

Rich R. – Trustee Term 2, Year 1

ACA Service Biography

1986	Started sobriety in AA. My sponsor told me, "You have so many ACA issues that you won't stay sober unless you address them!" So I started ACA within months of my last drink. All early ACA work was done with an ACA therapist. I have the same therapist 37 years later.
2006	When the BRB and YWB came out in 2006, ACA meetings in my area became functional, in my opinion. I started 3 ACA meetings and have held most all service positions over that time. I have sponsored many people, both male and female, and this is one of my favorite forms of service. Because of my profession I was able to experience many workshops and therapeutic modalities and I believe it is my duty in recovery to offer to pass this experience on to others.
2019	Joined the Board of Trustees.
2019	Chair of the "ACA Bill of Rights" working group. Finished the "Bill of Rights" in 2020.
2020	Presented the "Healthy Communications" workshop at the 2020 AWC.
2020	Chair of H+I and started the "ACA Information for Health Professionals" trifold. Finished the trifold in 2021.
2020	Chair of the HR Committee. Finished compiling the employee handbook.
2021	Left the Board of Trustees.
2021	Chair PS/H+I Committee.
2021	Co-chair Safety Resources Committee (SRC). Helped the committee write responses to questions and complaints from the fellowship. Helped SRC with the "Service Norms Document."
2022	Helped the PS/H+I Committee present "Bringing ACA to Hospitals, Prisons and Therapists" at the 2022 AWC.
2023	Presented "Brain Connections, Trauma and Recovery" at the 2023 AWC.
2023	SRC finished the "Service Norms Document."
2023	Helped the PS/H+I committee finish the "Correspondence Outreach to Institutions" guidelines and program.
2024	Rejoined the Board of Trustees, Term 2, Year 1.

Professional Background	
1986	Doctorate in osteopathic medicine and surgery.
1986-87	Internship
1989	Board certified in family medicine.
1991	Board eligible in addiction medicine.
1991-95	Medical director Care Unit Hospital of Albuquerque.
1990-92	Assistant medical director Cottonwood Hospital Albuquerque.
1994	Member of the Medicaid advisory committee state of New Mexico.
1997-98	President of the New Mexico Osteopathic Medical Association.
dates unknown	Multiple lectures given in; chemical dependency, medical detox from alcohol, medical detox from opiates, medically supervised withdrawal from nicotine, and child abuse.
dates could be figured out if I wasn't lazy.	Various professional and personal workshops with Pia Mellody, Bob Subby, Terry Kellogg, Bob Earll, Claudia Black and Terry Real.

I am able and willing to offer service as a trustee. Whether I offer service in my home group or at the WSO level, I grow in my recovery if I remain mindful of the process of recovery. I am always in process, forever the student and not the teacher. We are all in this together.

Something that helps me at all levels of service are the 4 C's of ACA. "Courage over Comfort; Curiosity over Confrontation." I have to find the 'Courage' to speak my voice, because my 'Comfort' is found in being silent. When someone says something I disagree with instead of going to 'Confrontation' which is what I learned in my family, I can choose the Healthy Adult/Loving Parent skill of being 'Curious,' as in, "Isn't it curious that we have such different ideas about this topic?" Curiosity feels engaging and supportive, confrontation feels uncomfortable and isolating to me. It is my choice.