**RURAL RECOVERY BREAKOUT BRAINSTORMING SESSION**

**MONTANA REGION CONVENTION OF NARCOTICS ANONYMOUS**

**OCTOBER 26, 2013**

**1. What are we doing that’s working?**

* Home group studies literature
* Each Saturday a different format
* Two areas in Region – rotate meetings between cities
* Region meets quarterly in central area of state
* Sponsorship – taking sponsees on road trips to groups that are struggling
* “Steal the Banner”
* Large rock is rotated around the state that takes at least two members to carry to another group.
* Everybody is welcome at service meetings and has a voice whether they have an elected position or not.
* Short term service positions
* Grow slowly
* Have an activity or potluck for service events
* Montana Gathering and MTRCNA
* Clarity of message
* Simplicity of communication – posters, business cards
* PI efforts
* Speaker meetings – road trips
* Workshops/Pizza on clear message
* Literature/IP studies – to keep meetings recovery focused
* Game night – fellowship
* Stick to it
* PSAs
* Helpline (Google voice)
* Video tech. for work groups
* Email lists
* Road trips
* Fellowship development workshops
* Sharing topic decisions
* Food
* Give-aways/on tables/other
* Webpage announcements; resource area/podcasts
* Sponsorship
* H&I/PI outreach
* Commitment
* Supporting each other’s events (regions, areas and groups)
* Having events
* Facebook – social media
* Groups cooperating with each other
* H&I – strong relationship with outside entity
* PI – up to date, accurate meeting information
* Each member precious
* Keep meeting recovery oriented with clear message

**2. Are there things we used to do that can work again?**

* Road trips again
* Regional newsletter
	+ Communicate events and recovery
	+ Send to surrounding regions and areas
* PI efforts – Posters – Old School
* Literature racks/meeting lists
* Phoneline – rides to meetings
* Carpool – rides to support small meetings
* H&I
* Getting younger people involved/sponsorship
* Sponsors involving sponsees in service
* Bring excitement back to recovery
* Stigma of an addict – being a useful member
* Reach out to treatment centers/panels
* Leading by example
* Road trips
* Position descriptions – clarify and understand
* Campout mid-state
* Speaker jam
* Play capture-the-mug
* Unity rock
* GSR Assembly
* Music fest (CA)
* Food
* Silly fun
* Road Trip
* Fundraiser
* Passion for H&I

**3. Identify areas for new technology and tools to aid Rural Recovery**

* Facebook page (not part of service structure)
	+ Montucky Fellowship
	+ Rapid Recovery
* Use Twitter for announcements
* Regional websites -
	+ Speaker meeting audio recordings for download or listening
* Email
* Snail mail still works
* Online meeting using video conferencing technology
* Apps?
* Texting groups
* Apps – podcasts – speaker apps
* Keep it brief
* Meeting location app
* Internet video conferencing
* Remember people who can’t – posters on how to
* Online meetings
* Remote sponsorship/Skype etc.
* Online chat with helpline
* Text blasts/meeting reminders
* Website listserv
* Online service meetings
* Podcasts
* CD Library – speakers online
* Tech training for Luddites
* Contacting counselors – video offerings
* Collect professional’s emails
* H&I video line
* Direct video linkage into treatment centers
* Access to speaker tapes
* Explore teleconferencing
* Online Unity meeting – link-up speakers once monthly?
* Meeting by mail

**4. What can the service system do to aid Rural Recovery? Areas/Regions/NAWS**

* Group discussion Forum quarterly
* How to start a group discussions
* Recognize differences in how groups develop in rural areas – service structure shouldn’t be “imposed”
* Cultural differences locally
* Recognize “bottom-up” factor
* Use communication, collaboration, practicality, flexibility
* Circular communication, rather than top-down or bottom-up. Global form
* NAWS technology assistance tools
* I.D. “rural” as worldwide/variation
* Regional website – region, areas, groups
* Use social media
* Email – speakers tapes sites
* Photo drop box library @ area or region
* Promote NA Way, tools that are available to us

**5. What can we do personally as individual members to help others in Rural Recovery?**

* H&I involvement
* PR involvement
* Sponsorship into service
* Stewardship of service positions
* Spreading experience of how to start meetings
* Road trips
* Follow through on commitments
* Outreach committee
* Select and empower and support trusted servants
* Talk on the phone
* Hold conventions/campouts with newcomer fund
* Help get others to events
* Get literature to where it is needed
* Multiple people on jobs/tasks
* Mentoring in service positions
* Try it again! Evolve.
* Stay excited/clean
* Attend events outside your area; take someone with you
* Willing to commit
* Support H&I
* Promote Montana NA website