

Public Information and Professional Outreach (PIPO) Resource List

Preparing and Learning PIPO: For OA Members, Groups, Service Bodies, and PIPO Committees

Manuals and Handbooks

- *OA Handbook for Members, Groups, and Service Bodies* (#120): bookstore.oa.org
- *Professional Trade Shows Manual*: oa.org/document-library under "Public Information"
- *Public Information and Professional Outreach Service Manual* (#765): bookstore.oa.org

Guidelines

- *Guidelines for OA Events*: oa.org/document-library under "Guidelines"
- *Guidelines for Public Information Events*: oa.org/document-library under "Guidelines"
- *Guidelines for Professional Outreach Committees*: oa.org/document-library under "Guidelines"
- *Guidelines for Anonymity in the Digital World*: oa.org/document-library under "Guidelines"
- *Guidelines for Health Fair Participation*: oa.org/document-library under "Guidelines"
- *Guidelines for OA Newsletters*: oa.org/document-library under "Guidelines"
- *Website Development Guidelines*: oa.org/document-library under "Guidelines"
- *Fundraising and Prudent Reserve Guidelines for Groups and Service Bodies*: oa.org/document-library under "Guidelines"
- *Budget Guidelines for Service Bodies*: oa.org/document-library under "Guidelines"
- *Carrying the Message Guide*: oa.org/document-library under "Carrying the Message"
- *OA C.A.R.E.S. Correspondence Program Guidelines* (service to the incarcerated): oa.org/document-library under "Guidelines"
- *OA Logo Request Form*: oa.org/document-library under "Copyright"

Documents for use by OA Service Bodies and PIPO Committees

- *OA Logo Request Form*: oa.org/document-library under "Copyright"
- *Professional Exhibits Fund Application*: oa.org/document-library under "Public Information"
- *Using OA's Public Service Announcements*: oa.org/document-library under "Public Information"
- *Public Information and Professional Outreach Service Manual* (#765): bookstore.oa.org
- *Professional Trade Shows Manual*: oa.org/document-library under "Public Information"

Documents for attracting non-members (for English speakers)

Posters and Attraction Notes

- *Public Information Posters*: oa.org/document-library under "PI Posters"
 - *"Is Your Eating Out of Control?" sweets poster*: four colors, 8.5 by 11 inches. Includes interactive space to enter local group information and both a QR code and tear-off tabs for oaquiz.org, which links to the Fifteen Questions online.
 - *"Had Enough?" Step One takeout/take away poster*: four colors, 8.5 by 11 inches. Includes interactive space to enter local group information and tear-off tabs for oaquiz.org, which links to the Fifteen Questions online.
 - *"Sometimes the more you eat, the more empty you feel" pizza poster*: four colors, 8.5 by 11 inches. Includes interactive space to enter local group information.
 - *"Is Your Eating Overwhelming You?" fork poster*: four colors, 8.5 by 11 inches. Includes interactive space to enter local group information.
 - *"I thought this diet would be different, but I failed again" scale poster*: four colors, 8.5 by 11 inches. Includes interactive space to enter local group information.
 - *"One bite is never enough" refrigerator poster*: four colors, 8.5 x 11 inches. Includes interactive space to enter local group information.

- “Fifteen Questions: Are You a Compulsive Eater?”: two colors, 11 by 14 inches.
- Local Contact Information poster: two colors, 8.5 by 11 inches. Includes space for local group information.
- “Is Food a Problem for You?” plate poster: two colors, 11 by 6.5 inches. Includes space for local group information.
- “Many Symptoms, One Solution”: two colors, 11 by 14 inches.
- OA’s new *Public Information Poster* (#759), winner of OA’s first PI Poster Contest: bookstore.oa.org
- Bulletin Board Attraction Sticky Notes (#440W): bookstore.oa.org

PIPO Pamphlets and Kits

- *2017 Membership Survey Report*: oa.org/document-library under “Outreach to Professionals”
- Media & Press Kit: <https://oa.org/media-press-kit/>
- *When Should I Refer Someone to Overeaters Anonymous?* (#770): bookstore.oa.org
- *Professional Community Courier*: oa.org/document-library under “Outreach to Professionals”
- *To Parents and Concerned Adults* (#250): bookstore.oa.org
- *Many Symptoms, One Solution* (#106): bookstore.oa.org
- *A New Plan of Eating* (#144): bookstore.oa.org

PIPO Podcasts (for English and French speakers)

Interviews, Readings, and Meetings: oa.org/podcasts/interviews-readings-and-meetings/

- Unity Day
- Young People: WSBC 2015 Keynote Speech given by Matt
- Hearing is Believing
- OA Meeting
- Interview with AJ
- Interview with Mary
- Interview with Bob: Recovery from Overeating and Overexercising
- Interview with Beth
- Interview with Kathleen
- Interview with Bob: Recovery from Compulsive Overeating
- Interview with Dodie
- Interview with Joe
- Interview with Esti
- Interview with Ana
- Interview with Carolina
- Interview with Maria
- Interview with Charles
- Interview with Alison/Entretien avec Alison (French)
- Interview with Kaitlin
- To the Teen
- Listen to an OA Meeting
- The Tools of Recovery: Helping Us Live and Work the Twelve Steps
- Amazing Recovery: Passport to Unity

Sound Bites from Overeaters Anonymous: oa.org/podcasts/sound-bites-from-overeaters-anonymous-a-12-step-solution-to-compulsive-eating-and-compulsive-food-behaviors/

“Sound Bites from Overeaters Anonymous” was an Internet radio show that aired October 17, 2012, to January 9, 2013 on VoiceAmerica.com. It is dedicated to educating you about recovery from compulsive eating and compulsive food behaviors using OA’s 12-step program, so you recognize the symptoms and find the support you need and a program that works to help you achieve and maintain a healthy weight. *(In keeping with Tradition Six, OA does not endorse nor is affiliated with Voice America.)*

Facebook

- Overeaters Anonymous Facebook: www.facebook.com/overeatersanonymousofficial/
- Overeaters Anonymous Young People's Facebook: www.facebook.com/OAinfo/

OA Board-approved

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