



HELPING HANDS



Alcoholics Anonymous

(Compiled with the help of ChatGPT)

Alcoholics Anonymous (AA) is one of the best-known programs for helping people recover from Alcohol Use Disorder (AUD). AA began in 1935. It is a peer support program, which means people in recovery help other people who are trying to stop drinking.

AA is not professional treatment like counseling or medical care. It can be used along with other AUD treatments. AA helps people plan to stop drinking alcohol and begin a recovery that focuses on getting support from others and taking responsibility for their actions.

The foundation of AA is the **Twelve Steps**. These steps help people look at how alcohol has affected their lives. Members are encouraged to ask for help, look honestly at their behavior, repair relationships when possible, and help other people in recovery.

AA also encourages people to work with a **sponsor**. A sponsor is usually an AA member who has been in recovery for a longer period of time. The sponsor shares experience and provides support. A sponsor has worked through the 12 steps and helps someone new to recovery work through the 12 steps.

Recovery from alcohol problems can take time. Some people may return to drinking, called a relapse, before becoming stable in recovery. Having support available over a long period of time can help people continue working toward their recovery goals.

One of AA's greatest strengths is **peer support**. People with alcohol problems may feel ashamed, alone, or misunderstood. Relationships may have been damaged because of drinking. At AA meetings, people meet others who have faced many of the same problems.

Members can talk about their struggles and successes. They can also meet people who have been sober for many years. Seeing others succeed can provide hope. AA can also help people build new friendships with people who support a life without alcohol.

Another benefit of AA is that support can continue after professional treatment ends. A person may complete a treatment program in a few weeks or months but continue attending AA meetings for many years. AA meetings are available in many communities and online. There is no cost to attend. This makes AA available to people who may not have insurance or cannot afford long-term counseling. Members can also become more involved by helping at meetings, working with a sponsor, and eventually helping newer members.

AA does not work for everyone. Some people may not be comfortable with AA's spiritual ideas, including the idea of a "Higher Power." People can also choose other recovery programs that may better fit their beliefs and needs.

AA does not replace medical or mental health care. **Alcohol withdrawal can be dangerous and sometimes life-threatening.** A person at risk for serious withdrawal will need medical care. People who have mental health concerns along with alcohol problems may also need help from trained professionals.

- 12 STEPS**
01. SURRENDER
 02. HOPE
 03. ACCEPTANCE
 04. HONESTY
 05. OPEN MINDEDNESS
 06. WILLINGNESS
 07. FAITH
 08. TOLERANCE
 09. PATIENCE
 10. HUMILITY
 11. UNCONDITIONAL LOVE
 12. SHARING & CARING

Alcoholics Anonymous can be an important part of recovery. It provides structure, support, hope, and a community of people who understand the challenges of alcohol problems. For many people, AA works best as one part of a larger recovery plan that also will include other aspects of self-care.



AA also has some practical benefits. Meetings are widely available, free, and can be attended for as long as a person wants. Many communities have meetings every day, and online meetings are also available. AA does not work the same way for everyone. Success depends on how involved a person becomes. Recovery success also is based upon the support they receive. Some people may need other recovery programs in addition to AA. AA is an important recovery resource. It gives people continuing recovery support. It also provides a clear path to a recovery program, and a community focused on helping one another live without alcohol.

Accessing Substance Use Treatment Through Your Employee Assistance Program (EAP)

If you or someone you care about is struggling with alcohol or other drug use, your **Employee Assistance Program (EAP)** can help. An EAP provides information, and referrals for employees who are dealing with personal or work problems. This includes concerns about alcohol and other drugs. Getting help can begin with a simple phone call or online request. An EAP representative or trained EAP peer will listen to your concerns. The EAP will help you understand your choices and connect you with the right services. Your EAP will help you find the best option for your situation. The EAP will work with you to help you understand your health insurance benefits and find qualified treatment providers. EAP services are designed to protect your privacy. Confidentiality may have certain legal, safety, or program limits. Your EAP representative can explain these limits to you.

Asking for help early can prevent problems from becoming worse. You do not have to figure everything out by yourself. Your EAP will help you understand your choices and take the next step toward recovery.

Your EAP representative appears below.



**IAM Peer
Employee
Assistance Program**

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist union members and their families who are experiencing personal difficulties. EAP peers do not make clinical diagnoses or clinical evaluations; they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

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Accessing Alcoholics Anonymous Resources

Alcoholics Anonymous (AA) offers several resources for individuals seeking support with alcohol recovery. Local AA meetings provide peer support, shared experiences, and opportunities to connect with a sponsor. Meetings can be found through the official AA website, local AA offices, treatment centers, or community organizations. Both in-person and online meetings are available, making support accessible to people with different schedules and needs. AA also provides books, pamphlets, and other recovery literature explaining the Twelve Steps and program principles. Most meetings are free to attend, and membership does not require insurance, professional referrals, or formal enrollment procedures.