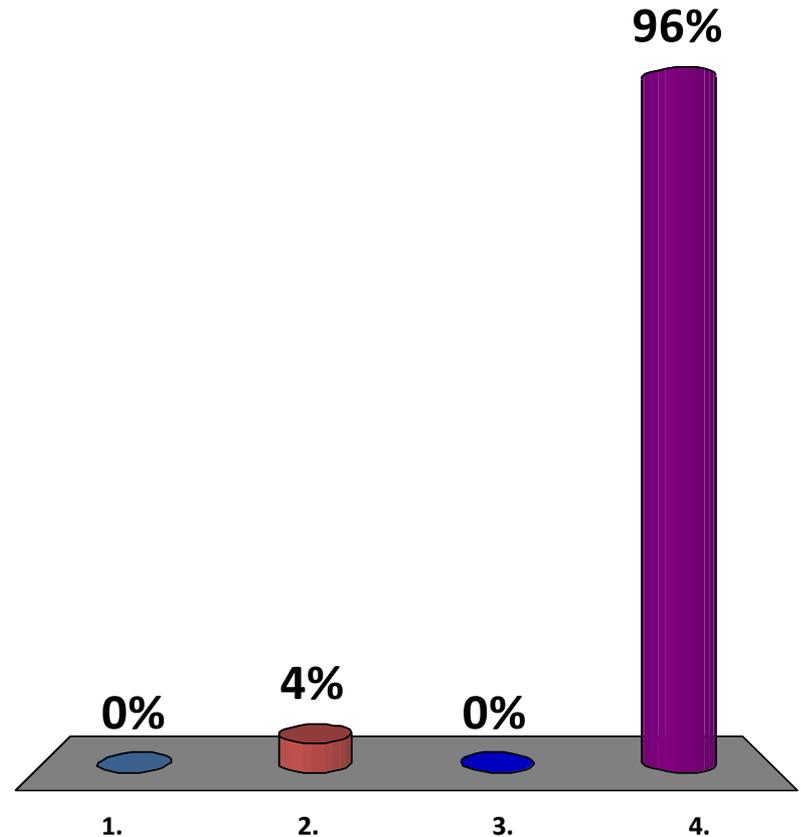
- 12 Steps: spiritual basis/necessary actions
- 12 Traditions: guidelines for meetings
- Sponsorship
- Sober environment of meetings
- Forum for telling story with no judgment
- Anniversaries
- Slogans
- Potential for social network outside of meetings

Process

- Admitting lack of control over addiction
- Recognition that higher power can give strength to achieve sobriety
- Examining past mistakes
- Making amends
- Learning to live new life with new code
- Helping others

Research has shown that:

1. AA attendance can reduce health care costs
2. Longer and more intensive AA involvement leads to better outcomes
3. Professional addiction treatment plus AA is superior to professional addiction treatment alone
4. All of the above

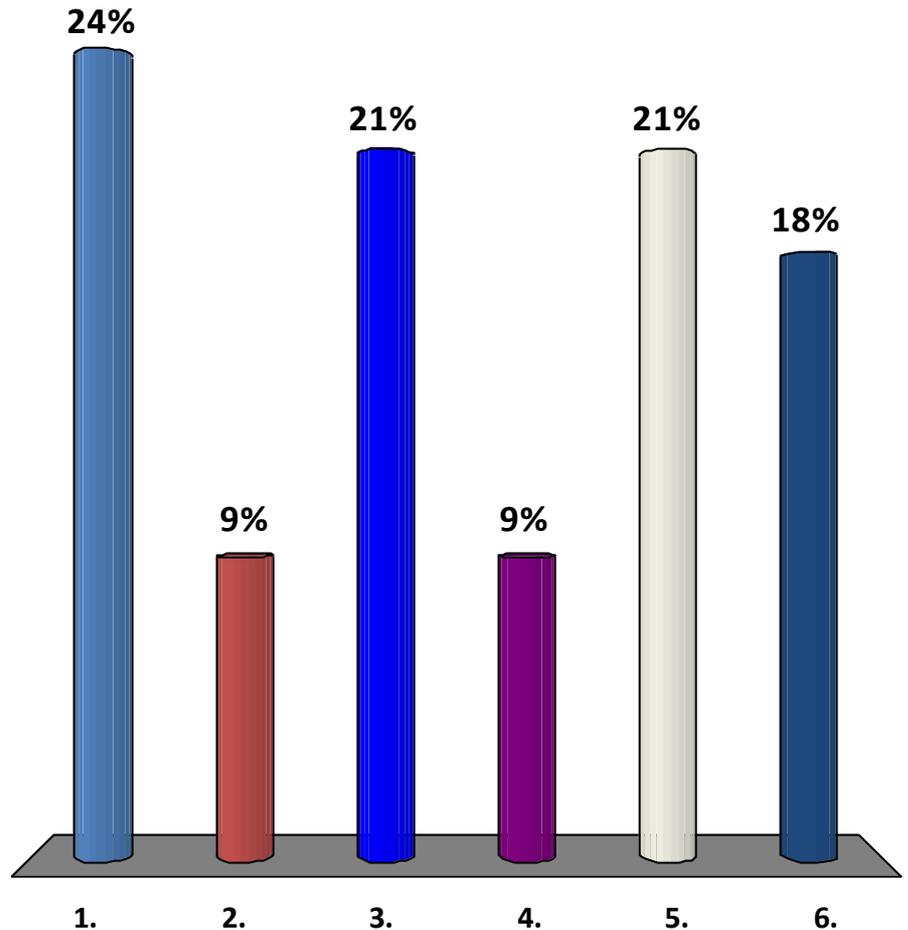


Effectiveness of AA

- Depends on participant involvement (Kaskutas et al, 2005)
- Healthcare professionals can impact level of affiliation (Humphreys et al, 2004)
- Mechanism: self efficacy, increased coping skills and adaptive changes in social networks (Kelly et al, 2009)

I have referred a patient to Alcoholics Anonymous or Narcotics Anonymous.

1. Never
2. Once
3. 2-5 times
4. 6-10 times
5. 11-25 times
6. 26+ times

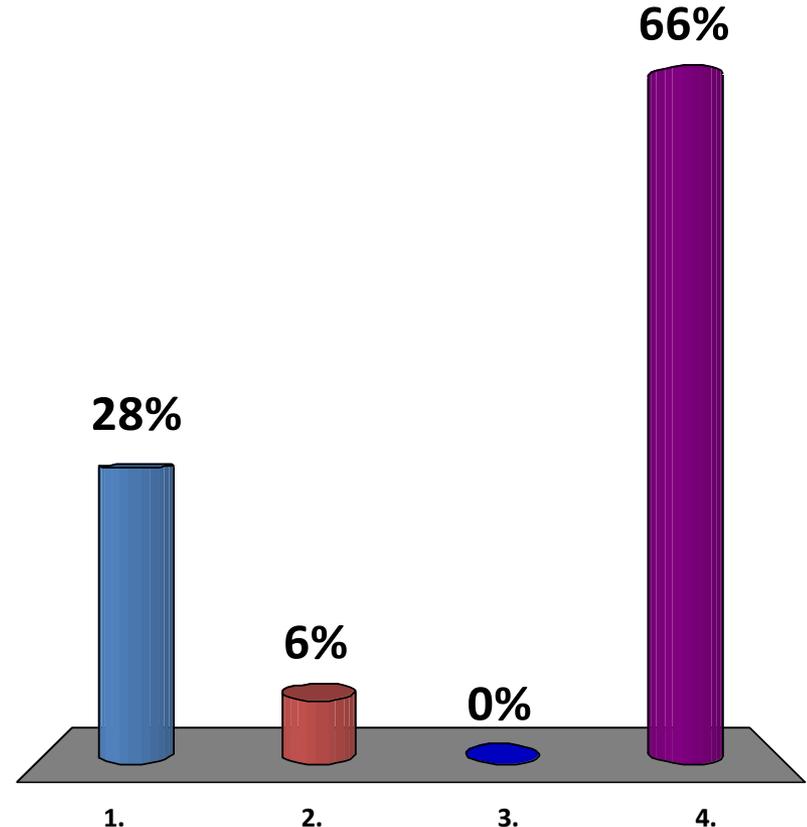


Referring a Patient

- Provide access to list of local meetings
- Encourage attending with a friend
- Help choose among different types and locations of meetings (speaker, discussion, beginners')
- Talk about possible conflicts
 - Religion
 - Medications
 - Powerlessness

My primary concern about referring patients to Alcoholics Anonymous and Narcotics Anonymous is:

1. I don't know much about the programs
2. The programs are too religious
3. The programs emphasize that members are powerless
4. I am not concerned about referring patients



Potential Conflicts

- Religion versus Spirituality
- Medications
- Powerlessness

“AA without the Religion”

- New movement started by secular members
- Website for agnostics: www.aaagnostics.org

Attending a Meeting

- Contact: look up local AA website, call central service for more information
- Attend only “open” meetings
- Be honest and direct, introduce yourself to greeter if at door
- Respect confidentiality
- Feel free to join in prayer, give a few dollars if you feel comfortable

12 Steps

1. We admitted we were powerless over alcohol-that our lives had become unmanageable
2. Came to believe that a power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives to the care of God as we understood Him
4. Made a searching and fearless inventory of ourselves
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character
7. Humbly asked Him to remove our shortcomings

12 Steps

8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs