

Narcotics Anonymous
**A Resource in the
Community**



The East End Area of NA
eastendarea.org



Agenda

A Brief Introduction to NA

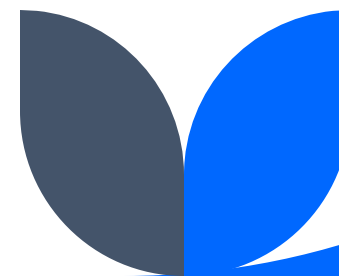
Our Primary Purpose

NA Meetings, Steps, and Traditions

How Our Program Works

NA Cooperation with Professionals and Organizations

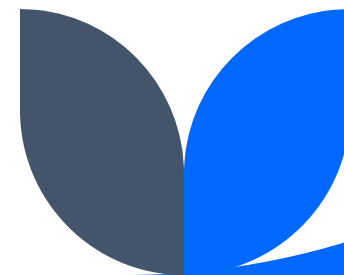
Where to Find Us





A Brief Introduction to NA

- Founded in 1953, our members now hold over **72k** weekly meetings in over 140 countries; **500+** meetings in the Greater Pittsburgh Region
- We are a nonprofit, nonprofessional (volunteer-based) fellowship of recovering addicts that help each other stay clean
- We are an inclusive, spiritual - not religious, program; anyone may join us regardless of age, race, sexual/gender identity, creed, religion, or lack of religion
- Our program is comprised of 12 steps and traditions based on spiritual (or ethical) principles (e.g. honesty, open-mindedness, courage, etc.)
- Member's apply our spiritual program **in whichever way is most effective for them individually** – this may be through their personal religion, a more general “higher power” or even atheism/agnosticism based on principles





Our Primary Purpose

- Each NA group has one primary purpose – to carry the message to the addict that still suffers
 - Our message is that *“An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”*
- Our program of recovery is based on the 12 Steps of NA and helping others
- Members work these steps with the help of a “sponsor” to guide them
- We also observe a set of 12 Traditions to help preserve our fellowship and guide interactions with society at-large

NA Meetings

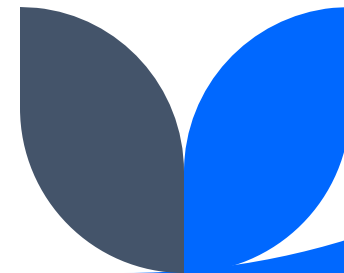
- Two or more NA members gathering constitute a meeting; meetings create an atmosphere of recovery from drug dependence
- NA meetings are self-supporting and self-organizing by those who choose to contribute and participate (no fees or dues)
- Members typically share their personal experiences with addiction and recovery; experienced older members support and guide newer members
- Guidelines of how to conduct an NA meeting are available





How NA Works

- Our definition of addiction is all-inclusive of drugs, alcohol or other illicit mind/mood-altering substances
- We are recovering addicts who meet regularly to help each other stay clean
- This is a program of complete abstinence from drugs and alcohol, but the only requirement for membership is a desire to stop using
- Our members support one another and celebrate recovery milestones
- We study and practice spiritual or ethical principles in the form of “steps” and “traditions”
- People using Drug Replacement Therapy (e.g. suboxone or methadone) are welcome and encouraged to attend our meetings






The 12 Steps and Traditions of NA

The Twelve Steps

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends on NA unity.
 2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
 3. The only requirement for membership is a desire to stop using.
 4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
 5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
 6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
 7. Every NA group ought to be fully self-supporting, declining outside contributions.
 8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
 9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
 10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
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NA as a Solution

Based on a 2018 [survey](#) of 28k NA members, NA has proven to be an effective means of recovering from addiction for a many people.


- 15% of our members are under the age of 30, and 15% are over 60; average age is 45
- 91% say they've experienced significant improvement in Family Relationships, 87% in Social Connections, 78% in Employment, and 55% in Education
- 45% of our members say that a treatment facility/professional organization was a significant influence in attending their first meeting
- Average length of time clean of respondents was 11 years





NA Cooperation with Professionals and Organizations

- We welcome your clients and community members to our meetings, especially those that think they may have a problem with drugs or alcohol
- Presentations to professionals and clients, printed material, helplines, resources, and websites are available
- There is no cost or fee to attend NA recovery meetings or for NA presentations
- Clients/patients benefit by connecting with a support network and resources to long-term recovery
- Professionals and organizations benefit from increased retention and success for their clients/patients via aftercare support
- Our Public Relations committee is the primary point of contact for outside organizations



“An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom.”

- Narcotics Anonymous Basic Text, p. 95

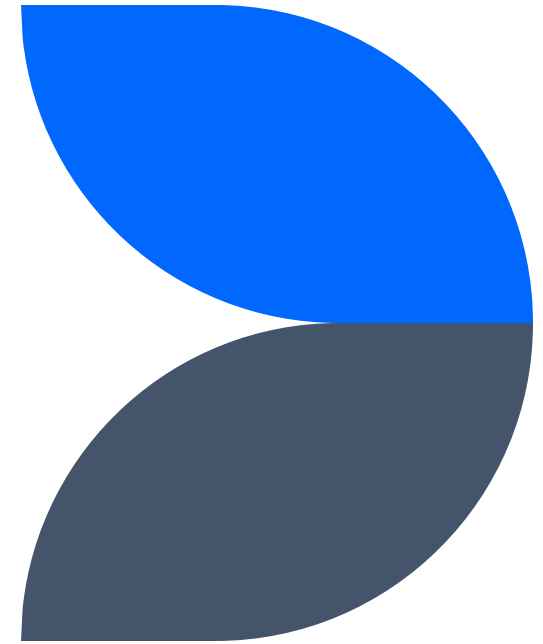
Summary

- We are a society of people who help each other stay clean and recover from addiction; founded in 1953, many of our members enjoy many years of complete abstinence from all drugs
- Our members hold over 500 weekly meetings in the Greater Pittsburgh region, over 72k weekly meetings worldwide in 140+ countries, helping millions of people find a new way of life
- We are an inclusive, spiritual - not religious, program; anyone may join us regardless of age, race, sexual/gender identity, creed, religion, or lack of religion
- Learn more at NA.org or eastendarea.org



Thank you!

Q&A



Contact Us

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tristate-na.org