

Service provided by the Mid Southern California Area 9 Treatment Committee



Dear Facility,

The Alcoholics Anonymous *Bridging the Gap* program offers newcomers exiting a treatment facility a *Temporary Contact* to help them transition from treatment to A.A. in their community. The temporary contact is simply an A.A. member volunteer. A.A. suggests that the Temporary Contact accompany the newcomer at a limited number and variety of A.A. meetings, make introductions to other A.A. members, ensure that the newcomer has phone numbers, A.A. literature, and share the experience and benefits of sponsorship and a home group. The Bridging the Gap volunteers usually have at least 1 year of sobriety and work in pairs. The volunteer and newcomer are matched up based on age, gender identity, and location. The Mid-Southern California Area 9 Treatment Facilities Committee trains all volunteers that we send out to work with newcomers. This is basic 12<sup>th</sup> step work; carrying the message of Alcoholics Anonymous.

Getting back into the “real world” isn’t always easy for an alcoholic. Many of us had never been sober on the outside and we admitted that the first days out were frightening. Even new members of AA usually know that they can’t make it alone.

The dilemma for some of us was that we weren’t sure we could make it in A.A. We said things to ourselves like “Where will I find a meeting I can be comfortable in?” or “Who will I be able to trust?” It was tempting to give in to “I won’t fit in.” or “I’m too different.” Lots of alcoholics think like this. We did.

Now we see that we can help the new people getting out. You can get in touch with us through our voice mail box phone number, our email contact or our post office box. Bridging the Gap is alcoholics helping other alcoholics. We are part of Alcoholics Anonymous. We are not connected or affiliated with any other group or institution. The only thing we want from this work is the satisfaction of helping another alcoholic. Being alcoholic ourselves, we know that the people met in the first days out could make all the difference.

We hope that we will hear from you and trust that we will carry the message of Alcoholics Anonymous to your clients and patients as part of their exit plan.

Sincerely,

MSCA 09 Treatment Facilities

-Bridging the Gap

**MSCA 09 Treatment Facilities Committee**

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