

TEMPORARY CONTACT REQUIREMENTS AND RESTRICTIONS

You must have one-year continuous sobriety and you are encouraged to have a sponsor.

You can only correspond with one inside alcoholic in a DOC facility at a time.

You cannot be taking meetings into a DOC facility.

You cannot be a family member or acquaintance of anyone in a DOC facility or be on a visitors list.

You cannot be on parole/probation/supervision. You must be free of court commitments ("off paper") for two years.

FACILITY MAIL POLICY

Your mail will not be delivered unless it is addressed as follows:

Inside Alcoholic's Name and OID#

MCF-facility name

Facility Address

Your first and last name must be included in the return address whether or not your mail address as your return address. A pseudonym cannot be used (like "Bill W.")

- Do not sent stamps, envelopes, writing paper or money.
- Mail that does not comply with DOC mail policy will not be delivered.
- See the Minnesota Department website for complete mail policy at [Minnesota Department of Corrections Policy](https://mn.gov/doc/family-visitor/policies/) (<https://mn.gov/doc/family-visitor/policies/>) or read about it in the Corrections Temporary Contact Guidelines at [Corrections Temporary Contact Guidelines](http://www.area36.org/images/Committees/Corrections/CFCP_HANDBOOK.pdf) (http://www.area36.org/images/Committees/Corrections/CFCP_HANDBOOK.pdf).

IN WHAT WAY CAN YOU BE OF MAXIMUM SERVICE TO YOUR INSIDE ALCOHOLIC?

- Send your inside alcoholic a letter, sharing experience, strength and hope, **as soon as possible**. Continue to correspond with your inside alcoholic and as their release date approaches, make arrangements to join them for a meeting of Alcoholics Anonymous within 24 to 48 hours after their release (or as soon after that as possible).
- Encourage them to attend a variety of meetings as often as possible for the first few weeks after their release.
- Introduce them to members of the fellowship.
- Provide them with resources for meetings in your area like paper directories, intergroup numbers and websites and the Meeting Guide App (go to www.aa.org for download information) and a number they can call to talk to an alcoholic 24/7 (if available in your area).
- Show them our literature and explain how it can be obtained.
- Most importantly, help them choose a home group and sponsor or temporary sponsor.
- Your relationship is temporary and you both will decide when it is time for you to move on to help another inside alcoholic.

For more information, answers to frequently asked questions, mail policy, and suggestions for serving as a temporary contact, read Corrections Temporary Contact Guidelines [Corrections Temporary Contact Guidelines](http://www.area36.org/images/Committees/Corrections/CFCP_HANDBOOK.pdf) (http://www.area36.org/images/Committees/Corrections/CFCP_HANDBOOK.pdf).