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N323 Mental Health
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Finding sobriety is the biggest goal of an Alcoholics Anonymous (AA) group. Being a part of a group helps the members have mutual support in recovery and stop drinking by sharing experiences and relating to one another. Being able to have someone hold you accountable can help in the recovery by recognizing the signs of a potential relapse and helping your friends in the group to stay strong and avoid alcohol. Being able to help in the process of your friend and other members in AA can help you stay accountable and recover. In AA, the members are to follow a 12-step program that can help them confront their addiction and develop a new way of living. The act of joining AA can be as simple as acknowledging you have a drinking problem and going to a meeting you find online, through friends, or another organization (AmericanAddictionCenters, 2024). The meetings are held in public places with accessibility for everyone, and there is no fee to attend (AmericanAddictionCenters, 2024). Referring someone, such as a patient, to an AA meeting can involve many things, such as keeping track of the client engaging in the 12 steps (National Institute on Alcohol Abuse and Alcoholism, 2024). The first step in making a referral for someone is to help them admit that they need help and point them in the direction of a meeting they can join and attend. Anyone can join and attend and refer someone to an AA meeting. Since going to a meeting, I feel comfortable telling someone what can go on in a meeting and how to find one. The meeting I attended with a classmate was a book study meeting where they read a chapter from the 12-step program book and then interpreted it into their recovery process. The members were very welcoming and helpful in the learning process. I noticed that anonymity and being a member are the most critical aspects of an AA meeting. This experience was useful in empathizing with and asking questions of the members who decided to make that change and find sobriety.

References

Alcoholics Anonymous (AA): The 12 Steps of AA Recovery Program. (2024).

AmericanAddictionCenters, Recovery.org. <https://recovery.org/alcoholics-anonymous/>

Make Referral: Connect Patients to Alcohol Treatment That Meets Their Needs. (2024, February 27). National Institute on Alcohol Abuse and Alcoholism.

<https://www.niaaa.nih.gov/health-professionals-communities/core-resource-on-alcohol/make-referrals-connect-patients-alcohol-treatment-meets-their-needs>