

INTRODUCTION

Chronic Pain Anonymous (CPA) is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others recover from the disabling effects of chronic pain and chronic illness. The only requirement for membership is a desire to recover from the emotional and spiritual debilitation of chronic pain and chronic illness. There are no dues or fees for CPA membership. CPA is self-supporting and does not ally with any organization or institution.

Our primary purpose is to live our lives to the fullest by minimizing the effects of chronic pain and chronic illness and helping others to do the same. We do this by practicing the Twelve Steps and welcoming and giving comfort and understanding to each other. We define recovery as: The ability to live peacefully, joyfully, and comfortably with ourselves and others. Our CPA Declaration reminds us of what is possible when we learn to apply the Steps and the principles of the program to our lives.

We have discovered that practicing the principles embodied in the Steps, combined with taking action by using the program tools, grants us the happiness and serenity we were seeking.

CPA was started in 2004 by Dale L. and Barry in Baltimore, MD. Since then the fellowship has grown and now has meetings around the world. Along with the local face-to-face groups we offer meetings that can be attended from home, which makes it possible for all our members to participate in the fellowship.

2018 CPA SURVEY OVERVIEW

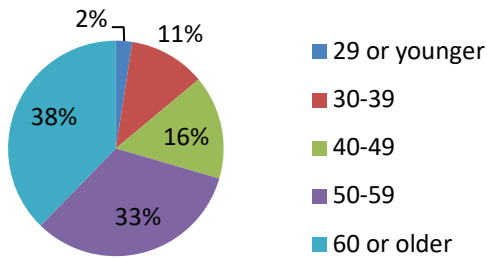
To better understand the needs of our members and how CPA may best serve them, the Board of Trustees commissioned the first CPA member survey in the fall of 2018. Similar surveys from other Twelve-Step anonymous fellowships were reviewed as the CPA survey was developed. A total of 93 CPA members completed the survey. This report summarizes the key data.

SURVEY GOALS

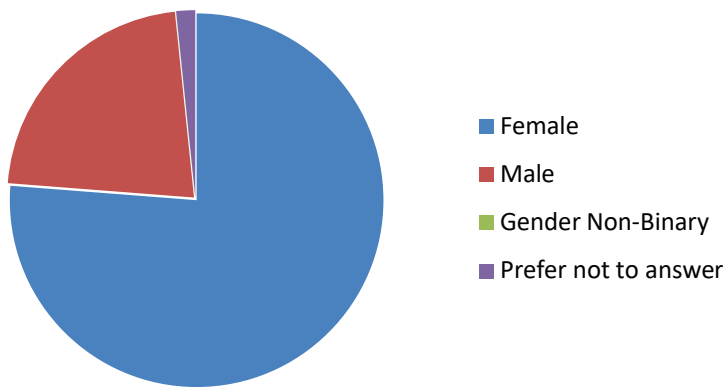
- Determine the demographic and sociographic profile of CPA members
- Identify the relationship members have with their chronic pain and illness
- Measure the impact of the chronic pain and illness on the members' quality of life
- Determine the impact of CPA on members' lives

KEY RESULTS AND ANALYSIS

AGE OF MEMBERS:

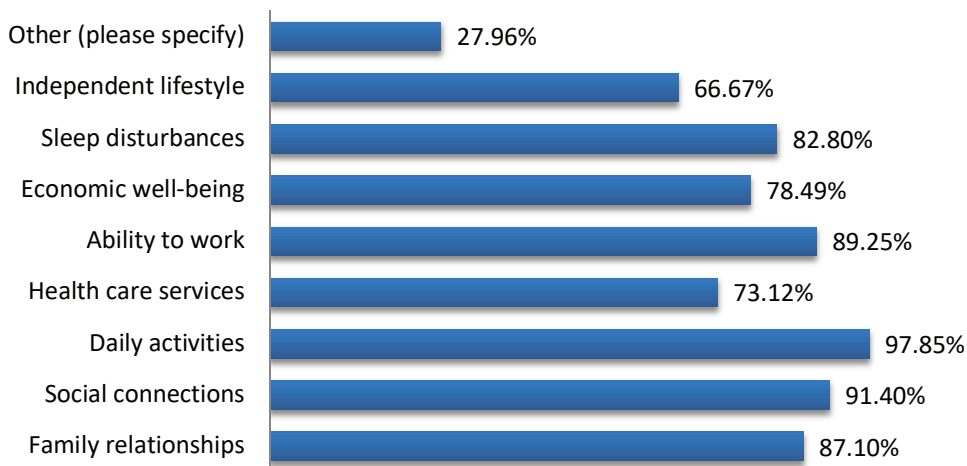


GENDER OF MEMBERS



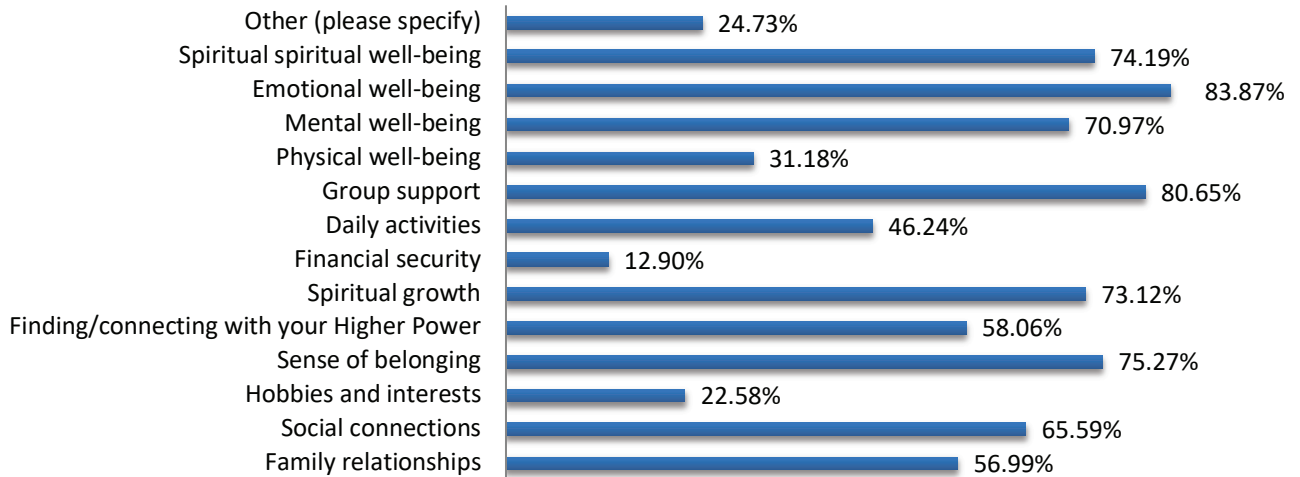
THE IMPACT OF CHRONIC ILLNESS AND CHRONIC PAIN

The graph below identifies the areas in which chronic pain and illness impacts our members.



THE IMPACT OF CPA ON MEMBERS

Is CPA effective in helping members with their chronic pain and chronic illness? This is the single most asked question when evaluating any program. This first CPA survey has shown that more than 93% of the members surveyed have experienced improvements in their lives spiritually and emotionally. Over 65% of CPA members have seen some improvement in their social and physical well-being. Listed below are specific areas in which CPA members have benefitted from their program of recovery.



Some of the comments shared from the survey include:

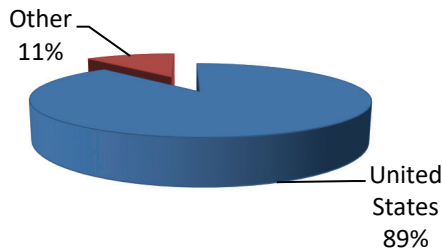
"I need a fellowship like CPA that understands what I am going through."

"During the past six years attending weekly CPA group meetings and reading the books and related Twelve Step literature my physical, mental, emotional and spiritual health have improved more than I could have ever imagined!"

"Overwhelmingly grateful for my connections and sense of family within CPA. I feel so blessed to be house and bed bound during a time when CPA is so accessible."

GROUP MEMBERSHIP

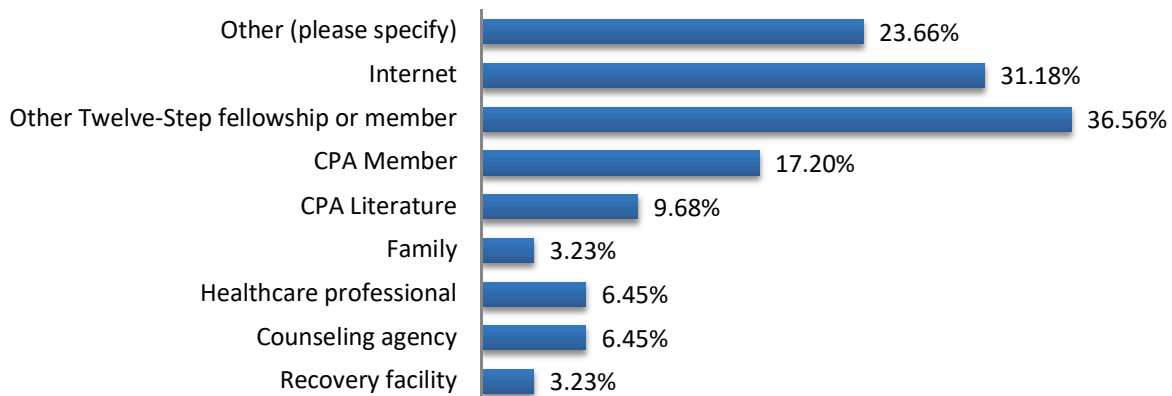
Although CPA members live primarily in the United States, membership is expanding throughout the world via online, video and telephone-based meetings. CPA members live on four continents and, as of 2018, non-United States members represent more than 10% of total CPA membership. Furthermore, more than 60% of the CPA membership has joined within the last two years. CPA is in a growth phase as its reach to those who suffer continues to expand through fellowship, professional outreach, literature, and word-of-mouth.



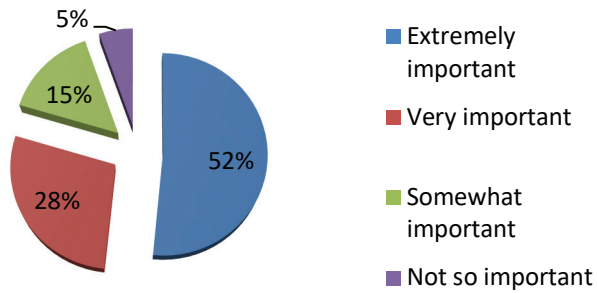
TIME IN THE FELLOWSHIP

Less than a year	37.63%
1 - 2 years	23.66%
3 - 5 years	23.66%
6 - 8 years	10.75%
9 - 11 years	3.23%
12 years or more	1.08%

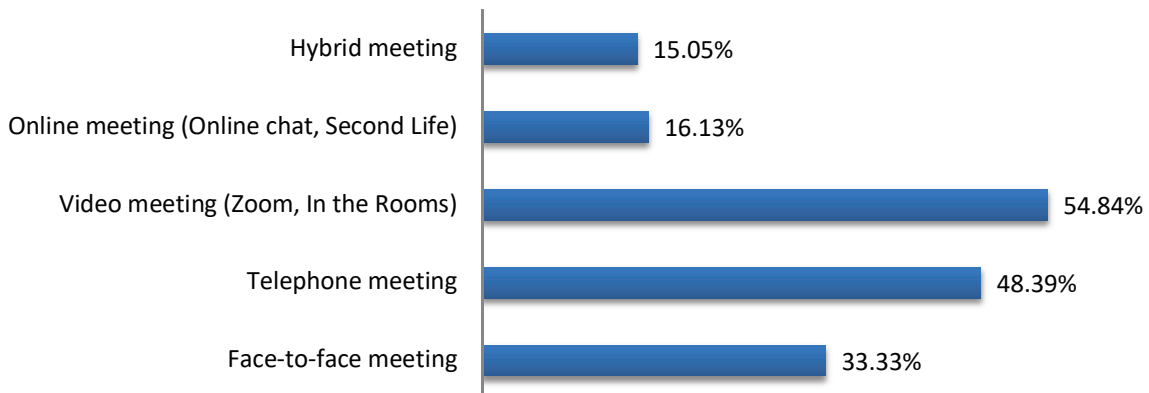
HOW CPA MEMBERS WERE INTRODUCED TO CPA



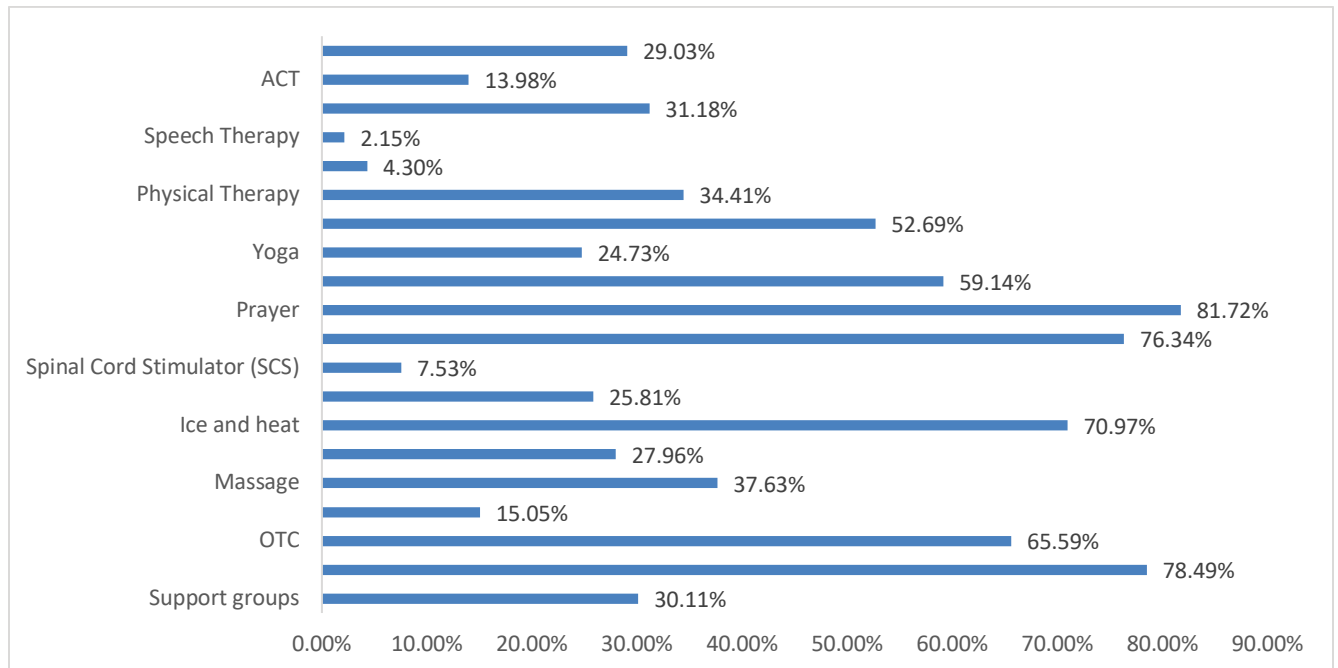
HOW IMPORTANT THE FIRST MEETING IS FOR MEMBERS



TYPES OF MEETINGS CPA MEMBERS ATTEND



METHODS THAT ARE USED TO HELP EASE CHRONIC PAIN AND CHRONIC ILLNESS:



CONCLUSION

CPA members from the U.S., Canada, France, and Australia participated in an anonymous survey of the membership. The survey provides information about CPA as a service to the fellowship and for the professional community and the general public as part of CPA's purpose to carry our message to those who still suffer with chronic pain and chronic illness.

ACKNOWLEDGEMENTS

This project was the first time that Chronic Pain Anonymous (CPA) members were the focus of a major survey, so CPA was breaking new ground. The success of such an undertaking would not have been possible without the hard work, dedication and support of numerous individuals, including:

- Chronic Pain Anonymous fellowship
- Board of Trustees
- General Advisory Council
- General Representatives from CPA Groups

FURTHER INFORMATION

If you want further information about the survey or about Chronic Pain Anonymous, please contact us at cpainfo@chronicpainanonymous.org. You can visit the website at chronicpainanonymous.org to learn more about the program of recovery.