

WEBVTT

1 "" (0)

00:00:04.049 --> 00:00:19.199

Hello everyone and thank you for joining us for sickness substance use disorder. Awareness series. My name is Carrie Mac and along with my coworkers, Jordan. Nielsen, Stephanie gessle and wander Russell. We appreciate you for joining us here today.

2 "" (0)

00:00:19.199 --> 00:00:36.900

We are a team of nurses and behavioral conditions for the substance use disorder team here at every, which is a part of Cigna due to the format of this seminar. You will not be able to ask questions during the presentation. You are however able to add questions at any time in the Q and a section.

3 "" (0)

00:00:36.900 --> 00:00:45.960

Found at the lower right side of your screen. We will try to address as many questions as time permits during the last 15 minutes of our hour here together.

4 "" (0)

00:00:45.960 --> 00:01:01.350

Please limit your questions to the seminar topic if you have specific questions regarding substance, use disorder, treatment, or your policy, please contact myself or my team members, our contact information will be found on the last slide of the PowerPoint.

5 "" (0)

00:01:01.350 --> 00:01:09.990

Today's PowerPoint will be part of the presentation here in Webex or you can click the link found in the chat section near the Q and a section as well.

6 "" (0)

00:01:09.990 --> 00:01:19.740

Today I have the pleasure of introducing Steve brush for our October webinar on narcotics, anonymous, a vital community resource.

7 "" (0)

00:01:19.740 --> 00:01:29.490

Steve rush has over 21 years of experience as a staff member at narcotics, anonymous world services, the primary service center for global fellowship.

8 "" (0)

00:01:29.490 --> 00:01:35.910

And a hosts over 70,000 weekly, any meetings and over 140 countries.

9 "" (0)

00:01:35.910 --> 00:01:46.770

And his role as the fellowship services team leader, Steve interacts with any members from across the globe and has a unique perspective on the global fellowship. And how.

10 "" (0)

00:01:46.770 --> 00:01:57.450

Members find recovery in any Steve has visited any meetings on 6 continents and enjoys daily, direct contact with any members worldwide.

11 "" (0)

00:01:57.450 --> 00:02:05.700

Before his time at narcotics, anonymous world services Steve was faculty at Penn State University. He has an MBA.

12 "" (0)

00:02:05.700 --> 00:02:11.400

Bachelors of arts, economics and an associates of science and hotel and restaurant management.

13 "" (0)

00:02:11.400 --> 00:02:19.045

Thank you for joining us here. Today's Steve, and I will now turn it over to our presenter from narcotics, anonymous.

14 "Steve Rusch" (3417590016)

00:02:19.045 --> 00:02:26.640

Thanks thanks for the introduction. My name's Steve rush again and I am a staff member at the, uh.

15 "Steve Rusch" (3417590016)

00:02:26.640 --> 00:02:30.720

At the global headquarters of narcotics, anonymous.

16 "Steve Rusch" (3417590016)

00:02:30.720 --> 00:02:50.720

In addition to all those other credentials, I am also a former executive chef and so if you get invited to dinner at my place, you sure want to accept that invitation. And I am also, of course, as a graduate of Penn State University, I am very much looking forward to the upcoming game between Penn State and Ohio State.

17 "Steve Rusch" (3417590016)

00:02:50.720 --> 00:02:54.450

Go Nittany lions and, uh.

18 "Steve Rusch" (3417590016)

00:02:54.450 --> 00:02:58.680

But we won't get into that today. We'll talk about narcotics, anonymous, and stay out of football.

19 "Steve Rusch" (3417590016)

00:02:58.680 --> 00:03:11.850

So so again, yeah, thanks for the opportunity 1 day everybody who's been a part of putting this together. You folks are you make this easy for people like me to be a part of this process? So thanks. Thanks. Again.

20 "Steve Rusch" (3417590016)

00:03:11.850 --> 00:03:26.790

You know, as the introduction set, I intend to provide information about the narcotics anonymous program whose focus is to help drug addicts, find recovery from drug addiction. There's a few tenants that most of our members embrace.

21 "Steve Rusch" (3417590016)

00:03:26.790 --> 00:03:32.010

Including going to N, a meetings working the 12 steps and then a.

22 "Steve Rusch" (3417590016)

00:03:32.010 --> 00:03:35.190

Being of service in narcotics, anonymous.

23 "Steve Rusch" (3417590016)

00:03:35.190 --> 00:03:40.860

Participating in sponsorship and also prayer.

24 "Steve Rusch" (3417590016)

00:03:40.860 --> 00:03:55.710

um these five i i call these the five tenants uh uh these five topics in a general way uh provide an understanding of how the program works for most any members while there is this

25 "Steve Rusch" (3417590016)

00:03:55.710 --> 00:04:00.390

Underlying understanding that there's no single standard model.

26 "Steve Rusch" (3417590016)

00:04:00.390 --> 00:04:13.200

For the recovering addict, um, but before I get into that part of this, I, I wanna do, um, I wanted to offer just a brief overview about narcotics, anonymous in case not aware or to remind you.

27 "Steve Rusch" (3417590016)

00:04:13.200 --> 00:04:33.200

As the introduction said, we're, we're an international community based fellowship or recovering addicts currently we measure over 72,000 weekly meetings and over 144 countries we've got a literature and over 90 languages, or I'm sorry in a meetings.

28 "Steve Rusch" (3417590016)

00:04:33.200 --> 00:04:39.119

Overlying 90 languages and literature in somewhere in North of 70 languages.

29 "Steve Rusch" (3417590016)

00:04:39.119 --> 00:04:59.119

Um, and it was founded in 1953 as a matter of fact, we just we just celebrated our 7th anniversary of the 1st in a group that hosted in in a meeting here in Southern California in this, uh, small little, uh, church in the Sunbelt community.

30 "Steve Rusch" (3417590016)

00:04:59.119 --> 00:05:07.109

San Fernando Valley, um, we've got again over 70 77,000 meetings going on and.

31 "Steve Rusch" (3417590016)

00:05:07.109 --> 00:05:20.459

Going on over 140 countries, the only requirement for membership and narcotics anonymous is a desire to overcome drug addiction. Whereas our literature States, as a quote from our ledger, a desire to stop using.

32 "Steve Rusch" (3417590016)

00:05:20.459 --> 00:05:34.739

And then groups don't make a distinction between any type of drug, including alcohol, anyone who identifies as a drug addict, or simply believes they have a drug problem. Uh, and wants to recovery is welcome narcotics, anonymous.

33 "Steve Rusch" (3417590016)

00:05:34.739 --> 00:05:43.079

We're a worldwide fellowship of recovering addicts whose primary purpose is to help other drug addicts.

34 "Steve Rusch" (3417590016)

00:05:43.079 --> 00:05:53.879

Stop using drugs by utilizing this 12 step approach to recovery. We are a, we are a, uh, a 12 step modality, uh, uh, program.

35 "Steve Rusch" (3417590016)

00:05:53.879 --> 00:06:01.289

We're completely nonprofessional. We rely exclusively on peer support.

36 "Steve Rusch" (3417590016)

00:06:01.289 --> 00:06:20.399

There's no treatment for professionals as such in our meetings no doctors no, nurses. I mean, certainly there are individuals of those professions in our in our meetings, but we, uh, we rely on peer support and then members learn from 1 another how to live drug free and recover.

37 "Steve Rusch" (3417590016)

00:06:20.399 --> 00:06:32.249

From the effects of drug addiction, we have no affiliation with other organizations, including other 12 step groups.

38 "Steve Rusch" (3417590016)

00:06:32.249 --> 00:06:38.939

Governments religions, law enforcement or medical or psychiatric associations.

39 "Steve Rusch" (3417590016)  
00:06:38.939 --> 00:06:47.009

We certainly will work with anyone to provide our services without interfering with their therapeutic regime or client relationships.

40 "Steve Rusch" (3417590016)  
00:06:47.009 --> 00:07:07.009

We, we bring in what we call meetings, hospitals and institutions, meetings into facilities, like treatment centers, jails, prisons, other institutions, and we host in a meetings in many of these places where the.

41 "Steve Rusch" (3417590016)  
00:07:07.009 --> 00:07:12.719

Facility is willing to provide meeting space to a members in the community to host those meetings.

42 "Steve Rusch" (3417590016)  
00:07:12.719 --> 00:07:19.259

We've got a set of guiding principles. We call them our 12 traditions.

43 "Steve Rusch" (3417590016)  
00:07:19.259 --> 00:07:31.199

And they are, they are cautions, they are, they are kind of guide guardrails on our road as we attempt to, uh, communicate the, um.

44 "Steve Rusch" (3417590016)  
00:07:31.199 --> 00:07:45.239

The message of narcotics anonymous and, um, and these, these guardrails, these 12 traditions remind us that we're not we don't have opinions about things outside of helping others, find freedom from drug addiction.

45 "Steve Rusch" (3417590016)  
00:07:45.239 --> 00:07:58.229

So, we're not a, we're not an anti drug organization as an example. Um, we don't take positions on decriminalization, legalization, medical ization of, of substances.

46 "Steve Rusch" (3417590016)  
00:07:58.229 --> 00:08:04.469

We're neither for or against things like free needle, syringe exchange programs.

47 "Steve Rusch" (3417590016)  
00:08:04.469 --> 00:08:09.299

Drug replacement clinics or other efforts to reduce drug related harm.

48 "Steve Rusch" (3417590016)  
00:08:09.299 --> 00:08:17.699

Again, this helps us maintain a singular focus of helping others recover from drug addiction through the application.

49 "Steve Rusch" (3417590016)  
00:08:17.699 --> 00:08:27.839

Of DNA program, as you might imagine with it as a fellowship with in 144 countries were composed of many cultures.

50 "Steve Rusch" (3417590016)  
00:08:27.839 --> 00:08:38.999

Uh, there's no age limitation, uh, with many age groups in na, there's, uh, people from all walks of life and professions and backgrounds are welcome in in.

51 "Steve Rusch" (3417590016)  
00:08:38.999 --> 00:08:49.709

Um, we are open to any drug addict, regardless of the particular drug, or a combination of drugs that they use. Our focus is on recovery from the disease of addiction.

52 "Steve Rusch" (3417590016)  
00:08:49.709 --> 00:09:01.199

Um, our membership is based on the desire to stop using, um, and, uh, the principle of complete abstinence from, um, drugs.

53 "Steve Rusch" (3417590016)  
00:09:01.199 --> 00:09:07.109

Um, it's been our experience, the experience of many members to complete.

54 "Steve Rusch" (3417590016)  
00:09:07.109 --> 00:09:13.979

And continuous abstinence provides the best foundation recovery for recovery, personal growth.

55 "Steve Rusch" (3417590016)  
00:09:13.979 --> 00:09:35.209

Uh, we identify ourselves as an ideal after care support network for clients who want to pursue and maintain a drug free outcome. No matter where in the world they live, you know, generally drug drug treatment programs, or, uh, medium, medically assisted programs at some point in time.

56 "Steve Rusch" (3417590016)  
00:09:35.209 --> 00:09:46.349

Have an end, and we are happy to be, uh, the next step or work, uh, work with the addict as they, you know, transition from a treatment.

57 "Steve Rusch" (3417590016)  
00:09:46.349 --> 00:09:51.299

Situation to an ongoing living of their lives.

58 "Steve Rusch" (3417590016)  
00:09:51.299 --> 00:09:58.109

Here's a map and you've got a, uh.

59 "Steve Rusch" (3417590016)  
00:09:58.109 --> 00:10:10.589

this is the method nobody can read this is what i like to call this method method nobody can read um you know it it it attempts to capture all of the information about where

60 "Steve Rusch" (3417590016)

00:10:10.589 --> 00:10:30.589

Weekly meetings happen across the globe. Probably the way to look at this map is through the color orientations. Um, uh, and the areas that are, uh, uh, that are, uh, represented in the scale at the top of the map. Uh, give you an idea of the concentration of any.

61 "Steve Rusch" (3417590016)

00:10:30.589 --> 00:10:37.859

Across the globe and the lack of concentration there are obviously in the U. S.

62 "Steve Rusch" (3417590016)

00:10:37.859 --> 00:10:43.259

Where we began, uh, we have a lot of any meetings happening every week.

63 "Steve Rusch" (3417590016)

00:10:43.259 --> 00:10:55.289

Um, there are places like China and the continent of Africa by and large where there's either little or no narcotics, anonymous happening as we know it.

64 "Steve Rusch" (3417590016)

00:10:55.289 --> 00:11:03.509

We see these communities, these communities and white, and like Ray as as opportunities.

65 "Steve Rusch" (3417590016)

00:11:03.509 --> 00:11:15.659

In fact, we've got a team of staff and volunteers heading to South Africa, uh, this week to spend a week or 2 there to support.

66 "Steve Rusch" (3417590016)

00:11:15.659 --> 00:11:20.189

The local any volunteers as they attempt to, uh.

67 "Steve Rusch" (3417590016)

00:11:20.189 --> 00:11:35.369

Grow the fellowship on the African continent, or actually will be gathering of members from across the African continent there in South Africa, uh, gathering together to what we call the African Zonal forum.

68 "Steve Rusch" (3417590016)

00:11:35.369 --> 00:11:56.659

Uh, another interesting piece of this, uh, of this map that may not be obvious is that 1 of the, the, while the United States is 1 of the largest Indian communities, we are not the only 1, uh, the, uh, the the country of Brazil has a very large, uh, in a community, probably the 3rd largest in their community on the planet and.

69 "Steve Rusch" (3417590016)  
00:11:56.659 --> 00:12:06.059  
And the other in a community that's about the size of the community in the United States is the, any community in the country of Iran.

70 "Steve Rusch" (3417590016)  
00:12:06.059 --> 00:12:26.059  
Which often takes people by surprise, but there were some public relations efforts done early on in the evolution of the community there that allows for narcotics anonymous to exist in that in that country, even considering the, you know, some of the political.

71 "Steve Rusch" (3417590016)  
00:12:26.059 --> 00:12:30.629  
Implications that, uh, you know, we, we all are aware of.

72 "Steve Rusch" (3417590016)  
00:12:30.629 --> 00:12:44.969  
So, this Matt reflects that. Oh, the 1 thing that this map doesn't reflect is the explosion of virtual meetings that has occurred across, uh, across the globe since.

73 "Steve Rusch" (3417590016)  
00:12:44.969 --> 00:12:47.999  
The, uh, the effects of the pandemic, it.

74 "Steve Rusch" (3417590016)  
00:12:47.999 --> 00:12:55.439  
We attempt to get that information, but we know that our efforts, our.

75 "Steve Rusch" (3417590016)  
00:12:55.439 --> 00:12:59.909  
Uh, are incomplete and we're certainly there are probably thousands.

76 "Steve Rusch" (3417590016)  
00:12:59.909 --> 00:13:04.769  
Of weekly, virtual meetings that are happening we're just not aware of yet.

77 "Steve Rusch" (3417590016)  
00:13:10.019 --> 00:13:18.389  
So any members offer a chance to experience an environment that offers a measure of comfort and hope to Adam's thinking recovery uh.

78 "Steve Rusch" (3417590016)  
00:13:18.389 --> 00:13:28.979  
You know, generally, when I met when a, when an addict arrives in an in a meeting, someone will greet them either at the door or as they, as they enter the meeting space.

79 "Steve Rusch" (3417590016)  
00:13:28.979 --> 00:13:48.979  
Uh, we agree 1 another with a, with a hug that's customary and narcotics, anonymous, most, any communities not all but most offer offer a hug



while, you know, it's not a mandatory thing. It is, uh, it is generally an accepted practice. Um, and, uh, and hopefully offer an environment that opens the attic to, uh, to a world of hope.

80 "Steve Rusch" (3417590016)

00:13:48.979 --> 00:14:09.319

A world where change is possible members learn to practice positive thinking and celebrate success. Meetings. Don't necessarily focus a lot on discussion of drug use. We, we generally focus on discussions of recovery and challenges we face in recovery. It's an environment. It's an environment.

81 "Steve Rusch" (3417590016)

00:14:09.319 --> 00:14:13.229

Members can start fostering dreams and aspirations.

82 "Steve Rusch" (3417590016)

00:14:13.229 --> 00:14:19.259

You know, with, uh, we, you know, I sometimes describe it as a, uh, you know, we kind of come into the.

83 "Steve Rusch" (3417590016)

00:14:19.259 --> 00:14:29.849

The rooms of narcotics, anonymous kind of crawling away from a, from a life of destruction and chaos. And as we, as we enter that doorway there, you know, the, the, um.

84 "Steve Rusch" (3417590016)

00:14:29.849 --> 00:14:39.479

Uh, the horizon of opportunity opens up to us in ways that we never imagined possible. Most of my credentials that were read.

85 "Steve Rusch" (3417590016)

00:14:39.479 --> 00:14:45.569

Uh, at the beginning of this meeting, we're acquired, uh, uh, after I got cleaned in narcotics, anonymous.

86 "Steve Rusch" (3417590016)

00:14:45.569 --> 00:14:58.589

People encouraged taking on us, look at themselves through the 12 step work to identify what what behaviors are not working, change and rebuild little by little.

87 "Steve Rusch" (3417590016)

00:14:58.589 --> 00:15:02.729

The steps encouraged to practice of honesty humility.

88 "Steve Rusch" (3417590016)

00:15:02.729 --> 00:15:07.739

Acceptance courage, compassion, forgiveness and self discipline.

89 "Steve Rusch" (3417590016)

00:15:07.739 --> 00:15:16.769

Uh, pathways to positive behavioral change, emotional well, being and spiritual growth and that's a mouthful, but all of that is available to a.

90 "Steve Rusch" (3417590016)  
00:15:16.769 --> 00:15:19.889  
To Alex seeking recovery, narcotics, anonymous.

91 "Steve Rusch" (3417590016)  
00:15:19.889 --> 00:15:39.899  
We do a membership survey every couple of years. Generally we do it in concert with our world convention. By the way we're getting ready to host a world convention in Washington. D. C. it is a convention that's primarily focuses for members.

92 "Steve Rusch" (3417590016)  
00:15:39.899 --> 00:15:59.899  
Uh, there are some, uh, observers, some treatment providers that that come, uh, we do some public relations around the convention, but primarily it's an event focused on celebrating recovery, uh, for members. It'll be in Washington D. C on the weekend of Labor Day in 2024.

93 "Steve Rusch" (3417590016)  
00:15:59.899 --> 00:16:06.299  
As a part of that, we roll out a membership survey, we survey members at the convention, and we also survey members.

94 "Steve Rusch" (3417590016)  
00:16:06.299 --> 00:16:23.129  
Who are who are not at the convention uh, generally, uh, via an online survey, although we do click paper surveys, too. The most recent 1 was done in 2018, and here are some results of that survey. The survey is available online by the way at any dot org.

95 "Steve Rusch" (3417590016)  
00:16:23.129 --> 00:16:29.699  
The 2 areas that we focus on here for this, uh, for this presentation is the, um.

96 "Steve Rusch" (3417590016)  
00:16:29.699 --> 00:16:36.929  
Uh, the, uh, uh, family relationship has, uh, increased, uh, about 87%.

97 "Steve Rusch" (3417590016)  
00:16:36.929 --> 00:16:40.409  
And 88% of respondents.

98 "Steve Rusch" (3417590016)  
00:16:40.409 --> 00:16:45.359  
Experience and increase increase in so called social connect connectedness.

99 "Steve Rusch" (3417590016)  
00:16:45.359 --> 00:16:53.159

So my phone, um, then you can see the other things that, uh, that have measured, uh.

100 "Steve Rusch" (3417590016)  
00:16:53.159 --> 00:16:56.729  
Improvements across our, our membership.

101 "Steve Rusch" (3417590016)  
00:17:01.739 --> 00:17:08.339  
So clearly, from our perspective recoveries, I've helped these responds to repair the damage in their lives.

102 "Steve Rusch" (3417590016)  
00:17:08.339 --> 00:17:17.369  
That is caused by their active drug addiction. Well, we again, we'll be doing another survey in 2024. likely will take us about a year to get those results.

103 "Steve Rusch" (3417590016)  
00:17:17.369 --> 00:17:21.119  
Tabulated, and we will update our membership survey.

104 "Steve Rusch" (3417590016)  
00:17:21.119 --> 00:17:41.119  
Which again is posted online, you know, in times of, uh, you know, like many of us, uh, you know, that 1st, week in March of 2020, the world changed for us, or maybe it was the 2nd.

105 "Steve Rusch" (3417590016)  
00:17:41.119 --> 00:17:51.629  
We can march in any case, it was a Wednesday. I do remember that it was a Wednesday and by Friday of that week, the world service office, they had basically shut down.

106 "Steve Rusch" (3417590016)  
00:17:51.629 --> 00:17:57.059  
And many of DNA groups across the planet, lost their meeting spaces.

107 "Steve Rusch" (3417590016)  
00:17:57.059 --> 00:18:00.389  
Well, we did have a virtual presence prior.

108 "Steve Rusch" (3417590016)  
00:18:00.389 --> 00:18:10.439  
To March of 2020, uh, it was relatively small and, uh, just a small segment of our members participating in virtual meetings.

109 "Steve Rusch" (3417590016)  
00:18:10.439 --> 00:18:21.179  
We, um, there was a, you know, there was a great deal of consternation about what's what's going to happen next with how we were going to.

110 "Steve Rusch" (3417590016)  
00:18:21.179 --> 00:18:28.589

You know, continue to participate in what we see as this connection that many of us use on a daily basis.

111 "Steve Rusch" (3417590016)  
00:18:28.589 --> 00:18:32.159

And, you know, we were concerned about the long term effects of this.

112 "Steve Rusch" (3417590016)  
00:18:32.159 --> 00:18:40.919

And, you know, like everyone else on the planet, the desktop at that time, we just had no idea. Uh, what was going to happen next.

113 "Steve Rusch" (3417590016)  
00:18:47.549 --> 00:18:55.739

We are an adaptive group that is, uh, that's not just, uh, that's not just a, uh, a wish that is a fact.

114 "Steve Rusch" (3417590016)  
00:18:55.739 --> 00:19:05.309

And, um, we were able to as a, as a fellowship as a decentralized, fairly unorganized fellowship.

115 "Steve Rusch" (3417590016)  
00:19:05.309 --> 00:19:09.899

We were able to begin to.

116 "Steve Rusch" (3417590016)  
00:19:09.899 --> 00:19:17.549

Establish virtual meetings using a variety of platforms and means, um.

117 "Steve Rusch" (3417590016)  
00:19:17.549 --> 00:19:29.309

Uh, we, uh, it wasn't long before, uh, virtual meetings were available, uh, really across the globe anytime night or day.

118 "Steve Rusch" (3417590016)  
00:19:29.309 --> 00:19:35.039

Some of these meetings were hosted by folks who.

119 "Steve Rusch" (3417590016)  
00:19:35.039 --> 00:19:48.959

We're hosting the in person, uh, any meetings to brick and mortar, any meetings that were happening prior to the onset, the pandemic but, uh, many of them, uh, just started up a need and, um, uh, and continue today.

120 "Steve Rusch" (3417590016)  
00:19:48.959 --> 00:20:08.959

We, um, as I mentioned earlier, we do efforts 1 of our 1 of our service deliveries is delivering panels of any members to institutions, prisons and such. And we were able to convert some of those 2 virtual meetings where the technology was available.

121 "Steve Rusch" (3417590016)  
00:20:08.959 --> 00:20:28.959

When the prisons were able to adapt, certainly treatment centers this was a little easier for them. But and even today, some of those virtual virtual meetings are still happening, there's 1 that we do weekly in California that serves about 400 who log on from their phones, or from their computers from wherever they're.

122 "Steve Rusch" (3417590016)  
00:20:28.959 --> 00:20:32.369  
And are able to get in a meeting.

123 "Steve Rusch" (3417590016)  
00:20:36.899 --> 00:20:51.569  
We're using social media these days, like, so many other organizations to to get our message out. Uh, our primary social media resource is Instagram. If you're interested in, in viewing at narcotics, anonymous.

124 "Steve Rusch" (3417590016)  
00:20:51.569 --> 00:20:59.939  
You'll be able to find that on your Instagram and we, we post, um, uh, uh.

125 "Steve Rusch" (3417590016)  
00:20:59.939 --> 00:21:09.839  
New messages, every couple of days, uh, most of it is a membership focus. Some of it has to do with our public relations effort, but that's something you might want to.

126 "Steve Rusch" (3417590016)  
00:21:09.839 --> 00:21:29.839  
You might want to take a look at so learning from the crisis. Uh, we learned a lot, uh, about the strength of our community. Our community again there are online, uh, groups available.

127 "Steve Rusch" (3417590016)  
00:21:29.839 --> 00:21:51.349  
7, these days it's fairly easy for any addicts seeking recovery to make 90 meetings in 90 days. You'll hear that phrase in narcotics, anonymous, 90 meetings, and 90 days 1 of the recommendations is made to, uh, uh, newest members who, you know, in an effort to help them get established and take root in the in a community.

128 "Steve Rusch" (3417590016)  
00:21:51.349 --> 00:22:09.329  
Um, become possible for any members to participate more regularly and what we call common needs or special interest meetings, common needs a special interest meetings include things like women's meetings, men's meetings plus meetings.

129 "Steve Rusch" (3417590016)  
00:22:09.329 --> 00:22:23.999  
Uh, meetings for members with different disabilities. Um, generally, we don't separate by profession, uh, or by, uh, uh, by, uh, uh, religious or spiritual beliefs.

130 "Steve Rusch" (3417590016)

00:22:23.999 --> 00:22:28.439

But, um, but you can't find these other common needs meetings.

131 "Steve Rusch" (3417590016)

00:22:28.439 --> 00:22:34.439

Fairly, uh, fairly easily, especially with the availability of virtual meetings these days.

132 "Steve Rusch" (3417590016)

00:22:34.439 --> 00:22:54.439

Uh, it's a great opportunity for people who are homebound, uh, single parents, parents with children that, uh, they can't find, uh, home care for, uh, uh, many of our older members now at 10 more meetings because they are less ambulatory than they once were. So, the virtual meeting environment really has.

133 "Steve Rusch" (3417590016)

00:22:54.439 --> 00:22:59.789

Changed things for so many any members, and including those in rural communities.

134 "Steve Rusch" (3417590016)

00:22:59.789 --> 00:23:10.589

You know, there are many members where they might only be 1 or 2, and maybe know any meetings in their community. And again, the virtual meetings really have given them an opportunity to participate.

135 "Steve Rusch" (3417590016)

00:23:10.589 --> 00:23:32.659

Sometimes meetings after they're over, they'll, There'll be a little a little coffee time if you will. You mean, generally it's a general practice in any meetings for members to get together after coffee, or after the meeting for coffee and an, in person meeting the virtual meetings. Have attempted to kind of replicate that.

136 "Steve Rusch" (3417590016)

00:23:32.659 --> 00:23:44.309

By offering these social social hours, or these social moments after the, after the online meeting ended online meetings also will mail out.

137 "Steve Rusch" (3417590016)

00:23:44.309 --> 00:23:56.489

Literature to new members, uh, if, uh, if they're able to do that, they have the resources to do that again replicating attempt to replicate some of the resources that in person meetings offer.

138 "Steve Rusch" (3417590016)

00:23:59.789 --> 00:24:10.079

So, this is really the meat of what I intend to offer today in my meeting is in my presentation is is these 5 components.

139 "Steve Rusch" (3417590016)

00:24:10.079 --> 00:24:14.999

Of, uh, of narcotics, anonymous, you know, narcotics, anonymous.

140 "Steve Rusch" (3417590016)

00:24:14.999 --> 00:24:34.999

Can be confusing to newer members, new members come in and, you know, they, they see these 12 steps. They see these 12 traditions that they hear members talking about a variety of things. Denial, surrender. Uh, some of the, some of the spiritual principles I mentioned earlier.

141 "Steve Rusch" (3417590016)

00:24:34.999 --> 00:24:43.139

In in my presentation, and it can be easily confused about, uh, about, you know, exactly how this.

142 "Steve Rusch" (3417590016)

00:24:43.139 --> 00:24:56.189

How this how this program works and, um, and so, you know, 1 of the ways I found it helpful is to is to break it down, break it down in a few action oriented.

143 "Steve Rusch" (3417590016)

00:24:56.189 --> 00:25:06.929

Uh, topics, you know, I, I like to I like to say that, you know, this, this program works, it doesn't matter how I feel, or what you think, or.

144 "Steve Rusch" (3417590016)

00:25:06.929 --> 00:25:26.929

Who, you know, uh, doesn't matter how smart you are, uh, uh, what your credentials are, it really is based on your actions as a, as an addict seeking recovery. It's, it's based on, it's based on what what what the attic is willing to do and, you know, again, 1 of the primary.

145 "Steve Rusch" (3417590016)

00:25:26.929 --> 00:25:34.319

Uh, recommendations that we make to add exceeding recovery is attend an, a meetings.

146 "Steve Rusch" (3417590016)

00:25:34.319 --> 00:25:41.489

Many of us are reluctant. Many many members have spent a fair amount of time in isolation.

147 "Steve Rusch" (3417590016)

00:25:41.489 --> 00:26:01.489

And either imposed or or voluntarily, and so going to meetings where there is a community of of other individuals can be an overwhelming endeavor. And, uh, you know, we make the recommendation that we, you attend 90 meetings in 90 days many addicts, continue that.

148 "Steve Rusch" (3417590016)

00:26:01.489 --> 00:26:17.699

That cadence long into their recovery, and there are addicts with decades clean to continue to go to 234 meetings a week. And again with online meetings, being available. That's much easier than, you know, once was.

149 "Steve Rusch" (3417590016)

00:26:17.699 --> 00:26:23.609

And there's a couple of reasons why we, we encourage people to go to any meetings.

150 "Steve Rusch" (3417590016)

00:26:23.609 --> 00:26:43.609

Certainly there is that opportunity to begin to create a network of other recovering addicts who are walking the same path, who can be available uh, as challenges arrives in recover and, of course, they do recovery doesn't isolate us from, you know, the trials and tribulations of daily.

151 "Steve Rusch" (3417590016)

00:26:43.609 --> 00:26:56.609

I mean, people die people get married people get sick jobs are gained and lost, you know, all those things happen. And and all of those are, uh, can be emotional and a.

152 "Steve Rusch" (3417590016)

00:26:56.609 --> 00:27:04.319

And so having a network of other any members to share with and to gain, uh, uh, to gain, um.

153 "Steve Rusch" (3417590016)

00:27:04.319 --> 00:27:15.449

Support and guidance from can be helpful and certainly 1 of the 1 of the relationships that it's going to happen in a, by way of an, in a meeting is this sponsorship relationship.

154 "Steve Rusch" (3417590016)

00:27:15.449 --> 00:27:19.889

And this is 1 of those things that I've always kind of thought it was a bit of a paradox.

155 "Steve Rusch" (3417590016)

00:27:19.889 --> 00:27:32.459

You know, any members, there's no formal way for any members to find any sponsors. Certainly DNA group is a place where, and any members attempt to provide that environment.

156 "Steve Rusch" (3417590016)

00:27:32.459 --> 00:27:43.769

For the newer member to find a sponsor, but it's not like there's a, generally there's not like a list of of sponsors people who are who are available for sponsorship that a new remember gets matched up with.

157 "Steve Rusch" (3417590016)

00:27:43.769 --> 00:28:03.769

You know, it's not like, um, 1 of the 1 of the apps, 1 of the dating apps, stuff like that. Um, it is more the responsibility of the of the, uh, new member to, uh, listen to and, and kind of observe other any members in the, um, in the meeting to determine who might be, uh, you know, might be a good sponsor for.



158 "Steve Rusch" (3417590016)

00:28:03.769 --> 00:28:09.809

And again, I think that's a little bit of a paradox. I mean, it's been a part of our fellowship since since it's, um.

159 "Steve Rusch" (3417590016)

00:28:09.809 --> 00:28:13.349

Since its inception, so, you know, who might don't argue with success.

160 "Steve Rusch" (3417590016)

00:28:13.349 --> 00:28:20.129

But it does seem like the person who's least equipped to make that kind of determination is the 1 who's asked to do it.

161 "Steve Rusch" (3417590016)

00:28:20.129 --> 00:28:40.129

But the point is, that is that is part of it and it happens typically in an, in a meeting, you're generally not going to find it in a sponsor at 711 or at the local library. Generally we find in a any sponsors in a meeting. So, sponsorship is this 2 way street the sponsor.

162 "Steve Rusch" (3417590016)

00:28:40.129 --> 00:28:57.539

We can be a mentor and a guide, and it's very individual in nature. It's very individual in nature. Each and a member decides for themselves how they're going to sponsor people sometimes that is also dependent on the sponsor.

163 "Steve Rusch" (3417590016)

00:28:57.539 --> 00:29:13.559

You know, that relationship, but generally, and a members who do sponsor, others may not sponsor everybody. Exactly. The same. There may not be a single model that even a single sponsor uses, but adapting that model for, um.

164 "Steve Rusch" (3417590016)

00:29:13.559 --> 00:29:18.569

For use with these individual relationships, because they are very individual in nature.

165 "Steve Rusch" (3417590016)

00:29:18.569 --> 00:29:29.639

But the foundational component of that is helping the, uh, adding seeking recovery through the 12 steps of narcotics, anonymous.

166 "Steve Rusch" (3417590016)

00:29:29.639 --> 00:29:35.669

Our 12 steps are adapted from 12 steps.

167 "Steve Rusch" (3417590016)

00:29:35.669 --> 00:29:39.659

In the late 40 s, early 450 s.

168 "Steve Rusch" (3417590016)

00:29:39.659 --> 00:29:50.819

There was a, uh, uh, an observation by those folks that adex seeking recovery were coming to their meetings. And, um, and and their focus, a singular in nature.

169 "Steve Rusch" (3417590016)

00:29:50.819 --> 00:30:10.819

Their focus is for recovery, uh, from, uh, from alcoholism and, um, you know, these, these drug ads were coming to their meetings and they said we appreciate that you're interested in using these steps, but, you know, here take them and and maybe form your own fellowship. And we did, and so, uh, adapting.

170 "Steve Rusch" (3417590016)

00:30:10.819 --> 00:30:14.699

1st step to, uh, to the disease of addiction.

171 "Steve Rusch" (3417590016)

00:30:14.699 --> 00:30:20.489

Uh, we are parallel over the disease of addiction and, um, and so these 12 steps.

172 "Steve Rusch" (3417590016)

00:30:20.489 --> 00:30:25.469

Are a means to recovery they really are the, the process for change.

173 "Steve Rusch" (3417590016)

00:30:25.469 --> 00:30:32.939

Uh, in narcotics, anonymous, and it is through sponsorship that these 12 steps, um.

174 "Steve Rusch" (3417590016)

00:30:32.939 --> 00:30:52.939

I realized the, the principles in these 12 steps can be realized by the members. So so sponsorship can be many things. Uh, you know, friendships can develop from sponsorship, uh, other other meaningful things can emerge from sponsorship. But the, but the core of sponsorship is helping the.

175 "Steve Rusch" (3417590016)

00:30:52.939 --> 00:30:56.939

Recovery making their way through these 12 steps.

176 "Steve Rusch" (3417590016)

00:30:56.939 --> 00:31:06.059

Uh, you know, there's many different ways of looking at the 12 steps.

177 "Steve Rusch" (3417590016)

00:31:06.059 --> 00:31:26.059

there's a the idea that um our first step is the first step in our colleagues is about self awareness self uh about about uh realizing for ourself uh a self admittance that uh that uh uh the the member is

178 "Steve Rusch" (3417590016)  
00:31:26.059 --> 00:31:33.299  
Got it, and the evidence of that is the is the manageability, that active addiction.

179 "Steve Rusch" (3417590016)  
00:31:33.299 --> 00:31:53.299  
Uh, uh, creates, uh, many addicts, uh, in, in, in, uh, many active drug addicts, uh, or in a state of denial and, you know, it's not unusual for the entire world around them, uh, to know that they are, in fact, a drug addict, but they're the.

180 "Steve Rusch" (3417590016)  
00:31:53.299 --> 00:31:57.689  
Last 1, to make this admittance and the submission.

181 "Steve Rusch" (3417590016)  
00:31:57.689 --> 00:32:08.249  
And the 1st step, actually, the 1st, 2 words of the 1st step, we admitted is, is an effort to help drug addicts, have this measure of.

182 "Steve Rusch" (3417590016)  
00:32:08.249 --> 00:32:14.099  
Self honesty that is required for, uh, for a, uh.

183 "Steve Rusch" (3417590016)  
00:32:14.099 --> 00:32:19.109  
For some cracks in the in the, in the denial, that's a component of.

184 "Steve Rusch" (3417590016)  
00:32:19.109 --> 00:32:24.659  
Of drug addiction, so that recovery then can then begin to shine through those cracks.

185 "Steve Rusch" (3417590016)  
00:32:24.659 --> 00:32:35.549  
Um, and, um, and so it is those things that a drug addict in recovery we'll talk about with their and a sponsor.

186 "Steve Rusch" (3417590016)  
00:32:35.549 --> 00:32:41.669  
In effort to to move through these steps and to gain the freedom that the steps offer.

187 "Steve Rusch" (3417590016)  
00:32:41.669 --> 00:32:48.479  
And I like to say that they are an effort to get us to do things. We're not inclined to do.

188 "Steve Rusch" (3417590016)  
00:32:48.479 --> 00:32:54.449  
Join most drug addicts aren't inclined to be, uh, to be honest with themselves.

189 "Steve Rusch" (3417590016)

00:32:54.449 --> 00:33:14.449

you know our second step talks about you know coming to believe uh resources outside of my uh side of ourselves that might help us and you know that that can be uh understood as the principle of open mindedness and many drug addicts prior to coming in narcotics anonymous are not open minded

190 "Steve Rusch" (3417590016)

00:33:14.449 --> 00:33:22.139

Uh, the 3rd step, uh, in 1 of the 1 of the understandings, the 3rd step is this, um.

191 "Steve Rusch" (3417590016)

00:33:22.139 --> 00:33:42.139

For this principle of willingness taking action taking action on the information that you might have acquired through the process of your 2nd, step of the open mindedness of the 2nd step. So, this honesty open mindedness and willingness, uh, could be understood as 3 primary components of these 1st, 3 steps.

192 "Steve Rusch" (3417590016)

00:33:42.139 --> 00:33:48.929

Most tactics don't come to narcotics anonymous with those. They are not inclined to do those things. The steps.

193 "Steve Rusch" (3417590016)

00:33:48.929 --> 00:33:55.979

Help us with this, uh, with with the development of these, uh, of these principals and, uh.

194 "Steve Rusch" (3417590016)

00:33:55.979 --> 00:34:09.689

And then, you know, getting the rewards of them and moving through the steps, she can basically, uh, uh, identify a couple of principles of each of those with the help of a sponsor. And then that last step again reminding.

195 "Steve Rusch" (3417590016)

00:34:09.689 --> 00:34:19.169

Uh, with a reminder that the steps are, uh, uh, uh, an effort to get us to do things that we're not inclined to do that 12 step reminds any members that.

196 "Steve Rusch" (3417590016)

00:34:19.169 --> 00:34:28.559

That they've been given this gift to recovery, and now it's time to turn and pay that forward.

197 "Steve Rusch" (3417590016)

00:34:28.559 --> 00:34:42.359

Uh, so, you know, uh, any members do things, uh, to help other any members in in recovery to help get the word of narcotics, anonymous out

and, you know, that takes us to that next step next item on this on this list service.

198 "Steve Rusch" (3417590016)

00:34:42.359 --> 00:34:48.659

Service in a is, um, many things. There are many different ways to be of service.

199 "Steve Rusch" (3417590016)

00:34:48.659 --> 00:34:52.949

In narcotics, anonymous, uh, some of those.

200 "Steve Rusch" (3417590016)

00:34:52.949 --> 00:35:09.629

Include things like, uh, the panels that I was talking about earlier, that, uh, any members can be, uh, trained and assigned a responsibility of delivering panels to a treatment center or jail.

201 "Steve Rusch" (3417590016)

00:35:09.629 --> 00:35:18.119

Um, and then the group level, uh, where most any members do exercise their membership.

202 "Steve Rusch" (3417590016)

00:35:18.119 --> 00:35:33.179

Uh, uh, because they're going to meetings we have typically we have what we call home group members, people who identify 1 group or a couple of groups as they're as their home group. And this is a group that they attend and support.

203 "Steve Rusch" (3417590016)

00:35:33.179 --> 00:35:46.409

Uh, as a part of the backbone of that group, they'll show up early, it'll stay late. Uh, we'll make the coffee or tea, uh, though, um, put up any literature. Um, they'll, uh.

204 "Steve Rusch" (3417590016)

00:35:46.409 --> 00:35:55.199

Uh, no, uh, set up the chairs, clean up after the meeting, be the greeter. Uh, all of these things are.

205 "Steve Rusch" (3417590016)

00:35:55.199 --> 00:35:58.199

Opportunities for service.

206 "Steve Rusch" (3417590016)

00:35:58.199 --> 00:36:01.589

For any members, and, uh, you know, this service.

207 "Steve Rusch" (3417590016)

00:36:01.589 --> 00:36:11.009

Not only speaks to the pay it forward component of that 12 step that I was talking about a month ago. It also helps.

208 "Steve Rusch" (3417590016)  
00:36:11.009 --> 00:36:16.139  
Addicts take root in a, you know, there is a.

209 "Steve Rusch" (3417590016)  
00:36:16.139 --> 00:36:33.629  
Uh, there is a, uh, an importance to taking some measure of ownership when we are able to in our membership and a feel a, a, a component of ownership of responsibility.

210 "Steve Rusch" (3417590016)  
00:36:33.629 --> 00:36:46.199  
Our roots tend to be stronger and we, uh, we are less likely to be affected by the, by the storms that face us as we move through life. So we really do encourage.

211 "Steve Rusch" (3417590016)  
00:36:46.199 --> 00:36:54.299  
You know, some people, we really do encourage new members to get involved in service and, you know, I've heard it described that.

212 "Steve Rusch" (3417590016)  
00:36:54.299 --> 00:36:58.949  
You know, that this was an effort of the people who were already here, the old timers.

213 "Steve Rusch" (3417590016)  
00:36:58.949 --> 00:37:05.009  
To get the new people to do all the work, and that's not the case, although it might seem that way. That's not the case.

214 "Steve Rusch" (3417590016)  
00:37:05.009 --> 00:37:09.689  
Uh, the newer members are encouraged to do things like that. You set up the chairs.

215 "Steve Rusch" (3417590016)  
00:37:09.689 --> 00:37:14.549  
Uh, we'll assign them responsibilities of some of those other tasks that I.

216 "Steve Rusch" (3417590016)  
00:37:14.549 --> 00:37:18.659  
That I, uh, that I mentioned, I knew a guy that was the assistant garbage guy.

217 "Steve Rusch" (3417590016)  
00:37:18.659 --> 00:37:27.149  
He took out the garbage if the gardens guy didn't show up that week and so, you know, we get kind of creative sometimes in these in these service assignments.

218 "Steve Rusch" (3417590016)  
00:37:27.149 --> 00:37:30.839

But again, some of it's about helping, um.

219 "Steve Rusch" (3417590016)  
00:37:30.839 --> 00:37:34.799  
That that new already take root in.

220 "Steve Rusch" (3417590016)  
00:37:34.799 --> 00:37:38.069  
And then the last thing on that list is prayer and meditation.

221 "Steve Rusch" (3417590016)  
00:37:38.069 --> 00:37:53.549  
And this is another 1 of those things that doesn't require, you know, it's an interesting thing in DNA that that many of the actions don't require a belief or an understanding.

222 "Steve Rusch" (3417590016)  
00:37:53.549 --> 00:38:02.639  
Uh, we just asked that that they they be done so, you know, most most, any members are, uh, find some way to practice.

223 "Steve Rusch" (3417590016)  
00:38:02.639 --> 00:38:09.299  
Prayer or meditation, as a part of what they identifies there in a program.

224 "Steve Rusch" (3417590016)  
00:38:09.299 --> 00:38:18.510  
There is DNA program and individuals. Jim generally develop their own in a program based on what's on the screen here.

225 "Steve Rusch" (3417590016)  
00:38:18.510 --> 00:38:35.370  
Uh, because we do, we invite adex from all walks of life in narcotics, anonymous, and there are certainly atheists and diagnostics. Uh, there are people who are deeply religious. Generally we don't. We, we don't, uh.

226 "Steve Rusch" (3417590016)  
00:38:35.370 --> 00:38:53.250  
We don't spend a great deal of time on religion, religious beliefs in a, but certainly is not uncommon for an end a meeting to begin with a short prayer. Typically, the serenity prayer or end with a short prayer. And even if it is only those 2 recitations.

227 "Steve Rusch" (3417590016)  
00:38:53.250 --> 00:39:09.720  
That any members participate in, uh, as a part of the meeting participating in some form of prayer or meditation is what we consider to be part of the fundamental components of, uh, the program of narcotics, anonymous.

228 "Steve Rusch" (3417590016)  
00:39:09.720 --> 00:39:15.060

What I consider to be the beautiful thing of all of those.

229 "Steve Rusch" (3417590016)

00:39:15.060 --> 00:39:20.850

Of all of those, uh, of all of those tenants is each 1 of them is measurable.

230 "Steve Rusch" (3417590016)

00:39:20.850 --> 00:39:25.680

None of them is based on what I think how I feel what I believe.

231 "Steve Rusch" (3417590016)

00:39:25.680 --> 00:39:45.680

They are all based on what I do. Um, so in any members no, and any member knows the last time they've been doing in a meeting and hopefully, they know the next time, they're going to get to an in a meeting. And if they're they're embracing dependence of DNA program, that won't be very long, especially for a new comer. You know, if a newcomer.

232 "Steve Rusch" (3417590016)

00:39:45.680 --> 00:40:00.330

We're missing in a meeting yesterday then then it's a strong recommendation that they get the 1 today. So, meetings are a measurable thing. You don't have to like to go with. You don't have to, like, on the meetings. You don't have to want to go to meetings. You just you just go to meetings.

233 "Steve Rusch" (3417590016)

00:40:00.330 --> 00:40:07.650

And so to sponsorship, but, you know, it's certainly it's helpful to, like, and have a rapport with an, any sponsor but.

234 "Steve Rusch" (3417590016)

00:40:07.650 --> 00:40:27.650

It's not necessary and, you know, in any member doesn't need to believe in the value of sponsorship, uh, they simply are encouraged to find in another any member to be there in a sponsor. And, um, and so they can again, uh, work through the steps and, you know, most any team members can identify.

235 "Steve Rusch" (3417590016)

00:40:27.650 --> 00:40:38.430

What step they are on, or what step they're moving to, uh, when they last work to step with the sponsor, you know, all of these things are measurable and again don't rely on.

236 "Steve Rusch" (3417590016)

00:40:38.430 --> 00:40:43.500

Uh, some of the emotions associated with, uh, the process of recovery.

237 "Steve Rusch" (3417590016)

00:40:43.500 --> 00:40:48.240

And the members can point to what service positions they're on, or what what service.



238 "Steve Rusch" (3417590016)

00:40:48.240 --> 00:41:08.240

What service efforts are participating in its, maybe its formal maybe it's informal, but, uh, but it is measurable and so to his prayer, as I said earlier, even even the, even the agnostics of the, uh, have the ability to participate in the group recitation of, of of a prayer at the beginning of the.

239 "Steve Rusch" (3417590016)

00:41:08.240 --> 00:41:17.760

To the meeting, even if it's only to be to exercise their membership in that group, uh, they don't necessarily even need to believe in the words they're saying.

240 "Steve Rusch" (3417590016)

00:41:17.760 --> 00:41:24.330

But, um, uh, those are the W W what I'll call the tenants.

241 "Steve Rusch" (3417590016)

00:41:24.330 --> 00:41:29.160

Of the DNA program and, uh, uh, I've said it a number of times already.

242 "Steve Rusch" (3417590016)

00:41:29.160 --> 00:41:36.570

When when a new added comes to narcotics, anonymous, focusing on those 5 things can.

243 "Steve Rusch" (3417590016)

00:41:36.570 --> 00:41:54.840

Mitigate some of the confusion that coming into Narcotics Anonymous can create for them. And so, um, and and these are these are articulated in in our literature in many different ways. Uh, are the primary text in narcotics anonymous we call it the basic text.

244 "Steve Rusch" (3417590016)

00:41:54.840 --> 00:42:02.970

The title is Narcotics Anonymous there is a chapter in there called but what can I do chapter title? What can I do? And you'll find, uh.

245 "Steve Rusch" (3417590016)

00:42:02.970 --> 00:42:06.780

A references to these 5 components to, in that chapter.

246 "Steve Rusch" (3417590016)

00:42:06.780 --> 00:42:12.150

By the way, I don't think I mentioned it, but I will now that.

247 "Steve Rusch" (3417590016)

00:42:12.150 --> 00:42:15.480

The the website W. W. W. dot.

248 "Steve Rusch" (3417590016)

00:42:15.480 --> 00:42:31.680

And a point 0, Archie, you see that link later on the presentation has literature in a variety of language, uh, languages. Our pamphlets, our booklets are all up there in PDF format that can be downloaded and shared.

249 "Steve Rusch" (3417590016)

00:42:31.680 --> 00:42:38.100

Um, uh, there's access to audio books. We have, uh, the basic text and audio book, and a number of different.

250 "Steve Rusch" (3417590016)

00:42:38.100 --> 00:42:45.300

Number of different languages there is, uh, access to ASL recordings for.

251 "Steve Rusch" (3417590016)

00:42:45.300 --> 00:43:05.300

Hearing impaired, uh, hard of hearing or deaf, uh, adex seeking recovery. Uh, there's access to information about any meetings across the globe. There's just a wealth of information up there and for professionals like the people for, for treatment professionals. Like, probably most of the people in this meeting, we have a, um, we have.

252 "Steve Rusch" (3417590016)

00:43:05.300 --> 00:43:09.330

Have a page work forward slash.

253 "Steve Rusch" (3417590016)

00:43:09.330 --> 00:43:20.340

About us U. S. that really is a great resource for you to get to know Narcotics anonymous. If that's if that's something you're interested in.

254 "Steve Rusch" (3417590016)

00:43:23.550 --> 00:43:43.550

Yeah, we offer a new way of life simply said, you know, as I said earlier, you know, we, we kind of crawl into narcotics, anonymous, attempting to attempting to escape the destruction of a disease of addiction. And a whole new way of life is is open. Opens up for most any members doesn't doesn't mean it's easy. Um.

255 "Steve Rusch" (3417590016)

00:43:43.550 --> 00:43:58.620

But it is available and, um, you know, the relationships we build in a, are supporting and positive, maybe for the 1st time, we have the courage to be ourselves fully sharing shortcomings, fears dreams.

256 "Steve Rusch" (3417590016)

00:43:58.620 --> 00:44:04.830

Um, and other things with new friends who have this understanding this, this, this, um.

257 "Steve Rusch" (3417590016)

00:44:04.830 --> 00:44:07.830

This empathetic understanding.

258 "Steve Rusch" (3417590016)  
00:44:07.830 --> 00:44:12.360  
And, uh, the ability to relate to us.

259 "Steve Rusch" (3417590016)  
00:44:12.360 --> 00:44:18.150  
And really love us no matter what, uh, we've done prior to coming to  
narcotics, anonymous.

260 "Steve Rusch" (3417590016)  
00:44:18.150 --> 00:44:27.060  
Um, being involved in any service helps us to really feel a part of  
something greater than themselves. Like I said, it helps us take that  
route.

261 "Steve Rusch" (3417590016)  
00:44:27.060 --> 00:44:43.440  
It's so important, I mean, it's, you know, welcoming any members is 1  
thing, but, uh, there are many people who come to narcotics, anonymous, a  
meeting or 2 or 5. and and then evaporator gone helping them. Take root  
is is really, really important.

262 "Steve Rusch" (3417590016)  
00:44:43.440 --> 00:44:53.220  
Uh, most of that is with multiple years, clean will tell you that  
they're, they have or been involved in some form of service. So, along  
the way, and typically are are even involved today.

263 "Steve Rusch" (3417590016)  
00:44:53.220 --> 00:44:58.860  
We often hear members share about the positive feelings they have as a  
result of volunteering your time.

264 "Steve Rusch" (3417590016)  
00:44:58.860 --> 00:45:15.600  
It'd be of services in there's, you know, a, they talk about, you know,  
maybe doing a panel and and a treatment facility or prison and then maybe  
a week or a month later uh, 1 of the individuals from that meeting shows  
up at their home group. Uh, or, uh.

265 "Steve Rusch" (3417590016)  
00:45:15.600 --> 00:45:20.670  
What do you know, contacts them at? Some point is, uh, it can be very,  
very, um.

266 "Steve Rusch" (3417590016)  
00:45:20.670 --> 00:45:37.680  
Fulfilling and as a final slide here I think I'm getting close to my time  
being up as a final slide here. There's some contact information for me.  
Certainly, you're welcome to reach out to me. If I can be a resource, or  
if any of the staff in a new world services can be a resource.

267 "Steve Rusch" (3417590016)  
00:45:37.680 --> 00:45:52.950

That is a link to our website and dot Org and also the about us page that I mentioned earlier and there's our Instagram is it called handle? I think it's our Instagram handle at narcotics. Anonymous. You're welcome to visit that.

268 "Steve Rusch" (3417590016)

00:45:52.950 --> 00:46:12.950

Um, it's been a pleasure being here. I, I always, I always welcome the opportunity to talk about Narcotics anonymous, especially the people like you, who are in many, many ways. The 1st, line of folks who interact with drug addicts seeking recovery.

269 "Steve Rusch" (3417590016)

00:46:12.950 --> 00:46:32.950

1 of the facts that I didn't mention earlier, and I'll end with this that, uh, our survey tells us that most addicts seeking recovery, find narcotics, anonymous for through some form of treatment or treatment professional. So, we really appreciate your interest in learning about narcotics, anonymous and and, and.

270 "Steve Rusch" (3417590016)

00:46:32.950 --> 00:46:55.220

Alex recovered to us. That's it. Thank you. Thank you so much. We are going to move on to our Q and a portion of the presentation even continue to submit your questions. We'll answer as many as we have time for today. So, our 1st question today is what is.

271 "Steve Rusch" (3417590016)

00:46:55.220 --> 00:47:04.757

The easiest way to find an in person meeting in my community. Is there an app or website you suggest that is up to date with meeting information?

272 "Steve Rusch" (3417590016)

00:47:04.757 --> 00:47:08.910

Well, that's a great question. Thank you for that. 1 and, um.

273 "Steve Rusch" (3417590016)

00:47:08.910 --> 00:47:13.200

Generally, the most accurate meeting information.

274 "Steve Rusch" (3417590016)

00:47:13.200 --> 00:47:19.020

Is, uh, found at a local N a website.

275 "Steve Rusch" (3417590016)

00:47:19.020 --> 00:47:23.790

Most na, communities maintain a local website.

276 "Steve Rusch" (3417590016)

00:47:23.790 --> 00:47:30.840

Where where local volunteers are keeping that information excuse me up to date.

277 "Steve Rusch" (3417590016)

00:47:30.840 --> 00:47:35.670

We do host any meeting information at at work.

278 "Steve Rusch" (3417590016)

00:47:35.670 --> 00:47:49.560

The unfortunate reality is sometimes our meeting information is lagging behind theirs. So whenever someone contacts us and asks us about media information, we direct them to the local and a website.

279 "Steve Rusch" (3417590016)

00:47:49.560 --> 00:47:55.740

There isn't an app, it's called any meetings it's available in the in the, in the app stores.

280 "Steve Rusch" (3417590016)

00:47:55.740 --> 00:48:11.550

That can be downloaded and will provide members with information about any meetings. But again, there's a caution offered in that app about using the app to go to the local na website, as opposed to using ours.

281 "Steve Rusch" (3417590016)

00:48:11.550 --> 00:48:17.940

And at this moment, we are, we, we, uh.

282 "Steve Rusch" (3417590016)

00:48:17.940 --> 00:48:22.200

We are taking a different approach.

283 "Steve Rusch" (3417590016)

00:48:22.200 --> 00:48:31.170

To this, we are, we are going to begin to provide that local website information exclusively at any dot org.

284 "Steve Rusch" (3417590016)

00:48:31.170 --> 00:48:51.170

Uh, so that the reason this, um, difference in, uh, in data from the local websites 2 hours we hope to have that ruled out by the spring. But right now the very best recommendation is to simply if you're in San Diego, if you, if you, uh, uh, if you Google do a search for San Diego.

285 "Steve Rusch" (3417590016)

00:48:51.170 --> 00:49:08.910

and look for the in a website that's listed there in the search result that will likely be where you'll find the most accurate information generally there's a local a help line too that can be called to validate that information because sometimes even those local web sites can be a little bit out of date

286 "Steve Rusch" (3417590016)

00:49:08.910 --> 00:49:26.349

Yeah, definitely going to look forward to that. Update to your website. The next step question we have is since the only requirement is a desire to be sober are people who are still using welcome to attend meetings.

287 "Steve Rusch" (3417590016)

00:49:26.349 --> 00:49:35.580

thanks for the question yeah another great question and it brings up a couple of different things in narcotics anonymous we identify ourselves in recovery as being clean

288 "Steve Rusch" (3417590016)

00:49:35.580 --> 00:49:38.760

And that is that is intentional.

289 "Steve Rusch" (3417590016)

00:49:38.760 --> 00:49:58.760

And we're not in competition with, uh, with other fellowships and nor do we have an, you know, an opinion about other fellowships but, but certainly, we are different than other fellowships. And and so the, the language that we use them in a, is clean, we have clean time, we are in recovery and, um, so so, no, you don't have to be clean.

290 "Steve Rusch" (3417590016)

00:49:58.760 --> 00:50:04.980

To be to attend any meetings, in fact, many members attend their 1st meeting, or for a few meetings.

291 "Steve Rusch" (3417590016)

00:50:04.980 --> 00:50:24.980

Uh, not clean and, um, and certainly there are opportunities for members who are not yet clean to, uh, to be involved in our colleagues. Anonymous. The assistant garbage guy is a great example. Probably doesn't require much clean time to be the assistant garbage guy. Uh, but, um, uh.

292 "Steve Rusch" (3417590016)

00:50:24.980 --> 00:50:44.580

But, certainly, our intention is to be available to addicts who are looking to get to a place of total abstinence. That's that's the goal for those of us in a. and and if that is the goal for the attic seeking recovery, they don't need to be clean. When they get here.

293 "Steve Rusch" (3417590016)

00:50:44.580 --> 00:51:04.700

Thanks, thank you. The next question we have is, what feedback do you have for someone who says they don't want to attend any meetings because talking about their use, makes them want to use more resulting and then not attending meetings at all.

294 "Steve Rusch" (3417590016)

00:51:04.700 --> 00:51:25.130

Yeah, it's another good question and, you know, each and every meeting has its own character. You know, again, we are a decentralized fellowship who depends on the involvement of local Indian members. So, if someone has a negative experience at in a meeting, the best recommendation is to ask them to.

295 "Steve Rusch" (3417590016)

00:51:25.130 --> 00:51:45.130

10 in in meetings, and, you know, these days with virtual, the availability of virtual meetings, it's fairly easy to to go into a meeting. If it's not it's not it's not it doesn't have an atmosphere recovery associated with it. The individual can simply lead.

296 "Steve Rusch" (3417590016)  
00:51:45.130 --> 00:52:00.210

You know, there's not necessarily a, a recommendation I would make to do all the time, but if you're looking for an environment that serves the atmosphere recovery, then that that certainly is an approach. You can take the other thing to do is to.

297 "Steve Rusch" (3417590016)  
00:52:00.210 --> 00:52:20.210

Voice that concern in an, in a meeting and, um, you know, let folks know that you're looking for meetings that are focused on the atmosphere recovery. Um, you may get some positive feedback on where you can find meetings that are, uh, that are focused that way. But again, like.

298 "Steve Rusch" (3417590016)  
00:52:20.210 --> 00:52:29.970

Said earlier generally recovery meetings while there may be some sharing about using. We don't talk about that. Primarily. We talk about recovery. Um.

299 "Steve Rusch" (3417590016)  
00:52:29.970 --> 00:52:43.980

Those concerns oftentimes are kind of 1 off circumstances. You might have been to an, a meeting where you had that negative experience. I would encourage the agents had that experience to just try a couple other meetings.

300 "Steve Rusch" (3417590016)  
00:52:43.980 --> 00:52:52.939

Thanks all right. The next question is what qualities should someone look for in a sponsor?

301 "Steve Rusch" (3417590016)  
00:52:52.939 --> 00:52:59.700

Yeah, again it goes back to that paradox. You know, we do have a pamphlet titled sponsorship.

302 "Steve Rusch" (3417590016)  
00:52:59.700 --> 00:53:06.480

Ip number 11, and it does outline a little bit about that relationship.

303 "Steve Rusch" (3417590016)  
00:53:06.480 --> 00:53:09.990

Generally, you know, for the newer member.

304 "Steve Rusch" (3417590016)  
00:53:09.990 --> 00:53:15.240

Um, it is someone who's typically got more clean time than, you.

305 "Steve Rusch" (3417590016)

00:53:15.240 --> 00:53:33.990

Uh, someone, hopefully, someone who attends meetings regularly, and these are Steve Russia's recommendations, you know, there may be other recommendations out there. But if someone asks me about this, I would say somebody who's attending meetings regularly. Somebody who's got more clean time than you, somebody who it is you are least likely to have any sort of romantic.

306 "Steve Rusch" (3417590016)

00:53:33.990 --> 00:53:53.990

Involvement with, you know, a 1 time. We used to say men with men and women with women. Of course, you know, W, W, we're we're we're, you know, that's that that doesn't fit the environment these days. So, it is good to get to have a sponsorship relationship that is 1 that doesn't involve the possibility of of.

307 "Steve Rusch" (3417590016)

00:53:53.990 --> 00:54:13.990

A romantic relationship developing from that, because the sponsorship relationship can be intimate. So those 3 things are probably the foundational somebody who goes to meetings. Somebody's got more clean time in somebody who you're least likely to get into a romantic relationship with.

308 "Steve Rusch" (3417590016)

00:54:13.990 --> 00:54:20.040

And then it's about listening to other members in the meeting and, and.

309 "Steve Rusch" (3417590016)

00:54:20.040 --> 00:54:23.970

Uh, finding someone who you are.

310 "Steve Rusch" (3417590016)

00:54:23.970 --> 00:54:28.170

Whose recovery you you respect.

311 "Steve Rusch" (3417590016)

00:54:28.170 --> 00:54:32.970

That's probably the 4 components that really can, uh.

312 "Steve Rusch" (3417590016)

00:54:32.970 --> 00:54:36.960

Helping that decision making process, but Here's another thing about sponsorship.

313 "Steve Rusch" (3417590016)

00:54:36.960 --> 00:54:56.960

It's not a marriage if if you do make a decision about a sponsor and at some point months, weeks, months or years down the road, decide that this isn't the relationship that you were hoping was going to be, or you think there might be another and a member that that can sponsor you, uh, that really.



314 "Steve Rusch" (3417590016)

00:54:56.960 --> 00:55:00.690

It can be more meaningful then you do have the ability to.

315 "Steve Rusch" (3417590016)

00:55:00.690 --> 00:55:13.110

Change tell the current sponsor, thank you very much for the time that we spent together, but it's time for me to move on and then move on to another sponsorship. The sponsor relationship. It's not a marriage.

316 "Steve Rusch" (3417590016)

00:55:13.110 --> 00:55:29.820

Thank you, thank you. And before we move on to the survey portion, Steve, I just want to let, you know that in the question section. We did some get some really great feedback. Just about a few of our participants today being 3 years clean, and just feeling at home and just.

317 "Steve Rusch" (3417590016)

00:55:29.820 --> 00:55:36.270

Thanking you for this presentation today, so I just wanted to let, you know that, um.

318 "Steve Rusch" (3417590016)

00:55:36.270 --> 00:55:56.270

But again, thank you for your time, in this informative presentation, there is a 5 question survey on your side panel. And so we just kindly ask that you take a few moments to fill this out to help us keep our marriage relevant to you. And if you haven't done, so, already feel free to listen to the replays of any of our past years seminars.

319 "Steve Rusch" (3417590016)

00:55:56.270 --> 00:56:01.200

And you can sign up to receive automatic email reminders for any upcoming.

320 "Steve Rusch" (3417590016)

00:56:01.200 --> 00:56:06.060

Sessions that we do have, um, you can find that link in our chat.

321 "Steve Rusch" (3417590016)

00:56:06.060 --> 00:56:10.350

Thank you all for attending today and help you have a great rest of your day.