



ANONYMITY

There is only one strictly confidential listing of members, and this is held by the Executive Director in the IDAA Central Office. **Any communication with individual members occurs only with the permission of all parties.**

HOW DO I JOIN?

You may register online at WWW.IDAA.ORG, or send the attached membership application to the Central Office. There is an annual membership fees of \$50, otherwise we are self supporting through our own contributions. The only requirement for membership is the health-care provider or family member's desire to join.

For more information
or to ask questions regarding
our organization, please
contact:

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IDAA Central Office
8514 E. Maringo Drive
Spokane, WA 99212-1820 USA

Cell: (509) 954-4789
Home: (509) 928-4102
E-mail: executive@idaa.org

IDAA : Application

IDAA is an organization of women and men, with a desire to belong, who have a doctorate level of training in healthcare, or are a CRNA, NP, or PA. Those actively enrolled in a course of study designed to lead to such a degree, in one of the health care professions also qualify. A spouse/SO may join and children may also become members. The only requirement for membership is the desire to belong. All information is confidential.

Name _____ Member: AA Al-Anon NA Other _____ Date _____

Preferred Address _____ Address Office Degree _____

City _____ State/Province _____ Zip/Postal Code _____

Phone (Home) _____ (Business) _____ Birth Date _____ Sobriety Date _____ Gender _____

E-mail _____ Are you willing to help other providers in your area? _____

Listing this information implies communications can be made by phone or email. If otherwise, please specify. _____

Contact person if can't be reached _____ Phone _____

APPLY ONLINE at WWW.IDAA.ORG or send form to: IDAA Central Office, 8514 E. Maringo Drive, Spokane, WA 99212-1820 USA
Phone: (509) 954-4789 E-mail: executive@idaa.org

WWW.IDAA.ORG

Health Care Providers and Their Families



Support,
Fellowship
and
Resources
for
Recovering
Health
Professionals
Worldwide

WHO ARE WE?

International Doctors in Alcoholics Anonymous is a fellowship of doctorate level health care professionals, CRNA's, NP's, PA's and their families, whose primary purpose is to support one another in the recovery from alcoholism and other addictions.

IDAA now numbers over 9900 women and men worldwide who have, or are in preparation for, doctorate degrees in the health care professions, including fields such as dentistry, psychology, pharmacy and veterinary science, as well as medicine. CRNA's, NP's and PA's are invited to join. Spouses, SO's, and children may also become members of IDAA.

WHAT DO WE DO?

The IDAA organization provides support and encouragement to individuals (and their families) with addiction who are health care providers

- The annual meeting of IDAA members. (This unique conference features recovery programs for all family members from age 7 on, as well as current scientific discussions of the disease of alcoholism.)
- Networking among members within the tradition of anonymity.
- Providing recovery resources to members

IDAA does not provide professional counseling, therapy or treatment.

A most significant benefit is help with families...

WHAT IDAA CAN DO FOR YOU

IDAA strongly supports a 12 step recovery as the basis for everyone's program. We are not unique! However, specific issues do arise for healthcare professionals that are hard to deal with in regular 12 step meetings. Many health care providers struggling with drug issues feel uncomfortable in regular 12 step meeting, and others find differences in education and status hard to overcome.

Issues such as fear of failure, shame malpractice questions, lack of money, and licensure problems often discourage those who are new in recovery. Some recovering health care providers are in monitored professional groups, a setting which inhibits discussion of issues such as relapse and licensure and, as such, impairs honesty, which is crucial to long term recovery. In IDAA one is free to discuss such issues openly and receive support from many who have walked the same path in their professions.

Attending the IDAA annual meeting and sharing with other recovering health care providers helps greatly in getting past professional shame and remorse. Hearing positive experiences from colleagues with even worse problems fosters a willingness to pursue recovery. It may even help restore one's professional reputation. A significant benefit is helping family members understand the disease of addiction and promoting family recovery as well, with the goal of breaking the recurring family cycle of addiction.

Hearing positive experiences helps greatly

www.IDAA.org

This web site provides information and resources for



prospective and current members along with their family and friends- information on the organization, including a directory of professionals meetings and newsletter archives, and links to other resources for recovery.

Cyberdocs, Cyberalonnons, and Cyberteens all hold online meetings. A Helpline network of volunteer "contacts" helps IDAA members find meetings in their areas and when traveling, but also is available to health care providers seeking help with their addiction to alcohol and/or drugs. A dedicated server and a password system protects the identities of members.

IDAA makes a world of difference

