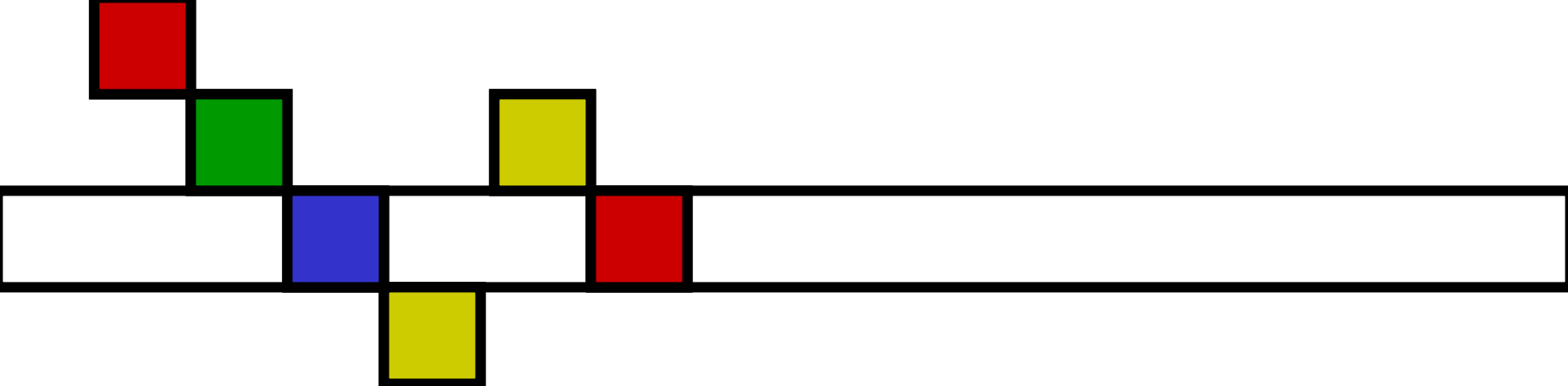


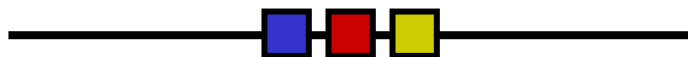
WELCOME!

Sacramento Fellowship Learning Day Agenda

12:00-12:30	Consensus-based Decision Making
12:35-12:50	Public Relations
12:55-1:15	Phone Line
1:20-1:35	Outreach
1:40-2:00	Hospitals & Institutions



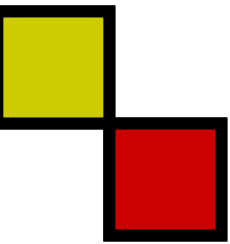
Consensus Decision Making



In the Sacramento Fellowship
of Narcotics Anonymous



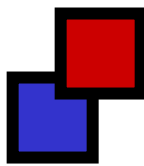
A Working Definition of Consensus



Derives from the Latin con meaning “with” or “together with” and *sentir* meaning to “think” or “feel”.

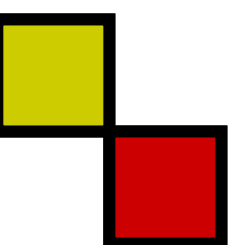

So, “*consensus*” means to “*think or feel together.*”

Consensus is a process by which a common mind of the meeting is sought about the wisest way forward on a particular issue at the time.



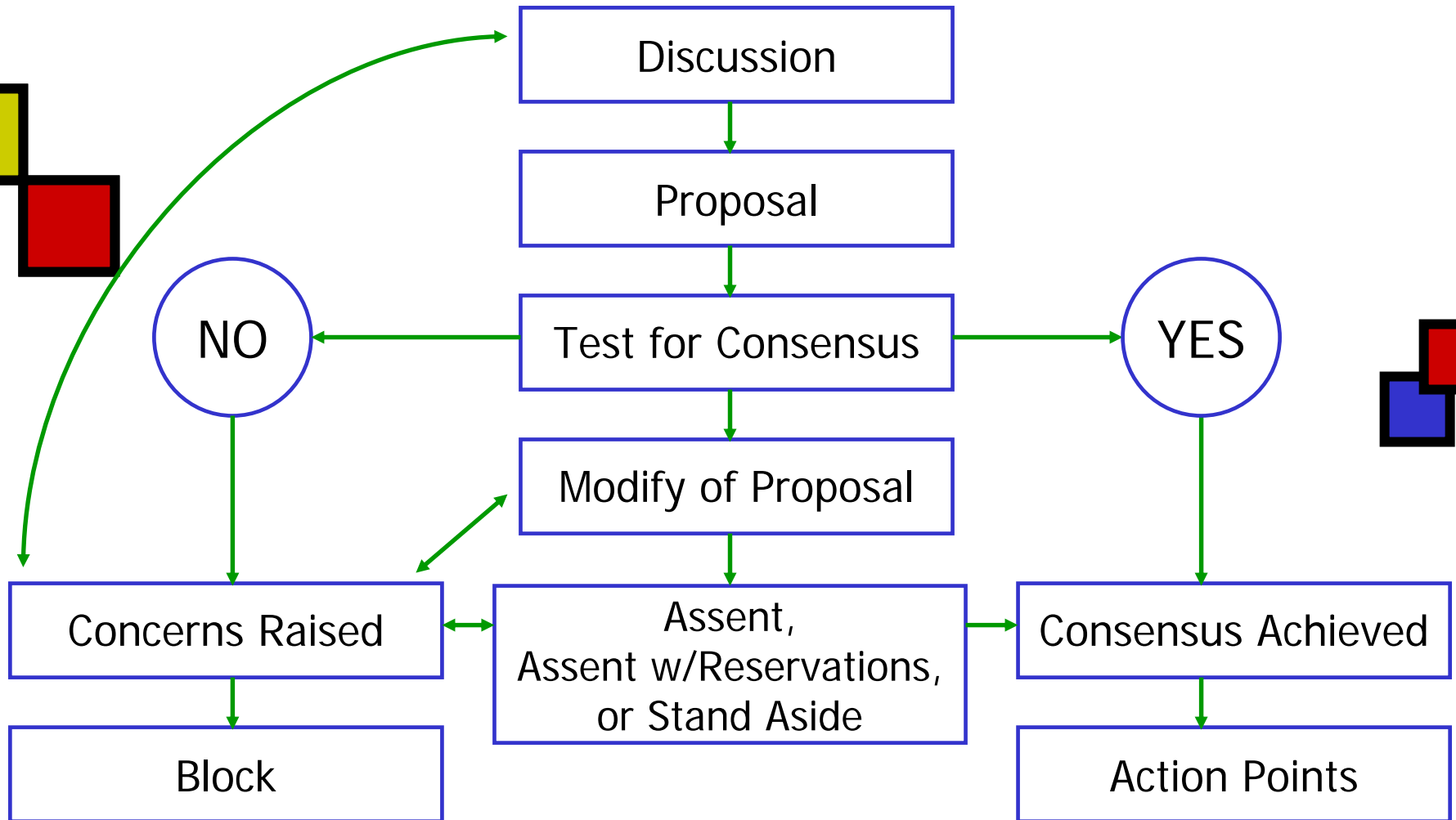


Consensus decision making is...

- A cooperative process for making decisions in which everyone consents to the decisions of the group
 - Not everyone's first preference necessarily, but true consent
 - Decisions should reflect the integrated will of the whole group
 - Preserves the interests and integrity of all participants
 - A problem-solving orientation for people who wish to work together
 - Not a process for determining whose ideas are best, but searching together for the best solution for the group
 - A questioning process, not the "okey-doke"
 - The decision is in this room — our job is to find it
 - Have respect and enjoy creative conflict
- 
- 

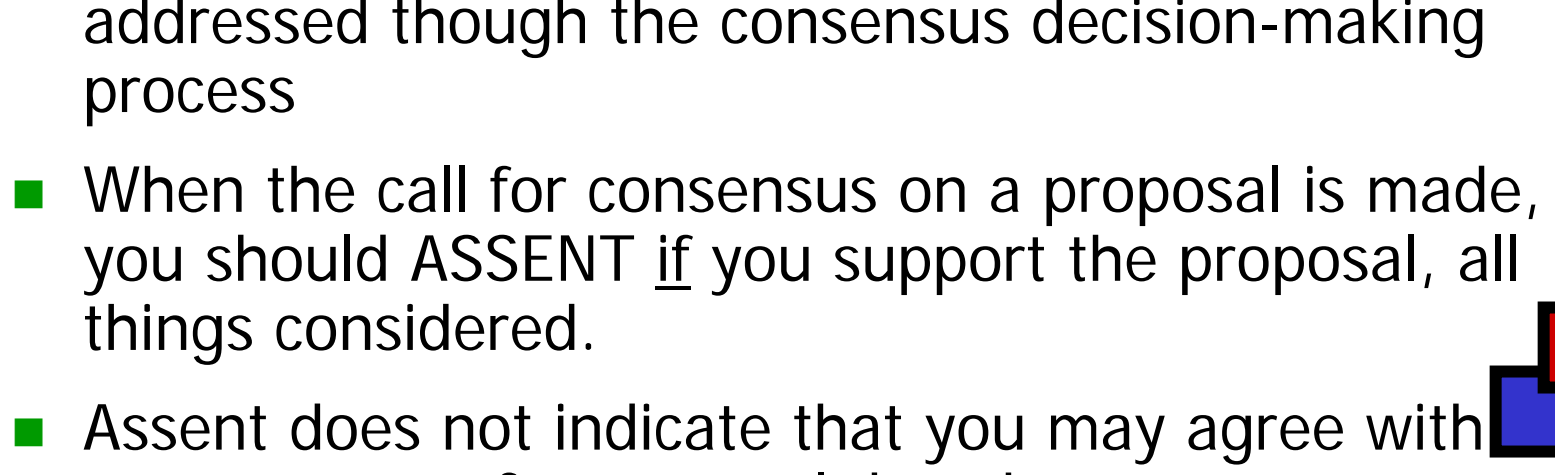


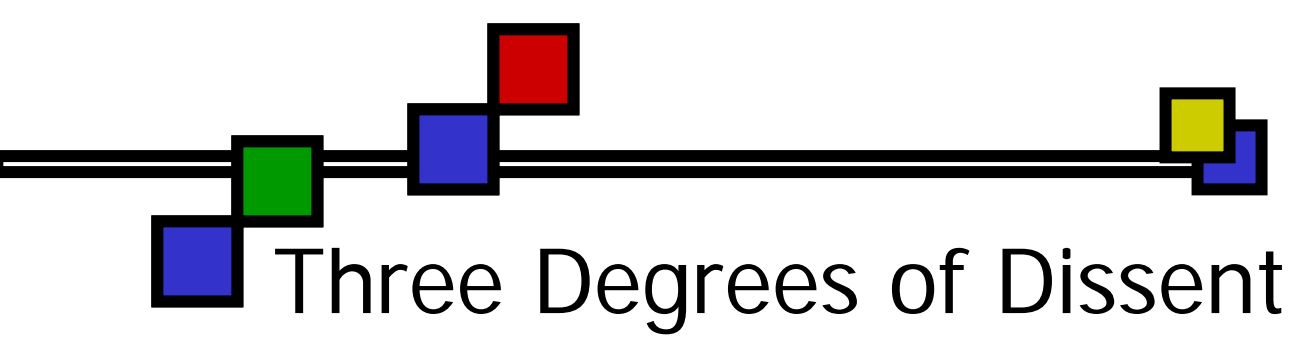
How It Works:



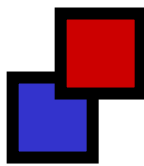
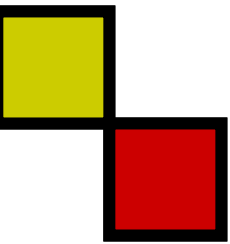


Ideally...

- concerns and reservations will be identified and addressed through the consensus decision-making process
 - When the call for consensus on a proposal is made, you should **ASSENT** if you support the proposal, all things considered.
 - Assent does not indicate that you may agree with every aspect of a proposal, but that you...
 - have heard the discussion,
 - have had a chance to participate in the process of finalizing the proposal, and
 - are prepared to support the final proposal.
 - Assent is signified by remaining silent.
- 



- Assent with Reservations
- Stand Aside
- Block



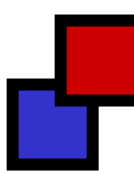


Three Degrees of Dissent



- Assent with Reservations

"I think this may be a mistake but I can live with it"

- Assent with Reservations if you are willing to let a motion pass but want to register your concerns
 - Do so by raising your hand and, when called on by the facilitator, simply saying "Assent with Reservations." The assumption is that the reservations have been heard already, and you are simply noting that you can support the proposal and continue to have these reservations.
 - If there are significant reservations about a proposal, the body may choose to modify or re-word it.
- 

- Stand Aside

- Block



Three Degrees of Dissent

- Assent with Reservations
- Stand Aside

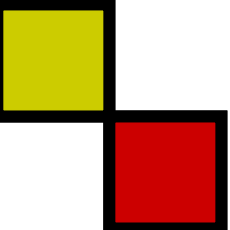
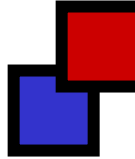
"I personally can't do this, but I won't stop others from doing it."

- Stand Aside if you have a serious personal disagreement with a proposal, but are willing to let the proposal pass. The concerns of group members standing aside are usually addressed by modifications to the proposal.
- a sizable number of Stand Asides (~33% or more) of those present will indicate that a consensus to adopt the proposal is too weak. The proposal is then either dropped or delegated to the maker of the proposal or an Ad Hoc Committee for reworking.

- Block
- 
- 



Three Degrees of Dissent

- Assent with Reservations
 - Stand Aside
 - Block -- *"I cannot support this or allow the group to support this. It is against our principles."*
 - A rare and extreme form of dissent taken only if you honestly believe that some very fundamental moral or spiritual principle, a Tradition or Concept would be violated.
 - A GSR who blocks should note any specific objections to the proposal that have not already been registered in the discussion.
 - We will apply the "Unanimity minus five" (or U-5) system which recognizes the ability of 5 or more GSRs to actively block a decision.
 - If consensus is blocked or no reasonable consensus can be reached, the group stays with whatever the previous decision was on the subject or does nothing.
- 
- 



Robert's Rules of Order

Consensus Decision Making

Competitive, win/lose

Problem-solving, cooperative

Discussion constrained by motion

Multiple concerns and info can be considered

Discussion takes the form of a debate with a win-lose approach.

Discussion involves active listening and sharing information.

Few constraints are placed on the order or frequency of speaking.

Norms limit number of times one asks to speak to ensure that each speaker is fully heard.

Differences resolved by voting on motion.

Differences resolved by discussion. Facilitator identifies areas of agreement and names disagreements to push discussion deeper.

Chair calls for a vote.

Facilitator articulates the sense of the discussion, asks if there are other concerns, and proposes a "minute" of the decision.

Winners and losers are identified. Decision belongs to the winners.

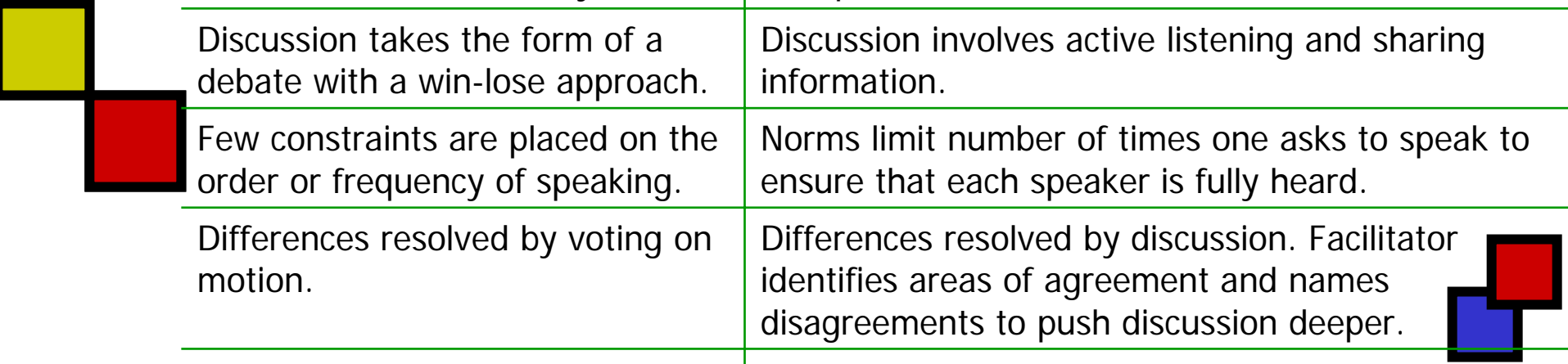
Group as a whole is responsible for the decision, and the decision belongs to the group.

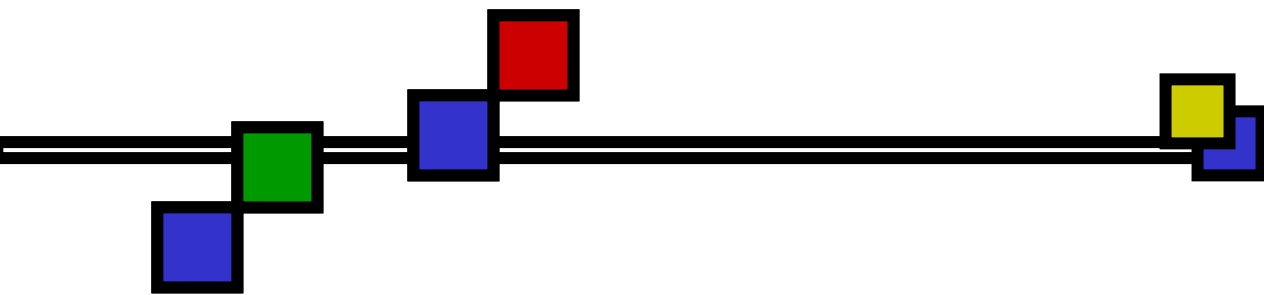
Chair's vote can determine the decision when votes are tied.

Facilitator can discern if a minority concerns warrant a delay in a decision.

Dissenters' perspectives suppressed in majority vote.

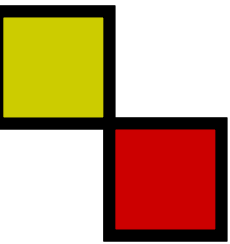
Dissenters' perspectives are embraced and incorporated into decisions.





CDM Requires Practicing Spiritual Principles
such as...

- Patience
- Open-mindedness
- Trust
- Faith
- Good will
- Honesty



Public Relations work in the Sacramento Fellowship of



NA's Public Relations Statement

*Our vision is that one day,
Narcotics Anonymous has
universal recognition as a viable
program of recovery.*

Why is PR important to NA members?

- Enables us to share our message broadly so that those who might benefit from our program of recovery can find us
- increases the awareness and credibility of the NA program
- help us to further our primary purpose.

Making NA a visible and attractive choice

- We clarify what services NA can and cannot provide to the community.
- We make NA members more aware of their role in NA's public image.
- We aim for the public to recognize NA as a positive and reliable organization.
- We develop valuable relationships with professionals and the general public.

Groups:

the final responsibility and authority for all services

Groups contribute to the administration of services by

- providing a GSR to participate in decision making and communication
- contributing funds necessary to carry out services
- identifying/recruiting members who can contribute to service tasks

Core Tasks

Internal Tasks

External Tasks

Treasurer +
Asst. Treasurer

Finances

**New GSR
Orientation**

Helpline

Liaison to AR
PI for now

Establishes relationship with
local printers/copy shops,
produces fliers as needed

**Pubs &
Printing**

**Newcomer
Workshops**

Postering

Task leader + sector
/ captains needed!

Website

Outreach

**Presentations
to schools &
public**

**Letter
Writing**

Task leader needed!
Purpose: to inform
schools, hospitals
& community
organizations of NA
resources.

Literature

**Learning
to Serve**

H & I

**Schedule +
NAWS db**

**Upcoming
Activity?**

**Literature to
ER Waiting
Rooms**

Health Fairs

Task Leaders selected as
opportunities arise

**Core Task
Coordinator:
ASC Chair**

**Internal Task
Coordinator:
ASC Vice Chair**

**Public Relations
Coordinator**

Coordinators would communicate
with task-group leaders regularly;
task groups would meet as needed
(if at all).

In most cases, the Coordinators
would report to ASC on behalf of
the task leaders. Communication
between Core, Internal, & External
tasks will be accomplished at Admin.

Service Admin. Council

Chair, Vice Chair, AA, P&P, Treasurer, Asst. Treasurer, RCMs
PR Coordinator, and any interested members

SacFNA's Current PR Initiatives

Up & Running*

- H&I
- Phone Line
- PACT (Police and Community Team – Parollee Orientation)
- Schedules to Probation/Parole
- Health Fairs

*though we're always eager for more volunteers

Stalled & in Need of Major Help!**

- Help line posters
- Letter Writing
- Schools
- Literature to ERs

**please complete an Area Service Pool Information Sheet!

DRUG PROBLEM? NEED HELP?

Recovery from drug addiction happens
in Narcotics Anonymous meetings!



Call our helpline:
1-877-NA3-6363



Visit us online: www.sacfna.org

NA Helpline
1-877-NA3-6363

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How Local NA Members can Support our Public Relations:

- Strive to make service attractive – be a positive example of our program in action
- Identify members who may have skills, but not much experience, and support their involvement in service
- Encourage your spouses to participate in service
- Invite those members who may have been of service in the past to join in current projects
- Create a pool of trusted servants who mentor newer participants

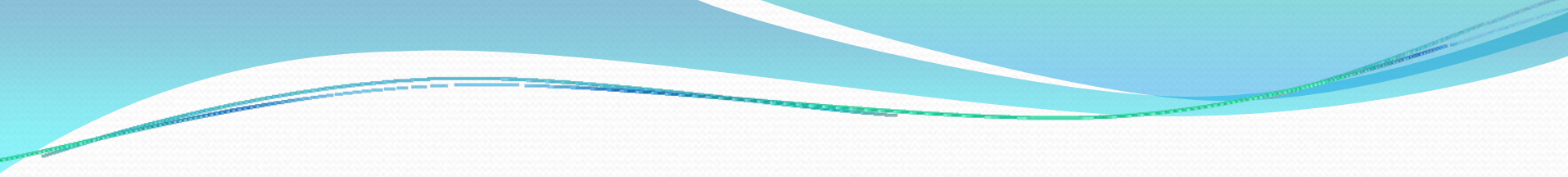
**Sacramento Fellowship
Narcotics Anonymous**

Help Line

877-623-6363

What we are and what we are not

- "We are dedicated to the proposition that no addict seeking recovery need die from the horrors of addiction."
- Our primary objective is to get the addict to a meeting.

- 
- We are **not** crisis counselors, doctors, or psychologists, etc., and **do not** have the right to give professional advice.
 - Callers with issues that, in the volunteer's opinion, are beyond the boundaries of Narcotics Anonymous should be quickly and politely given the Sacramento Community Resources number (916) 498-1000 and/or 911.

The options available to a caller

- #1-A recorded listing of meeting times and locations.
- #2-Transfer to a help-line volunteer.
- #3-Transfer to the American River Narcotics Anonymous line.
- #4-A listing of other Northern California Helpline #'s.
- #5-Leave a message of meeting changes, for the admin staff, or contact someone in Public Information.
- #6-A list of local area events.

Why an addict calls

- They may be visiting from out of the state
- They may be unsure what happens at a meeting.
- They may be new to the area.
- They may just need to talk.



Questions frequently asked by callers

Are all the meetings the same?

- There are many different types of meetings, a symbol can be found on the meeting schedule next to the meeting name that tells what type of meetings are available.
- Book studies, tag, topic, speaker, candle meetings.
- 1 , 1 ½, 2 hours.
- Early morning, mid-day, evening, night.

How much does NA cost?

Are you counselors?

- There are no fees or dues to be a member of NA. The only requirement for membership is the desire to stop using. We are not professional counselors; we are recovering addicts who share our experience to help each other stay clean.

What should I expect when I go to my first NA meeting? Do I have to speak?

- Typically a leader or chairperson will conduct the meeting. There is usually time for participation in which members share about their experience, strength, and hope with staying clean. You do not have to speak during the meeting if you don't want to. We encourage you to get there a little early so that you can speak with some of the members and pick up some literature before the meeting starts.



I am from out of town and am staying at What's the closest meeting to me?

- I'd be happy to give you directions using map quest or google-maps if internet access isn't available to you.
- What time of day are you interested in attending?

I'm not comfortable giving you my address but I really need to go to a meeting.

- The meeting schedule is on our website www.sacfna.org and can be downloaded.
- Option 1 is a meeting listing by the days of the week, the caller can call back a listen to a recorded message.



I heard that my old friend, Jane Smith is in NA. Can I have her phone number?

- We are not at liberty to give out contact information for individuals who may or may not be members.

My son/daughter is using drugs and want to stop taking drugs. Can I go with him/her to their first meeting?

- You may attend an “open” NA meeting with your son/daughter. Open meetings welcome family members and the community at large. Closed meetings are for addicts only. Let me check our meeting list, so I can give you several choices of open meetings...



Volunteers share a memorable
experience...

As a volunteer when your telephone rings...

- The Help line number shows up on your caller ID.
- Answer the phone and press the number “1” to accept the call.
 - -if you do not press the number “1” the call will not be routed to you.
- The computer will announce that you are connected
 - -Say “ I am (your name) and I am a recovering addict.”

How long are the phone shifts?

- The shifts are 4 hours
 - 6am-10am
 - 10am-2pm
 - 2pm-6pm
 - 6pm-10pm
 - 10pm-2pm

What are the requirements?

How do I sign up?

- 6 months continuous clean time.
- A willingness to serve.
- Contact Tracy G
 - 916-640-7680; tracyblythe@live.com



Outreach

Supporting the needs of groups
in the Sacramento Fellowship

Core Outreach Functions Underway

- Checking on MIA meetings
- Updating schedule
- Recruiting support for groups in need
- Facilitating group inventories

What are the characteristics of a Home Group?

How can members serve their Home Groups?

A Vision for Outreach

- Only as robust as our willingness to serve
- Endless possibilities...
 - What do you need?
 - What can you support? (people, time, money)
- I look forward to your ideas & participation!

Carrying the Message into Hospitals & Institutions

Sacramento Fellowship of NA
H & I Working Group

Facilities Served by Sac Fellowship:

■ Locked-down facilities

- Sacramento County Jail (Downtown/Main and RCCC)
- Yolo County Jail
- Yolo County Juvenile Hall
- Sacramento County Mental Health

■ Open facilities

- St. John's Shelter for Women & Children
 - Wayfarer Center & Walter's House
 - Job Corps
 - Cache Creek Lodge
-

Why Get Involved?

- Hospitals and Institutions service offers addicts an opportunity to demonstrate gratitude, fulfill responsibility, and share the NA message without expectations.
- It is an effective tool that helps us stay clean, and keeps us coming back.
- The H & I message is the same as the NA message: “That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”
- The gift we share is hope and freedom from active addiction through the program of Narcotics Anonymous.
- Any NA member who wants to carry this message is encouraged to get involved with H & I service.
- There are many ways to serve in Narcotics Anonymous, and many of us have found H & I service to be the most rewarding aspect of our recovery.

from “Hospitals and Institutions Service and the NA Member”

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How Do I Get Involved?

- Contact the coordinator for the facility where you want to serve or come to our monthly working group meeting.
 - Thoroughly complete an application (required for lock-downs, not others)
 - Attend an orientation by the facility and/or a seasoned volunteer. Pay careful attention to facility rules; our ability to serve in each facility depends on it!
-

How It (an H&I commitment) Works

- Most volunteers commit to one night per month
 - Volunteers pair up in most lock-downs (both volunteers need clearance)
 - In open facilities, volunteers will line up a chair person (clean time requirements vary)
 - The addicts in these facilities depend on us to get an NA meeting
 - To the members inside and the facility administrators, we represent NA. It's important to consider how our dress and behavior may be viewed.
-

DOs & DON'Ts of H & I Service

DO

- Emphasize that NA recovery is available to all addicts regardless of drugs used.
- Make directories of outside meetings available to residents.
- Start and end on time!
- Obey the dress code & exercise common sense.
- Adhere to each facility's rules and security regulations.
- Involve residents with the meeting, especially those in long term facilities.

DON'T

- Emphasize "using days" while sharing an NA message of recovery.
- Use excessive profanity.
- Break another person's anonymity.
- Debate any issues involving facility rules, regulations, or other programs.
- Get involved in discussions on outside issues, including opinions regarding psych meds.
- Take messages or carry letters in or out of the facility.
- Discuss any inmate's case or their guilt or innocence.

Sac County Main Jail

- 5 meetings per week
 - 3 Monday night meetings (2 women's pods, 1 men's)
 - Women's book study on Thursday mornings
 - Men's book study on Thursday nights
- Your coordinators: Beth T. & Johnny N.



Sac County's RCCC

- Women's meeting on Wednesday nights
- Men's meeting on Thursday nights
- Your coordinators: Anita O & Mike L .



Yolo County Jail

- 2 Monday night meetings, scheduled back-to-back
- Men & women mixed
- Your coordinator: Tom H.



Yolo County Juvenile Hall

- 2 Sunday night meetings, back-to-back
- Mixed group of young men & women
- Your coordinator: Glenn L.



Sacramento County Mental Health

- Wednesday nights
- Your coordinator: Pam W.



Yolo Wayfarer Center & Walter's House

- Yolo Wayfarer Center is a shelter that tries to steer their clients into recovery.
- Meetings are on **Tuesday** nights.
- They also operate a treatment center called Walter's House.
- We bring a meeting in to these clients on **Friday** nights.
- No formal clearance – just work with Leann W. who coordinates both.



Cache Creek Lodge

- In & out-patient treatment center
- Jason coordinates Saturday night meetings
- No formal clearance procedures, just work through Jason W.



St. John's Shelter for Women

- Shelter and services for women & families transitioning out of homelessness
- Thursday night meetings
- No formal clearance
- Your coordinator: Kathy S.



Job Corps Vocational Training Center

- Job Corps provides job training for young adults
- Tuesday night meetings
- No formal clearance
- This meeting is currently on hold pending meetings with the organization's new director
- Once re-established we'll need volunteers and a coordinator. Contact Glenn, please!

**YOUR
IMAGE
HERE!**

What do I do now?

- Pick up a Facilities Guide. It has information on each of the meetings and the contact info for the coordinators.
 - Ask our working group coordinators (Glenn L. or Bryan T.) where the greatest needs are.
 - Check your schedule and figure out which nights you have available.
 - Call a coordinator to learn more.
 - Take the next step. Do the next right thing.
-