

Introduction to Alcoholics Anonymous and Other Twelve Step Programs

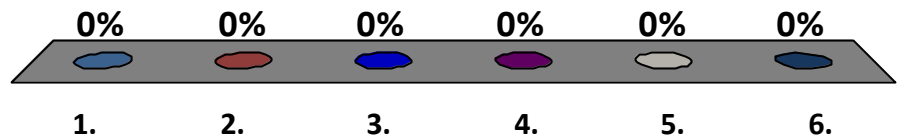
Zoe Weinstein MD

CRIT 2015

With special thanks to Sarah Bagley MD

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

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.

Addressing
Unhealthy Alcohol Use
in Primary Care

Richard Saitz
Editor

 Springer

Chapter 7

Making Effective Referrals to Alcoholics Anonymous and Other 12-step Programs

Maryann Amodeo and Luz Marilis López

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

- Offer individualized treatment
- provide basic guidance

LUNCH BENTO BOX CHOICES

PLEASE TICK THE CHOICE OF YOUR SELECTION

Please call Praba at 93375238/63370657 ext 108 or email to praba@harrys.com.sg

APPETIZERS (NON-VEG)	MAIN COURSE (NON-VEG)	MAIN COURSE (VEG)
CHICKEN <input type="checkbox"/> Chicken Tikka <input type="checkbox"/> Chicken Malai Tikka LAMB <input type="checkbox"/> Lamb Seekh Kebab <input type="checkbox"/> Achari Mutton Tikka <input type="checkbox"/> Mutton Samosa SEAFOOD <input type="checkbox"/> Tandoori Prawn <input type="checkbox"/> Fish Tikka Achari <input type="checkbox"/> Fish Tikka	CHICKEN DISH <input type="checkbox"/> Chicken Makhani <input type="checkbox"/> Kadhai Murgh <input type="checkbox"/> Murgh Lababdar <input type="checkbox"/> Murgh Handi Lazeez <input type="checkbox"/> Chicken Tikka Masala <input type="checkbox"/> Murgh Masala <input type="checkbox"/> Murgh Do Piazza <input type="checkbox"/> Murgh Saagwala MUTTON DISHES <input type="checkbox"/> Rogan Josh <input type="checkbox"/> Mutton Curry <input type="checkbox"/> Mutton Du Paza <input type="checkbox"/> Keena Matter Masala <input type="checkbox"/> Mutton Shahi Korma <input type="checkbox"/> Mutton Lababdar <input type="checkbox"/> Bhuna Ghost <input type="checkbox"/> Lal Masee SEAFOOD DISHES <input type="checkbox"/> Goan Fish Curry <input type="checkbox"/> Khadai Jhinga <input type="checkbox"/> Prawn Malabar	PANEER DISHES <input type="checkbox"/> Kadhai Paneer <input type="checkbox"/> Paneer Lababdar <input type="checkbox"/> Shahi Paneer <input type="checkbox"/> PaneerDum Anari <input type="checkbox"/> Paneer Pasanda <input type="checkbox"/> Paneer Makhani <input type="checkbox"/> Palak Paneer <input type="checkbox"/> Paneer Jalfrezi VEGETABLES <input type="checkbox"/> Palak Sweet Corn <input type="checkbox"/> Matter Mushroom <input type="checkbox"/> Gobi Matter <input type="checkbox"/> Navrattan Korma <input type="checkbox"/> Subz Jalfarezi <input type="checkbox"/> Aloo Capsicum <input type="checkbox"/> Bhindi Do Pyaza <input type="checkbox"/> Veg Malai Kofta <input type="checkbox"/> Jeera Aloo
APPETIZERS (VEG) <input type="checkbox"/> Paneer Shaslik <input type="checkbox"/> Bharwan Tandoori Aloo <input type="checkbox"/> Hara Bhara Kebab <input type="checkbox"/> Veg Seekh Kebab <input type="checkbox"/> Veg Shami Kebab <input type="checkbox"/> Mixed Pakora <input type="checkbox"/> Paneer Tikka <input type="checkbox"/> Veg Samosa <input type="checkbox"/> Achari Paneer Tikka	ACCOMPANIMENTS RICE <input type="checkbox"/> Vegetable Pulao <input type="checkbox"/> Steamed Rice <input type="checkbox"/> Jeera Pulao <input type="checkbox"/> Peas Pulao <input type="checkbox"/> Navrattan Pulao <input type="checkbox"/> Kashmiri Pulao <input type="checkbox"/> Biryani Rice BREADS <input type="checkbox"/> Naan <input type="checkbox"/> Parantha <input type="checkbox"/> Tandoori Roti RAITA <input type="checkbox"/> Dahi Pakodi <input type="checkbox"/> Dahi Bhalla <input type="checkbox"/> Boondi Raita <input type="checkbox"/> Vegetable Raita <input type="checkbox"/> Pineapple Raita <input type="checkbox"/> Cucumber Raita	DAL PREPARATION <input type="checkbox"/> Dal Makhani <input type="checkbox"/> Dal Panchrattan <input type="checkbox"/> Yellow Dal Tadka <input type="checkbox"/> Black Channa Curry <input type="checkbox"/> Lobhiya Masala <input type="checkbox"/> Rajma Masala <input type="checkbox"/> Dal Toor <input type="checkbox"/> Peshawari Channa DESSERTS <input type="checkbox"/> Gulab Jamun <input type="checkbox"/> Phirni <input type="checkbox"/> Saffron Kheer <input type="checkbox"/> Gajar Ka Halwa <input type="checkbox"/> Rasmalai <input type="checkbox"/> Fresh Cut Fruits
SALAD (VEG & NON-VEG) <input type="checkbox"/> Garden Green Salad <input type="checkbox"/> Kachumber Salad <input type="checkbox"/> Pineapple & Onion Salad <input type="checkbox"/> Aloo Chana Chaat <input type="checkbox"/> Tossed Green Salad <input type="checkbox"/> Chicken Tikka Chaat <input type="checkbox"/> Fish Tikka Salad		

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
- Foundation of other mutual help groups



Therapeutic Elements

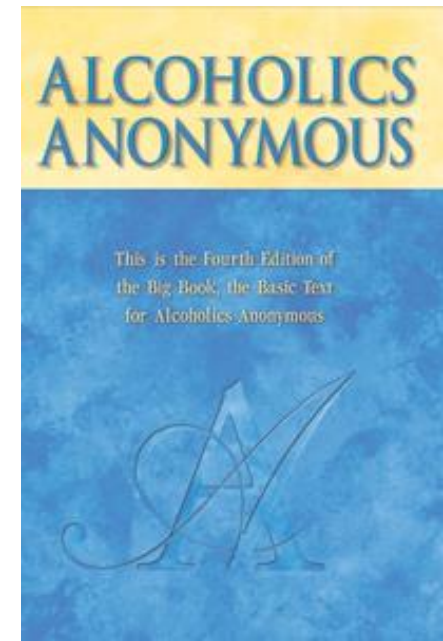
- 12 Steps: spiritual basis/necessary actions
- 12 Traditions: guidelines for meetings
- Sponsorship
- Sober environment of meetings
- Forum for telling story with no judgment
- Anniversaries
- Slogans
- Potential for social network outside of meetings

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

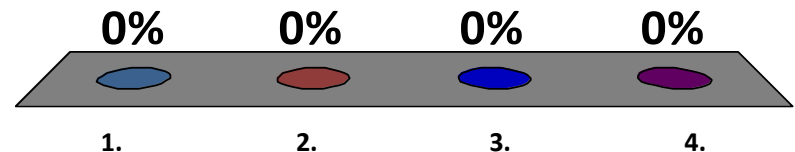
Kinds of Meetings

- Open, closed
- Mixed, men-only, women-only, young peoples'
- Speakers, Big Book, Step Study, Discussion
- Smoking, non-smoking



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





The Irrationality of Alcoholics Anonymous

Its faith-based 12-step program dominates treatment in the United States. But researchers have debunked central tenets of AA doctrine and found dozens of other treatments more effective.

By Gabrielle Glaser

Art by Dan Saelinger

Effectiveness of AA

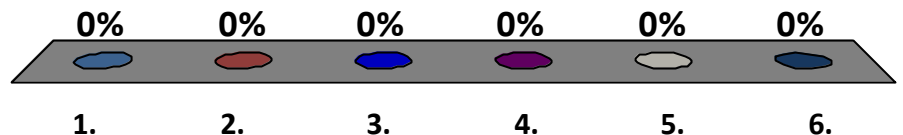
- Effective in increasing abstinence rates both alone and in combination with other treatments
- Mechanism: self efficacy, increased coping skills and adaptive changes in social networks
(Kelly et al, 2009)
- Cost-effective: increased cost savings because of lower treatment costs (Kelly et al, 2009)

Caveats Effectiveness of AA

- Challenging to study
- Depends on participant involvement (Kaskutas et al, 2005)
- Effectiveness likely related to both involvement and goodness of fit to the group
- Healthcare professionals can impact level of affiliation (Humphreys et al, 2004)

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 and trying multiple meetings
- Help choose among different types and locations of meetings (speaker, discussion, beginners')
- Talk about possible conflicts
 - Religion
 - Medications
 - Powerlessness

Role of Provider

- Individuals who have sponsors and work the steps tend to do better in their recovery.
- Important to ask patients if they have a sponsor and if they are working the steps.
- Possible to find a temporary sponsor in the beginning if not ready to commit.

AA CENTRAL SERVICE COMMITTEE OF EASTERN MASS

12 CHANNEL ST, SUITE 604, MARINE INDUSTRIAL PARK
BOSTON, MA 02210 Tel: 617-426-9444



1945 - 2015

[Home](#) [Preamble](#) [An AA Group](#) [Some Misconceptions](#) [Friendly Reminder](#) [12 Steps](#) [12 Traditions](#)

Find An AA Meeting

**Any questions on how A.A.
works-give us a call @
617-426-9444 Mon-Fri 9-9;
Sat/Sun/Hol. 12-9**



249 Towns - 2,200 Meetings

[Click Here](#)

Trouble viewing database:

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Other Meetings/Links



Annual Dinner Dance - June 6 2015 - [View Flyer](#)

Origin

Central Service Committee had its beginning in informal luncheon meetings of various Alcoholics Anonymous groups in and around Greater Boston in 1945.

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Select By Day

Choose Day ▾

Submit

Select By Town

Chatham ▾

Submit

Select By Day & Town

Choose Day ▾

Choose Town ▾

Submit

Select By Meeting Type

Choose Code ▾

Submit

O OPEN SPEAKER (PUBLIC WELCOME)
C CLOSED (A.A. members only, or for those who have a drinking problem and “have a desire to stop drinking.”)
OD OPEN DISCUSSION
CD CLOSED DISCUSSION
CS CLOSED SPEAKER MEETING
SD SPEAKER DISCUSSION
BB BIG BOOK DISCUSSION
12 12 STEP MEETING
T 12 TRADITION MEETING
M MEN
W WOMEN
* BEGINNER’S MEETING (Approximately 1 1/2 hours before regular meeting time)
YP YOUNG PEOPLE
NS NO SMOKING at this meeting
G GAY, LESBIAN, BISEXUAL & TRANSGENDER
Must Sign to Enter
H AT END OF ADDRESS INDICATES ACCESSIBLE TO PEOPLE WITH DISABILITIES (May not be toilet accessible)

OF EASTERN MASS

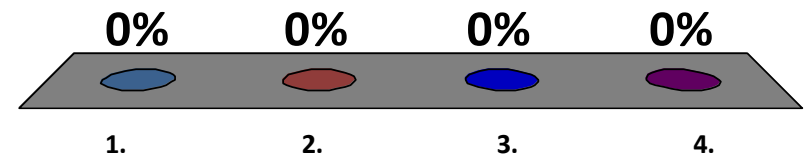
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Code	Day	Town	Meeting	Location	Time	Handicap
O12	Sun	Boston	Prado Sunday	Harbor Ch., 9 Salutation St.	9 - 10 am	
OD#	Sun	Boston	Sun. Morn.	Lady of Victories, 27 Isabella St.	9:30 - 10:30 a.m.	
ODG	Sun	Boston	Sober Sunday	74 Kilmarnock St.	10:00-11:00 a.m.	
O12#	Sun	Boston	Steps in the City	Lindemann Center, Boston Rm., 25 Staniford St.	2 p.m.	Handicap Yes
O	Sun	Boston	Park Square	Morville Hse. Conf. Rm., 100 Norway St.	4:30-5:30 p.m.	Handicap Yes
CBB	Sun	Boston	Out of the Basement BB	Emmanuel Ch., 15 Newbury St.	6 p.m.	
ODG	Sun	Boston	How Are You Today?	74 Kilmarnock St.	6 p.m.	
O12	Sun	Boston	New Comm.	M.G.H., Thier 101 Conf. Room	6:00 p.m.	
O	Sun	Boston	Not Forgotten	Vets shelter, 17 Court St.	6:45-7:45 p.m.	
OD	Sun	Boston	Old Dogs New Tricks	Sacred Heart Ch., 9 Sun Court	7 p.m.	
O12	Sun	Boston	Out Of The Basement	Emm. Ch., 15 Newbury St., 2nd Fl. Via ramp	7:30 - 8:45 p.m.	
OSD	Mon	Boston	Rise & Shine	St. Francis Hse. Shelter, 39 Boylston St.	7-8 a.m.	
OBB	Mon	Boston	164 Upon Awakening	Our Lady of Victories, 27 Isabella St	7-8 am	
O12	Mon	Boston	Back Bay Steps	Arlington St. Shurch	7:30 a.m., Trad. 1st Mon.	
OSD	Mon	Boston	Sahara Sunrise	Harvard Vanguard, 147 Milk St., Conf. Rm. 1B	7:30-8:30 a.m.	
OSD	Mon	Boston	Just For Today	Emmanuel Ch.. 15 Newburv St. 2nd Fl.	Noon - 1p.m.	

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
- People using at the meetings

When You Visit 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

A Word About Families

- Families also affected by substance use and their involvement can improve treatment outcomes for the person with an alcohol or substance use disorder.
- Al-Anon, Nar-Anon and other mutual help groups can be a helpful resource in some cases.

Learn to Cope

- Non-professional support group for families affected by addiction
- Currently there are 17 meetings across MA and RI
- Guidelines the same as attending an AA meeting



Thanks

- Thoughts?
- Questions?
- Be sure to DESIGNATE someone to give your group's reflections during the debrief

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

12 Traditions

- 1) Our common welfare should come first; personal recovery depends upon A.A. unity.
- 2) In our group purpose there is but one ultimate authority -a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3) The only requirement for A.A. membership is a desire to stop drinking.
- 4) Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

12 Traditions

- 5) Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
- 6) An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- 7) Every A.A. group ought to be fully self-supporting, declining outside contributions.
- 8) Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

12 Traditions

- 9) A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10) Alcoholics Anonymous has no opinions on outside issues; hence the A.A. name ought never be drawn into public controversy.
- 11) 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.
- 12) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.