

## **PO Minutes for ZOOM Meeting of April 3, 2023 @ 5pm**

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

**Opening:** Serenity prayer led by Nell.

Welcome to Sue (D2)!

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

### **Treatment Centers and Event Happenings**

- Sue has contact names from Mary K for Sana Lake and she plans to reach out to them to check the needs at Sana Lake.
- Cathy shared on Joy's and her outreach at UMSL with the master's level social workers. One of the students expressed her thanks to the panel for with saying, "it made me realize that I probably need to go to Al-Anon."
- Joy plans to send 5 Professional packets to counselors at Preferred Family Health which is in Jefferson City; she plans to meet with these individuals in July or August. Joy is searching for a complete list of treatment centers rather than having to "piece" sources together.
- Joy requests that if groups are doing outreach with treatment centers, please let her know.

**Digital Technology:** John encourages others to visit the new updated St. Louis Al-Anon website which is more user friendly. John questioned if the D14 money for the billboard was returned to the office. Cathy will check with the office re: this check.

### **Old Business:**

- **Budget:** No change in budget to report. Our budget was clarified as \$1000/per year.
- **Professional Packets:** Gathering info for the next campaign which is outreach to ER's and possibly stand-alone urgent cares. Christine has a connection with the Mercy system. This new outreach idea will be shared in the next SA newsletter, and we will hopefully receive ideas/suggestions etc.
- Margaret questioned how to approach the above-mentioned facilities. Suggestions were to email and follow up with a call or another email if you are able to contact a specific person. Linda shared that she visits judges in the courthouse and also speaks with the detectives who might be at the courthouse when she visits or those officers that have contact with the prisoners. She speaks with the person that did "Night Court" in her area and also at a graduation night at SATOP. Another suggestion is to personally visit the juvenile office. Local churches are oftentimes willing to help with publicizing info.
- Linda shared that state business cards are being revamped so don't use the old business cards. Joy clarified that the MO cards are being reprinted due to changes/closings with other offices. It depends on the location of meeting/outreach as to what card to use i.e., the state or AIS business card.
- SATOP – Joy shared she personally visits the SATOP offices as well as police stations to deliver information. With court programs, sometimes a prosecutor will help you find a person who runs programs and they will let you share info. Also, be sure to check Mercy Ministry list; Cathy will resend the link for MERCY Ministries and the new list for the FOOD Bank to committee members for their use.
- Carole shared that in the past, certain groups delivered info to judges, doctor offices via the office manager and social workers at the hospitals. Often, nurses don't have time to give out specific information.
- COMPASS Health: Linda shared that she has a connection and shares info there.

- Incentive Program: the group decided not to give funds as an incentive, but we will ask members for their ideas on ways to do PO within the groups or individually and if monetary assistance is needed, PO may be able to help.
- BTS packets: Currently approximately 154 packets have been delivered.
- Literature Sales: Cathy shared that Susan (AIS office) might write a blurb for SA on this as this is how the AIS is of service to the membership and generates income from literature sales. Many members are not aware of this. Discussed buying literature through the AIS rather than buying online. Jan suggested encouraging members to come into the office to see the latest literature!

#### New Business:

- Day of Service: Should our group do something for this? PO decided we will participate. Joy suggesting speaking with Diane L in D13 or D28 to see what we can do with our info. One suggestion was to donate a basket with PO literature. Joy is a guest speaker, and she will share on PO in her talk. Cathy suggested PO could donate a bundle of literature at each table for members to share as they wish. Jan suggested putting ideas on where members can share literature.... food pantries, doctor offices etc. There will be a PO breakout session by Joy.
  - PLEASE TALK UP THE DAY OF SERVICE IN YOUR GROUPS!
  - Suggestion to put out copies of SA or at least the first few pages on the tables.
- Jan wonders if there is a connection of social workers in the city. Cathy will check this out.
- Social Media/FB...Joy shared on Margaret's idea of sending out the AFG connects article for DR's which explains how a group in WI put together a FB page. Joy referenced that a person could check out this type of info in the service manual and that the DRs can access info on this. Info from the WSO FB can be shared on a FB page. Joy is forming a FB committee in her district with the goal of attracting a different group of members, especially the younger members.
- John shared that it sometimes can be confusing regarding Al-Anon info, FB and our AIS office. Have to be mindful of duplication. Do we duplicate info using different types of social media? How do we create a general FB website to attract these people, especially those who are new or wanting to try the program? You can post on your personal FB and WSO has its own FB page. The WSO website discusses social media.
- Joy suggested searching other FB groups in other states through your own FB page. Again, encourage DRs to check out AFG connects.
- Linda shared that more information on social media will most probably be shared at the Assembly.
- Linda shared that she is aware of the sharing of information (can be any type of info) on restroom walls/back of doors and in lavatory stalls. She noted info shared on a local church at a Walmart near her.
- Cathy will let John know of the number of the new business cards to reserve for PO. MO business cards will be ready for Assembly. Unsure when AIS business cards will be ready.

Closing: Serenity prayer led by Jan

Next meeting: May 1, 2023 at 5pm