**WORKSHOP NOTES…PART 2**

**A** ***Growing Meeting*** is a treasure of A Healthy Meeting.

**Outreach** is the key to helping Nar-Anon meetings GROW. Outreach is simply sharing Nar-Anon’s message that family and friends of addicts are not alone and there is a program where they can find support for themselves.

How do healthy meetings guide us with our outreach efforts?

In healthy meetings…we focus on the Steps, the Traditions, and Nar-Anon literature… and these resources guide our outreach efforts.

**The Steps:**

**Step 12** reminds us to “carry this message to others”. Outreach to grow meetings is a part of Step 12.

**The Traditions:**

**Tradition 7** reads “we must always be self-supporting” which means that as a non-profit, Nar-Anon can utilize free public service announcements and free postings to make others aware of the Nar-Anon program…Tradition 7 provides guidance on outreach.

**Tradition 11** provides really important guidance about HOW to do outreach and is often misunderstood with regard to outreach…*.****Our public relations policy is based on attraction not promotion: we need always maintain personal anonymity at the level of press, radio, films, internet and other forms of mass media…We need guard with special care the anonymity of all NA members.***

Attraction is different from promotion!

**Attract** others to Nar-Anon by sharing with others how the program helped us grow and improve our lives.

**Do not** **promote** Nar-Anon by offering guarantees, promises, and by generally overzealously trying to convince others they need Nar-Anon.

Tradition11 also reminds us about the importance of anonymity as we do outreach.

**Another important part of a healthy meeting is using, reading and understanding Nar-Anon literature.**

Nar-Anon has a downloadable pamphlet called Group Inventory which they encourage be distributed annually to group members and discussed in a group conscience meeting. It is a way for groups to evaluate themselves and keep the meetings healthy and growing. The last section of the guide asks members to evaluate their group outreach efforts.

The little Blue Book has many valuable Nar-Anon readings…page 2 contains Nar-Anon’s mission and vision statements which remind us that we offer help by sharing our experience strength and hope and making information available through outreach.

Working the Twelve Steps, using the literature, and following the Traditions and principles of the Nar-Anon program all lead us naturally in a direction of outreach and being sure that information about Nar-Anon is readily available to those who need it. We are already doing outreach by keeping our meeting information up-to date on the region and world websites.

Where to find Outreach resources:

Go to the [www.carolina-naranon.org](http://www.carolina-naranon.org) website.

Click on **Members tab** at the top.

Then click on **Resources for Outreach** where resources can be found.

The Outreach Powerpoint Versions 1 and 2 are excellent resources and are found on the Outreach page. It is available to all members of the fellowship for use at outreach presentations as a powerpoint or as a continuous loop on a laptop at a health fair or community event.

**Discussion with workshop participants:**

1. What outreach efforts does your group do?

Information shared from participants:

Post meeting information in online publications and even newspapers-

Sent Nar-Anon information letters to counselors-

Did PSA but result was not so effective-

Idea to share information with paramedics who respond to overdose calls but often do not know about Nar-Anon-

Share information at half-way houses, sheriff and police departments-Screen-shared Outreach PPT at virtual family meetings at a treatment center-

1. What do you see as barriers to your group outreach efforts?

Information shared from participants:

Some counseling centers and doctor’s offices seem reluctant to share information about addiction-

Lack of cooperation from NA…relationship may need to be cultivated over time-

Some cable services do not do PSAs-

1. How do new members usually hear about your group?

No time to discuss.

1. How important are outreach efforts by new groups versus established groups? Do we do outreach to spread the message about a particular group or the program as a whole?

No time to discuss.

1. Does your group have an outreach chair?

No time to discuss.