

# BRIDGING THE GAP

## INFORMATION SHEET

### **Alcoholics Anonymous:**

- 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.

### **Cooperation with Treatment Facilities:**

- According to the AA 2014 membership survey, 32% of AA members cited Treatment facilities as the factor most responsible for them coming to AA.
- The principle of carrying the AA message to other alcoholics is fundamental to the recovery and continued sobriety of AA members. AA members ensure their own sobriety by working with others. This is known as twelfth step work.
- Working with Alcoholics in Treatment Centres is basic twelfth step work.

### **Bridging the Gap:**

- Experience has shown that even though a patient may have been participating in a group or meetings in the treatment facility, there is anxiety about the transition to a regular group on the outside.
- Bridging the Gap is a program designed to help an alcoholic in a treatment program make the transition to Alcoholics Anonymous, by providing a temporary contact from AA.
- This contact provides the essential link between treatment and recovery.

### **A temporary contact will:**

- Make contact with the newcomer while he/she is still in treatment
- Review different meeting formats (open, closed, speaker, discussion)
- Accompany the newcomer to a variety of AA meetings
- Introduce the newcomer to Conference approved books (particularly the Big Book), pamphlets and the Grapevine
- Introduce him or her to other AA members
- Ensure that he/she has phone numbers of several AA members
- Explain sponsorship and help the newcomer find a sponsor
- Explain group membership and the value of a home group

### **Safeguards:**

- When possible/practical two AA members will work together, one will have at least 1 year of sobriety.
- Men will work with men and women with women.