

# พบกัณอึก

## Keep coming back!

January – February, 2010

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Thai A.A.



 Phramong kutkloa hospital, BKK

Tel 0-2354-7600 – 28 ext 93189

 Suan Prung psychiatric hospital, Chiang Mai

Tel 053-280-228-46

 Aom Koi hospital, Chiang Mai

Tel 053-467-014 (Drug addiction)

 Chiang Mai Drug Treatment Center

Tel 053-268-037-41

 Khon Kaen Drug Treatment Center

Tel 043-345-391 – 2

 Kud Chum hospital, Yasothorn

Tel 045-789-426 ext 206, khun Kong 085-1029555

 Phol hospital, Khon Kaen

Tel 043- 414-710 – 12 ext 135

 Pak Thong Chai hospital, Nakorn Rajasima

Tel 044-441-011 (Drug addiction)

 Chum Pae hospital, Khon Kaen

Tel 043-311-044 ext 239 (Drug addiction)

 Nang Rong hospital, Buriram

Tel 044-624-531 (Drug addiction)

 Korn Sawan hospital, Chai Ya Pum

Tel 044-889-022 (Drug addiction)

 Phra Yuaen hospital, Khon Kaen

Tel 043-266-045 (Drug addiction)

 Wapi Pratum hospital, Maha Sarakham

Tel 043-799-110 (Drug addiction)

 Khon Kaen Psychiatric hospital

Tel 043-227-422 ext 2612, 2613

 Apakorn hospital, Sattahip naval base  
Chon Buri

Tel 038-437-172 (psychiatric department)

### ACTIVITE



- 12 Steps and 12 Traditions A.A.'s workshop, February 2–3, 2010 @ Suan Prung psychiatric hospital, Chiang Mai.
- 15<sup>th</sup> Annual Thailand Roundup 2010, February 19–21, 2010 @ Montien Pattaya.

New



### Printed Material

Slogan A.A. poster (Thai version)

(Easy does it /First Things First/one day at a time /Live and let live / HALT /Think Think Think)

### 12 signs of alcoholism.

1. Lost time from work Home life
2. Unhappy
3. Blackouts
4. Job in jeopardy
5. Problems with sex
6. Like to drink alone
7. Remorse after drunk
8. Crave next morning
9. Certain time daily
10. Inferior companions
11. Financial problems
12. Gulp and sneak drinks





I started with the step 1 and accepted that I was an alcoholic. I admitted that I was powerless over alcohol and unmanageable my live. I had to find the spiritual way to rely on. The former A.A. members told me that it could be anything that I respect and believe that it can help to stop drinking that was my second and third step. When I reached the important step, the forth step, it was said that I had to inventory myself about good and bad in me bravely. This step made me face the truth that used to happen in my life. It helped me find my true self. I thought back to the past thinking about the problems where did they come from, how they happened. I found that all problems came from me not from other people and alcohol was the first problem. To solve the problems, I have to change or improve myself first. I have to stop drinking first.

Step 5, 6, 7 are the steps to develop mind and thought and I had more positive thinking. Step 8, 9, we will do them together. We write the name of people we caused problems to, people we made them hate and angry with us including people we don't like. Then we apologize them and ask them for forgiveness or let them do anything that can make them forgive us.

Doing those steps, I was very happy, no suffering any more. I also forgive them for the things they did to me in the past. Step 10, 11, and 12 are self developing steps and for helping other people.

After I stop drinking, my life was much better. Many things have changed a lot such as work, and personal matter. My parents, relatives, and people around me see me trustful. They give me honor and respect me more.

Thank A.A. and all A.A. members for helping me to stop drinking until now.



...Experiences from alcoholics' relatives...

I have thought about committing suicide, but I couldn't do it because I worried about my kid. He is studying, if he didn't have a mother who would take care of them. My husband said many times he would stop drinking. I gave him a chance. I tried not to nag him, not to follow him, and not to phone him. But eventually, he couldn't do it. He returned to drink again and again. Sometimes he drunk and we fought so I had to call the police and he was in jail for 2 days, then I bailed him out. We fought much often. I tried to think that it was my karma. I read dhamma books, I did meditation. But I couldn't do it. My mind was not free. I always upset when I thought about him. Why he was like this. Finally I came to my mind and thought that I would be mad before him if I was still thinking like this. My kid didn't come home or he came late at night. My husband didn't come home either but when he came he blamed me that I nagged him scolded so he didn't want to be at home. I came to think about it alone. How could I do. I was a housewife, did the household stuffs, waited for him, and scolded him. We fought many times we almost got divorce. The situation was not better, so I thought I would let him go, let him do what he wanted to do. When he was back I let him sleep. When morning came I didn't scold him. Finally, he stopped drinking but he talked unintentionally, I couldn't understand his words. He didn't sleep.

I took him to the Kud Chum Hospital. He got the medicine and joined the A.A. group. I had many chances to attend the meeting I joined the group 8 out of 10 times, so **I know that the family should give him a chance and encourage him not to drink. The family should accept his change when he is upset or wants to drink the family have to be near him and don't blame or look down on him that he couldn't stop drinking. Try not to use sarcasm words.** When I couldn't stand him I would go for a walk or talked to somebody about my problem. I always tell my kid to help look after him and come home for having dinner together. My kid was pleased to help, so the atmosphere was better when we were together and didn't have a fight.

**Now he can stop drinking for 1 year so far and continue to join the A.A. group. I will always encourage him forever...**



## A.A.group, Kud Chum, Yasothorn Province.



AA was established at Kud Chum in **2008**...

It was started when Kud Chum Hospital sent an alcoholic patient who was a hospital's personnel to receive the treatment at the rehab center in Khon Kaen Drug Treatment Center. That was the second time 6 months long from the first time. The patient didn't volunteer to go there but the people around him persuaded him, his boss or colleagues, everyone wanted him to be sober. Finally, **we have to say thank you all the staff at Khon Kaen Drug Treatment Center who lit him up the light to find AA. Being an AA member brought him warm friendship, care, and acceptance from others members** which made him to open his mind and accept that he had powerless over alcohol and there was one thing happened simultaneously that he wanted to help people who were still suffering. They should have a good chance as he already got.

For the first AA at Kud Chum, the clinic was set up in the hospital which had 5 members. There was co-ordination among staff that took care of the rehab. The group used **the 12 steps and 12 traditions to recovery. It was succeeded that the members could stop drinking for a long time and their life was better. After that those member carry the messages to other alcoholics in the community.** There were 25 members in the community. Each member could stop drinking for a certain period of time as follows: 4 people could stop drinking for 6 months, 8 people stopped drinking for 5 months, 7 people for 3 months, and 4 people for less than 3 months.

In rainy season (May-July 2008), it wasn't comfortable for the members to come join the group at Kud Chum Hospital. The members still wanted to have AA, because joining AA, practicing the 12 steps and 12 traditions they could continually stop drinking for a long time. Further more, **their life was better. It benefited themselves and others, family, society in economy, the way of life, and the way of living with people in the society.**

In the year **2009**, the AA was expanded in 5 tambons (Sub District Administration Organization) and 1 group in the municipal district. There were 150 members, have meeting, so 145 members could stop drinking. Twenty one members stopped drinking for the longest period, 2 years. Forty five members stopped for 1 and a half years. Seventy four members stopped for 1 year, 5 members for 6 months, and the number of alcoholic patients was reduced.

Anyway, for this AA group, the members and health personnel have to learn together to make the group stronger and to build the network of the group to help the members in the local area, so they can help each other in the community. It is easier to access people in the area and it's more convenient to travel and save costs.

This year, **2010**, we have a plan to expand the network to cover all the Kud Chum area including working with the temples in the area as well according to the Thai context.

 045-789426 ext. 206  AA meeting is held on every Thursday the 2<sup>nd</sup> and 4<sup>th</sup> of the month.



เพื่อนของเรา  
Friends of A.A.



### *The Doctor's opinions.*

*By...Dr.Issara Jiviriyabunya (Director of Khon Kaen Drug Treatment Center)*

As I am the director of Khon Kaen Drug Treatment Center and a doctor who takes care of alcoholics, I support the activity of Alcoholics Anonymous (A.A.) which has the initiative purpose to create alternative treatment program for alcoholics. I have personal belief that the treatment programs at Khon Kaen Drug Treatment Center before I came to be a director may not suit or applicable to all alcoholics, **so it needs to have an alternative program for another group of alcoholics. It may be called the alternative or additional activity which focuses on the alcoholics that can develop themselves, to escape from the circle of problems from drinking. Ones who understand the alcoholics are ones who are alcoholics.**

It's such a pleasure we have a rehab team that understand how to take care of alcoholics, including there are alcoholics who like the way the Alcoholics Anonymous group do, so for the past few years, our developed activities are quite good. We have developed the relevant body of knowledge; we expanded the knowledge network to the staff who are responsible for alcoholics and interested in A.A. in many hospitals in the north-eastern part. Many alcoholics from many families gain benefit from the job we are processing.

As I am a doctor in the rehab team, we have joy when we see their faces of people who can stop drinking. We see those happy eyes of their families. These are the inspiration that brings our rehab team encouragement to continue working.

We had passed through obstacles from the beginning of establishing A.A. in Khon Kaen Drug Treatment Center for many years. We didn't have enough knowledge, understanding of the work, we didn't have enough support money. But we didn't give up. **We are still working and expressing our true intention to continue this job. We believe that A.A. can help solve the alcohol problem in Thai society. It is an alternative choice for many people, many families to reach their shore with quality of life without using alcohol anymore.**

