

Issue #2

Summer  
2023

# The Message

ACA UK Public Information Newsletter



## Prisons, Probation and Public Information.



ACA UK Public Information Committee are currently making contact with national Probation services and beginning to reach out to local Prisons. As a fellowship we want to consider what we can make available to individuals who may come into contact with these services...

**'90% of prisoners have experienced mental health issues, 29% of the prison population have suffered childhood abuse, 46% came from homes in which they either experienced or witnessed violence, 15% were homeless immediately prior to incarceration and 62% have drug problems' (2015 Home Office report)**

We are keen to hear from anyone who may be able to support this initiative and who feels they could help carry the message to prison and probation services. This could be as simple as contacting your local services and sending posters and leaflets or helping to find ways to take meetings into prisons.

If you think you could help develop this service in your area, please email [publicinfo@adultchildrenofalcoholics.co.uk](mailto:publicinfo@adultchildrenofalcoholics.co.uk)



For the fourth consecutive year ACA UK will have a presence at the Cheltenham Annual (AA) CAAMPVENTION.

This all began with an ACA information stall at the Cheltenham AA Convention back in 2019 and has steadily grown over time.

Last year, in addition to our usual information stall, we were invited to have our members participate in a 'three speaker share' meeting alongside members of AA and Al-anon.... the response was incredibly positive with many individuals identifying with the 'Laundry List', which resulted in us selling all of the literature we had available.

We have been invited back for the 2023 event and in addition to the info stall and speaker meeting, we have been allocated a separate marquee for more ACA meetings and workshop space.

Tickets for the event are available through Eventbrite: <https://www.eventbrite.co.uk/e/severn-caampvention-2023-tickets-574972427007?aff=erelexpmlt>

If you would like to be involved with future events or are keen to link up with other 12 Step Fellowship events in your area please let us know by email at [publicinfo@adultchildrenofalcoholics.co.uk](mailto:publicinfo@adultchildrenofalcoholics.co.uk)

'Hospitals and Institutions meetings are ACA meetings held in a treatment center, jail, prison or other facility that houses adult children. While there is ACA involvement, there is no affiliation between ACA and the facility. Many members carry the ACA message into these facilities as part of their service work and personal program of recovery. At the same time, many ACA members began their program in one of these facilities. ACA members from the outside attend the meetings, carrying the message to the adult child wherever and whenever they are asked. Adult children in these facilities are grateful for the outside support. Many attend ACA meetings once they are released. They become group members, carrying the message of hope that was carried to them'.

Hospitals & Institutions Leaflet:

[https://adultchildren.org/wp-content/uploads/2022/06/Hospitals\\_Institutions\\_trifold\\_EN-US\\_A4.pdf](https://adultchildren.org/wp-content/uploads/2022/06/Hospitals_Institutions_trifold_EN-US_A4.pdf)

## Spotlight on.....



### 'Information for Health Professionals Leaflet'

ACA World Service Organisation have produced a fellowship leaflet aimed at healthcare professionals who may come into contact with Adult Children of Alcoholics (and Dysfunctional Families).

The leaflet has been produced to help practitioners get a better understanding of 'The Laundry List (Survival) Traits', what support is available to individuals through fellowship and to help signpost individuals who may benefit from the program of recovery available through ACA.

The leaflet is available to download and print from the ACA UK website on the Public Information & Service page: <https://www.adultchildrenofalcoholics.co.uk/public-information-service/>

The leaflet explains that it is possible for practitioners to apply for a copy of the 'Big Red Book' as a way to help them better understand how ACA works and the potential benefits for some of their clients.

'Health Professionals may receive a free copy of the Big Red Book of ACA at: [hichair@adultchildren.org](mailto:hichair@adultchildren.org)'

## Information for Health Professionals

Adult Children of Alcoholics®/  
Dysfunctional Families

Help for your patient with Anxiety,  
Depression, PTSD and Other Effects  
of Childhood Trauma



This ACA WSO publication is under fellowship review, with a goal of eventual Conference approval. Fellowship comments are invited. To submit feedback, please visit <http://litreview.adultchildren.org>

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## **Bootle Recovery Fair - 28<sup>th</sup> April 2023**

In April this year Adult Children of Alcoholics were invited to attend the Recovery Fair in Liverpool hosted by 'Visible Recovery' (For more info on Visible Recovery/APPG please see Spring Newsletter).

Thanks to volunteers from local ACA groups in Liverpool we were able to provide an information stall displaying ACA literature. We were also extremely grateful to Cathy A. for sharing her journey in ACA with attendees.

### Cathy's experience:

*'I decided to do service for Public Information so I could share my story and let others know how much Adult Children of Alcoholics has helped me.*

*I felt really nervous before getting up, but once I did, I was happy it would help others.*

*The positive feedback afterwards was amazing and gave me so much confidence'.*

**Thank you to all who gave service at this event, in helping to raise awareness and carry the message of ACA to service providers and other 'adult children'.**

Anyone in the South East (Newham/Dorking) who could help with information stalls any of the Recovery Fairs in the Autumn please get in touch with ACA Intergroup or the Public Information Committee.

<https://www.visiblerecovery.uk/upcoming-events>

## **Public Information Committee Chair - Service Vacancy**

ACA UK Intergroup are looking for a new Public Information Secretary/Chair.

### **Role:**

Coordinate the Public Information committee and work together with other recovering Adult Children to help develop the ACA Public Information service.

This may include reaching out to statutory and voluntary organisations (Prisons/Healthcare providers/Charity groups etc), making contact with other 12 Step fellowships/groups, working with regional representatives to supply local information stalls for events, and working with the PI committee to help develop new ways to share the message of ACA.



### **Suggested requirements:**

- Worked the 12 Steps of ACA.
- Continuous support of a sponsor/fellow traveler.
- Held a previous service position at group level.
  - 2 Year service commitment.

The PI committee currently meet on Zoom on the 3<sup>rd</sup> Monday of the month at 7pm. If you would like to come along to get involved or just to listen in and see what's going on, please email [publicinfo@adultchildrenofalcoholics.co.uk](mailto:publicinfo@adultchildrenofalcoholics.co.uk) for login details.

Alternatively, come along to the monthly Intergroup meeting which is held on the 3<sup>rd</sup> Saturday of the month - details on the website: <https://www.adultchildrenofalcoholics.co.uk/intergroup/>

If you feel this is something you could contribute to, please email:

[publicinfo@adultchildrenofalcoholics.co.uk](mailto:publicinfo@adultchildrenofalcoholics.co.uk)