

PO Minutes for ZOOM Meeting of March 6, 2023 @ 5pm

Attendees: Joy, Jan, John, Linda, Bruce, Nell, Margaret, Cathy

Opening: Serenity prayer led by Nell.

Minutes: Cathy submitted the minutes from the February meeting; no changes.

Treatment Centers and Event Happenings

- Joy reports Valley Hope has rec'd her info on PO. Joy mentioned there is a person from Preferred Health, who has recently moved to Jeff City/Columbia area and would like BTS packets...question is...should we mail her the requested packets? The group decided to send her packets even though she is out of our area.
- Joy suggested to the group that anyone can contact <https://pfh.org/> to see if there is a Preferred Family Healthcare facility in your area and possibly send a packet to them.
- Cathy will check with the office to see how many BTS/Professional packets we have.

Old Business:

- Budget: Discussed actual amount in PO budget. \$41.25 spent to date. John reported our budget will most probably be \$1000 again this year. Expenditures were for PO literature for HillJack House and Pharmacology class at SIU-E for \$22.
- BTS packets: Currently approximately 154 packets have been delivered. If anyone would like to reformat the letter for use with professionals, please do so. Joy plans to change BTS letter wording for treatment centers she contacts. Can contact the office for the original if wanted.
 - Bruce offered to do more mailings from the school website list he is using for mailing BTS packet. Cathy will check with the office to see how many packets are available.
- Literature order form for the suitcase: will be changed and info on payment for literature materials will be added. As a reminder, individual groups are responsible for paying for the literature they use. If this is a hardship, the group may contact PO for assistance.
- Incentive Program and other ideas on Outreach: Discussion on ways of doing outreach without a monetary incentive. Some members expressed that Outreach can be seen as service and simply working the basics of the program. Outreach can be to police stations/officers, checking libraries to see if there is Al-Anon literature then check out the literature/books to keep books in circulation throughout the library, or contact shelters and give them literature. Hopefully groups will step up and do outreach that is to their liking. The committee can always offer suggestions for outreach.
 - Margaret is asking groups in her district to share an idea(s) THEY would like to do, or contact her with the ideas if the person/group is uncomfortable doing on own due to concerns with anonymity. We need to be mindful of Attraction not Promotion.
 - PSA's – are available for outreach with our local radio stations. Joy wonders if anyone has a connection with local stations? WSO handles contacting the station

and the member simply shares the radio station info. Contact Joy for info or assistance.

- Jan recommended submitting info to college newspapers as many have free newsletters which are usually digital.
- Margaret questioned how to find local health fairs as these would be good for PO. Joy recommended contacting St. Charles Service Centers to make connections for Al-Anon.
- Linda attends monthly CAT meetings which are health community meetings with docs, officers, probation officers etc and she shares Al-Anon info there. Linda to share this info with Margaret.
- Linda recommends that the PO Committee be in attendance at the statewide Day of Service on June 3rd. Will be on zoom and in person; details at a later date. Site is Holy Cross Lutheran Church in Creve Coeur.

New Business

- Outreach to area hospitals with a target on Emergency Rooms: Christine has a connection at Mercy to give out literature. Follow-up? Mention this in SA newsletter.
- Website: New part time employee is working on our website development. Changes have been made to the site; check it out.
- Business cards: cost is increasing so AIS is looking for less expensive printing options.
- Expenses re: suitcase: approximate cost is \$88 which the recommendation that this be paid by the sponsoring groups or individuals if possible.
- Joy states Guidelines for DR and GR's are listed on the WSO website.
- John thanked the group for their PO work and expressed that the Board is aware of our service. John states one of the challenges of our AIS office is to coordinate with other groups, IR's, Districts etc. Sometimes there is overlap of service and confusion at different levels. Members sometimes don't understand the levels of connection between groups.
- Discussion on purchasing literature from the AIS office: Are members aware of the need to purchase literature from the AIS office as it generates revenue for the office, especially since literature sales are down? This might be a good "did you know" article for SA; Cathy will follow-up on this.
- Margaret shares that she encourages public outreach with potential sponsees and encourages the sponsee to "just do one little idea/project for outreach."

- Closing: Serenity Prayer by Jan

Next meeting: April 3, 2023 at 5:00pm

3/27/23 cw