



ALCOHOLICS ANONYMOUS COOPERATION WITH THE PROFESSIONAL COMMUNITY

AREA 83 CPC CHAIR

MARCH 2021

The image features a dark blue background with white, stylized circuit board traces in the corners. These traces consist of straight lines and small circles, resembling electronic components or connections. The main text is centered and underlined.

CPC@AREA83AA.ORG

EMAIL ME FOR COPIES OF DOCUMENTS AND/OR LINKS THAT I MAY REFER TO TODAY

IF YOU HAVE ANY QUESTIONS

IF YOU WANT TO BE ON MY EMAIL LIST FOR FUTURE WORKSHOPS

GENESIS OF CPC

- Became a distinct entity in 1970 - Trustees' Committee was formed as an outgrowth of the Public Information Committee.
- In 1971, the Conference C.P.C. Committee was established.
- Many local communities, areas, and regions consider CPC an activity separate from public information, treatment or corrections work.

CPC'S WORK IS TO CARRY THE MESSAGE

- Members of CPC committees carry the message to the still suffering alcoholic by informing professionals and future professionals about AA
 - what we are, where we are
 - what we can do, what we cannot do.

Source: CPC Workbook, p. 5

BUILD A TEAM – ROOM FOR EVERYONE

- Join an existing committee
 - Does your district/Intergroup have a CPC Committee?
 - Join committee as a member or as a volunteer at large
- Building or re-building a new committee
 - Start by asking GSRs at your District table to solicit volunteers from their Groups
 - Enlist volunteers at large as well as committee members
 - Partner with adjoining districts (eg, Ottawa area, GTA)

BUILD YOUR KNOWLEDGE BASE

- Become familiar with the resources available
- Recommended that each CPC Committee meeting begin with short period of “learning”
 - Read/study/presentation on various tools in the CPC kit
 - Overview – or a section or two - of the workbook
 - Summarize one of the key pamphlets

LEARNING STARTS WITH THE CPC KIT

- Here is a link to a list of the entire content of the CPC kit, including the workbook [F-66W - Contents of C.P.C. Kit \(aa.org\)](#)
 - Each item on the list hyperlinked to the actual document
- The most important resources
 - the CPC Workbook
 - Pamphlets:
 - “How AA Members Cooperate with Professionals”
 - “Speaking at non-AA Meetings”
 - “Understanding Anonymity”

AREA 83 HAS A COLLECTION OF RESOURCES TOO

- The “Pay it Forward” project initiated by Panel 69 CPC Chair was completed to provide suggestions to new committee members as they embark upon their journeys in CPC

[Pay it Forward Paper General clean \(area83aa.org\)](http://area83aa.org)

- Other useful presentations as well

A WORD ABOUT ANONYMITY

- Alcoholics Anonymous is not an anonymous organization. It's members are.
- The name AA itself – as well as it's phone numbers and websites – should be known.
- Accurate and consistent information on AA needs to be made available.

SET UP A COMMITTEE EMAIL

- If there isn't one already, ask your District/Intergroup webmaster to set up a generic email for your committee

`cpc@yourareaaa.org`

- Also, good idea to attach a google drive or drop box to that email to store letters and presentations.
- This is important to ensure that the history of service follows the position and not the individual.

BUILD A PLAN

- Review what has been done in the past
- Committees can be quite active and focused on specific projects at times, but there can also be long periods of near dormancy
- Finding/recognizing relevant documents and documentation may be challenging

TWO STREAMS OF ACTIVITY: INSIDE AA

- Talk it up among the fellowship
 - Educate and inform members about CPC work
 - Source of volunteers
 - Provide continuity for next rotation

TWO STREAMS OF ACTIVITY: AND OUTSIDE AA

- Outreach to professionals
 - Long list of professionals: educators, health, legal, counselling,
 - establish 1 to 3 priorities for the year – strongly encourage “one at a time” approach
 - check in with other committees eg corrections, treatment to avoid overlap
 - Create the contact list – excel is helpful to track replies, follow up
 - Draft a letter or email and decide which pamphlets/resources/links to include
 - Draft a script that volunteers/committee members can use for follow-up calls

WHAT TO INCLUDE IN A CORRESPONDENCE

- Why you are writing – in the course of your work...
- How to refer someone to AA: help line number and web address
- That AA is free
- Meeting lists - link to local electronic meeting lists, link to Meeting Guide App
- Posters – English and French
- Free information pieces:
 - AA at a Glance,
 - Information on AA – What it does/does not do [F-2 - Information on Alcoholics Anonymous](#)
- Pamphlets that are specifically targeted to the Professional to whom you are writing:
 - AA as a resource for the Health Care Professional
 - Members of the Clergy ask about Alcoholics Anonymous
 - Is there a Problem Drinker in the Workplace?

WHERE APPROPRIATE, ALSO INCLUDE

- An offer to make a presentation at one of their upcoming workshops/events/lunch and learn
- An offer to accompany them to an open meeting of Alcoholics Anonymous
- A print-ready PSA for inclusion in their newsletters or bulletins
- Links to the pamphlet or resource on aa.org that specifically targeted to them
- And the new resource: link to the Stanford university study

USING LATEST RESEARCH ABOUT AA

- Recent research from Stanford University reveals that, “when it came to maintaining sobriety, AA was more effective than psychotherapy or no treatment -- regardless of the age or gender of the study participants, or the country they lived in.”

[Alcoholics Anonymous validated by meta-analysis: 'It absolutely does work' - Scope \(stanford.edu\)](#)

- To hear the researchers discuss their work, listen to their podcast

[Keith Humphreys: Alcoholics Anonymous best for alcohol abstinence \(2020\) by Stanford Medicine | Free Listening on SoundCloud](#)

- To watch the 15-minute video: [Does Alcoholics Anonymous Work? on Vimeo](#)

A POSITIVE OUTCOME CAN BE PERSUASIVE

- Approach here was to use the positive result of speaking in a community college to encourage other post-secondary institutions to invite the CPC Committee to give a talk to their students in professional programs
- In the result, a professor who teaches at Carleton and Ottawa Universities continues to invite us to speak to her classes every semester
- Sample letter can be found in the “Pay it Forward” document on the Area website under CPC Resources

KEEP MOVING FORWARD

- Meeting monthly – even during COVID
 - To keep energy going, knowledge continuous
- Helps to have structure and organization for meetings to maintain focus
 - Agenda items, specific topics for learning, reporting, Minutes
 - Avoids becoming overwhelmed with possibilities
 - Approvals of correspondence – even just for proofreading
- Calendar of events – both inside and outside of AA

LET'S TALK ABOUT MONEY

- Is there a budget for CPC in your district/Intergroup?
- Buying literature – pamphlets – can be expensive
 - Some free stuff available from GSO, eg AA at Glance
- Cost of hosting an event
 - Workshops and “bring a professional” – rent, coffee, printing
- Plan, spend, and report back