

**FOR PEOPLE  
IN TREATMENT**

# **A.A. Bridging The Gap Request**

Connecting Those  
in Treatment to the  
A.A. Community

## **What is Bridging the Gap?**

Bridging the Gap is a voluntary temporary contact program designed to help the alcoholic in a treatment program or other kind of formal setting to make the transition to a life of sobriety in Alcoholics Anonymous.

Many people find it difficult to make the transition from treatment to a life of sobriety.

In order to bridge this gap, A.A. members have volunteered to be temporary contacts and to introduce newcomers to Alcoholics Anonymous.

## **Who can request contact through Bridging the Gap?**

People from all kinds of programs, including Detox Centers, Hospitals, Treatment Centers, Aftercare programs and Intensive Outpatient Programs can ask for an A.A. contact to connect with. For those leaving a Correctional facility, there is a separate program called Contact Upon Release. Visit <https://www.aa.org/corrections-correspondence-service-insider-request-form>

## **Is Bridging the Gap for me?**

If you are in a treatment program and want to stop drinking (or stay stopped), Alcoholics Anonymous wants to help. Bridging the Gap is especially helpful for those who have not been to A.A. or who don't have strong A.A. connections in the town or city where they will be living after treatment.

Many of us have been where you are now and know that the program of A.A. and its fellowship can do for you what it had done for us and countless others.

## **Am I an alcoholic?**

Only you can decide for yourself if you belong in A.A. Our third tradition says that "The only requirement is a desire to stop drinking."

## **What do I have to do?**

This flier includes a simple sign-up form. You can fill it out and send it to the address or email listed on the back. Be sure to include your contact information. Someone from A.A. will be in touch soon.

## **What will happen if I sign up?**

A Bridging the Gap contact from A.A. will reach out to you. Your Bridging the Gap contact is temporary only. They are there to support you, answer questions and explain the A.A. program of recovery. They will not provide housing, food, clothing, jobs, money or such other services. You may hear basic suggestions for sobriety that the Fellowship shares, including don't drink; go to meetings; read the Big Book; call your sponsor and work the Steps.

Past experience has shown that attending an A.A. meeting as soon as possible after discharge is vital to making a sober transition to life on the outside. So your BTG contact will help make sure you get to a meeting right away.

## **Is there any obligation?**

There is no obligation to participate in any way. A.A. members focus on helping people who ask for help. We also respect the right of anyone to go their own way.

## **What if I will be living in a different community after treatment?**

If you are moving to or returning to a different community, be sure to put that on your sign-up form and the A.A. members will do their best to connect you with someone in the community you'll be headed to.

## **Is there anything I should know about A.A. and A.A. meetings?**

Meetings are typically listed as "open" or "closed" meetings.

- **Open meetings** are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.
- **Closed meetings** are for A.A. members only or for those who have a drinking problem and "have a desire to stop drinking."

At both types of meetings, it may be requested that participants confine their discussion to matters pertaining to recovery from alcoholism.

There are different meeting formats: Some discuss literature like the Big Book, others feature a topic discussion or have a speaker who will talk about how they got sober and what life is like today.

There are also meetings in different languages and meetings for women only, men only, young people, beginners or other groups.

### **What about my anonymity?**

A.A. members who attend meetings all over the U.S. and Canada agree that anonymity is important. So you can feel comfortable attending meetings without worrying that someone will see you or talk about your attendance. Many A.A. members decide to share about their participation in A.A. with family and friends, but it will be up to you to decide if and how you share this information. A.A. members are also careful not to put their faces or last names on anything that would publicly associate them with A.A.

### **Other Ways to Find A.A.**

Some who get out of treatment prefer to find A.A. on their own. In most areas, a list of local meetings is available. To find your local office or service entity, please visit [www.aa.org/find-aa](http://www.aa.org/find-aa).

Another great way to find local meetings is the Meeting Guide App. Visit [www.aa.org/meeting-guide-app](http://www.aa.org/meeting-guide-app) for more information.

## Bridging the Gap/Request Form

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Facility Name: \_\_\_\_\_

Location: \_\_\_\_\_

Your age range (circle one):

Under 21    22-35    36-60    over 60

Gender identity: \_\_\_\_\_  
(e.g. Male, Female, Non-binary)

Preferred Language: \_\_\_\_\_

### How can we contact you?

Call/Text: \_\_\_\_\_

Email: \_\_\_\_\_

Call Treatment Facility: \_\_\_\_\_

Discharge Information: \_\_\_\_\_

Date of Discharge: \_\_\_\_\_

Town or City: \_\_\_\_\_

Zip or Postal Code: \_\_\_\_\_

Province or State: \_\_\_\_\_

### Please send this form to:

(local BTG please add your contact info here)

### Or you can contact:

A.A. General Service Office-Treatment Desk  
212-870-3023 or [tf@aa.org](mailto:tf@aa.org)

General Service Office  
P.O. Box 459  
Grand Central Station  
New York, NY 10163



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