



May 2026 Newsletter

[2026 Annual Meeting Information](#)

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IDAA Recovery News and Updates

May 2026 Newsletter

Not a member? Join Today!

If you are not a member of IDAA you are missing out on a number of services that are only available to IDAA Members through the **IDAA Member Compass!**

1st Year Discount, use code: *IDAAFIRSTYEAR*

[Join Today](#)



[IDAA Conference July 8-12, 2026](#)

- Chicago, IL:

- [Register Now](#)
- [Lodging](#)
- [Conference Flyer](#)

IDAA Saturday Speaker Meeting



IDAA Saturday Speaker Meeting Recording

We're excited to share that the recording of our recent Saturday Speaker Meeting is now available in the archive section of the Member Compass!

Speaker: Yvette R.
Location: Parker, CO
Specialty: Dentist

All members and their friends are welcome to join the IDAA Monthly Saturday Speaker Meeting—a wonderful chance to see the heart of our community and learn more about IDAA.

Do you know someone who might benefit from attending? [Click Here](#) for an image with the zoom details you can share with them!

Don't miss the chance to hear inspiring stories of experience, strength, and hope. Visit the portal now to access the recording:

[Saturday Speaker Archives \(Click Here\)](#)

***Membership required to access*



CENTRAL OFFICE

Exciting Growth in Central Office

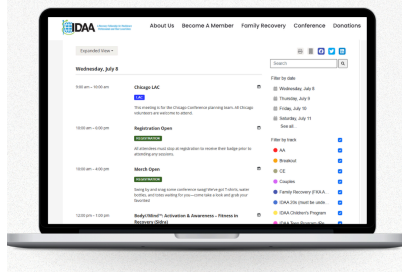
We are excited to share that Central Office has expanded!

Please join us in welcoming Jen Young as our new Administrative Assistant. In addition, Brie Phelps has been promoted to Communications Director.

This marks the first time in IDAA's history that Central Office has grown to three staff members! An exciting milestone that reflects the continued growth and reach of our organization.

We are thrilled to bring in new ideas, strengthen communication, and further enhance the member experience as we continue to evolve.

Our Chicago Agenda is now available!



Conference Agenda Now Available!

Our tentative conference schedule is now available on our website! Take a moment to explore the exciting and inspiring sessions we have planned. From our robust wellness offerings to valuable continuing education presentations, as well as breakout meetings spanning a wide range of practice specialties and topics.

[\[Click Here\]](#) to see what's in store and start planning your conference experience!

**Please note that some session times are subject to change as we get closer to the conference.*

New Family Recovery Meeting!

Exciting news! We will be launching a new monthly Family Recovery Meeting starting **July 19th at 8:00 PM ET**. All current FR Recovery members are welcome to attend.

This meeting will continue monthly after July on the 3rd Sunday at 8:00 PM ET.

If you are interested in chairing one of the monthly meetings, please [\[click here\]](#) to sign up.



An IDAA community of spouses, partners, parents,
and children supporting medical professionals
with substance use disorder.

Please note: You must be a current IDAA member to chair and attend this meeting.

SMART Recovery & Dharma

If you participate in SMART Recovery or Dharma Recovery, we'd love to hear from you.

Please reach out to us at info@idaa.org so we can learn more about these programs and how they can be used within IDAA.



60 Day Free Trial Membership

Not ready to commit just yet but curious about what IDAA membership has to offer? Try our 60-Day Trial Membership! It's a great way to explore the benefits, connect with our community, and see if IDAA is the right fit for you.

[Click Here to Become a Member](#)



**PROFESSIONAL
OUTREACH**



IDAA Outreach: Be Part of Our Contact List

IDAA is creating a contact list of PHPs, treatment centers, and other professionals dedicated to issues of healthcare professionals' wellbeing. Join to stay connected and receive important updates.

If your organization would like to be included, please email info@idaa.org

**ADD IDAA
TO YOUR
HOME
SCREEN!**



Add IDAA to your Home Screen!

Did you know you can add IDAA.org directly to your phone's home screen for quick and easy access?

Just follow these simple steps:

On iPhone (Safari):

1. Open IDAA.org in Safari
2. Tap the share icon (square with arrow)
3. Scroll down and tap "Add to Home Screen"
4. Tap Add

On Android (Chrome):

1. Open IDAA.org in Chrome
2. Tap the three dots in the top right
3. Select "Add to Home screen"
4. Tap Add

Now you'll have an IDAA icon right on your home screen—just like an app!



2026 IDAA Conference Updates

Join us **July 8–12, 2026** in the bold and welcoming "City of the Big Shoulders" for a week of inspiration, connection, and deep peer fellowship.

We'll meet at the Downtown Marriott Hotel, nestled in the heart of Chicago—just steps from the Magnificent Mile, Navy Pier, River North, Millennium Park, and more.

[Register Here!](#)

Lodging

Booking within the official room block for the IDAA conference helps keep costs down and strengthens the event. Hotel pricing is tied to room block usage, so staying within the block allows IDAA to secure better rates and keep attendees connected in one central location.

Lower room block = Increased Conference Costs

[\[Book Here\]](#)

Childcare

Thursday and Saturday Children Banquets are now full. Please reach out for private care if needed.

Private childcare is available to book during the conference! Our trusted children's banquet partner, TLC, is offering additional care options throughout the event—giving you the freedom to fully engage in sessions, connect with others, and be present in the experience, knowing your children are safe and well cared for.

Please note that all private childcare arrangements must be booked and paid directly through TLC, as IDAA does not manage these reservations.

[\[Book Private Care\]](#)

Scholarships

Scholarship applications are now closed.

For those who have benefited from these scholarships or witnessed their life-changing impact, now is the perfect time to give back. Help us reach our \$65,000 goal to bring individuals and families to the conference, offering them the hope and healing they deserve. [\[Donate Today\]](#)

Transportation Options from O'Hare Airport to the Marriott Downtown

Take the CTA Blue Line directly from O'Hare into downtown (~40–45 min). From there, transfer to the Red Line at Jackson or Clark/Lake heading north and get off at Grand or State/Lake. Just a short walk to the hotel. Fares are around \$2–\$5.

Prefer a direct ride? Uber or Lyft are also convenient options from the airport

5K Fun Run/Walk

We're excited to invite you to a casual, fun 5K along Chicago's beautiful Lakefront Trail—whether you walk, run, shuffle, or roll, everyone is welcome!

Join the group run/walk on Saturday (7/11) or complete your 5K on your own anywhere in Chicago using the Map My Run app.

We're also looking for volunteers to help along the route. Email info@idaa.org if you are interested!

Please note, all participants must purchase a 5K ticket, and to receive the event shirt, you must register by May 29.

Silent Auction


We're seeking donations to help make this year our biggest silent auction! Artwork, sports memorabilia, vacation stays, gift baskets, experiences, collectibles, and other unique items are all welcome! Every donation helps support IDAA while adding to the fun and fellowship of the conference.


Have something you want to donate? Email us at info@IDAA.org and we will connect you with our silent auction chair Jonathan W.!

IDAA Couples Meeting



This **virtual, topic-based meeting** offers a confidential space for **couples to connect**, communicate, and learn alongside others who understand the recovery journey.

 **When:** 4th Wednesday every month at 7:30PM ET


 **Where:** Accessed via the IDAA Member Compass under the *Meeting List* tab)

Are you a couple interested in sharing your experience at one of our monthly meetings? [\[Click Here\]](#) to sign up!



IDAA Students and Residents Meeting

For many in medical training, recovery can feel like a lonely path — but it doesn't have to be. IDAA hosts a monthly **virtual meeting** designed specifically for **students and residents** who seek support, connection, and community in recovery.

 **When:** 4th Saturday every month at 8PM ET

 **Where:** Accessed via the IDAA Member

Compass under the *Meeting List* tab)



Support IDAA Through Your DAF

Did you know you can make a meaningful impact on IDAA through your Donor Advised Fund (DAF)? It's an easy way to support our mission while leveraging your existing charitable giving account.

Our DAF partner, Charles Schwab, makes it simple to give:

Team: DAFgiving360

Phone: 1-800-746-6216

Website: [DAFgiving360.org](https://www.dafgiving360.org)

Consider using your DAF to help us continue our mission. Every gift makes a difference!



ANNOUNCING IDAA's Upcoming Annual Conferences

July 8-12, 2026

Chicago, IL USA

Chicago Marriott Downtown

July 21-25, 2027

Orlando, FL

Renaissance Orlando at Seaworld

July 26-30, 2028

Portland, OR

Hilton/ Duniway

July 18-22, 2029

Minneapolis, MN

Hilton

2030 - TBD (East Coast)

July 12-20, 2031

Portland, OR

Hilton/ Duniway

Other Meetings

BDDG Convention 2026

- October 9-11, 2026
- Denham Grove Hotel, Uxbridge
- [Click Here](#) for more details

NEPG Conference

- November 5-8, 2026
- The Nonantum - Kennebunkport, ME
- [Click Here](#) for more details

**Know of a meeting we should include? Send the details to
info@IDAA.org**

FOLLOW US ON SOCIAL MEDIA!



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What is IDAA?

IDAA is a nonprofit organization committed to empowering healthcare professionals and their families in their journey to recovery from substance abuse disorder. We connect individuals struggling or in recovery from substance abuse and loved ones to supportive communities, both online and in person. Here, they can find inspiration, strength, and hope as they hear personal stories of recovery from addiction as told by fellow healthcare professionals. To further our mission, we gather annually for a conference, delving into the educational depths of addiction as a disease and providing invaluable spiritual support to one another.

Get In Touch

IDAA
5123 W 98th St., #1110,
Minneapolis, MN 55437
651-299-3452

Contact Us



Mission Statement: The mission of IDAA is to carry the message of recovery to healthcare professionals and their families.

Vision Statement: IDAA envisions recovery for all healthcare professionals and their families impacted by addictive disorders.

IDAA Inclusivity Statement: IDAA envisions Recovery for all health care professionals and their families impacted by addictive disorders. We celebrate Diversity and are committed to Equity and Inclusion of

people from all Racial, Ethnic, Cultural, Sexual/Gender and Spiritual identities. Many Recovery Pathways in addition to AA are represented at the IDAA Annual Meeting, Regional Meetings, and on our virtual and email meetings.

IDAA | 5123 W 98th St. #1110 | Minneapolis, MN 55437 US

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