



Welcome to “NA 101”!



Reducing Stigma for Members on DRT and MAT

Presented by: Northern California Region of Narcotics Anonymous



NA 101: Reducing Stigma for Members on DRT and MAT



Large Group Discussion:

When members begin their journey in Narcotics Anonymous on DRT (Drug Replacement Therapy) and MAT (Medically Assisted Treatment), how does this affect their sense of welcome and acceptance by our Fellowship?



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Some Common Issues:

- Judgment and/or condescension
- Being ignored or excluded
- Not being taken seriously
- Finding appropriate opportunities to serve



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What does our literature say?

- Remember our Third Tradition!
 - “Each of us has a part to play in making NA groups welcoming to everyone. Doing so requires checking our reservations about the recovery of others.” (*Guiding Principles*, page 47)
 - “Because we can’t judge the sole requirement for membership, we are encouraged to open wide the doors of our meetings to any addict who wishes to join. We are asked to extend to others the care and concern that helped each one of us find a sense of belonging.” (*It Works: How and Why*, page 144)



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What does our literature say? *(continued)*

- Our Tenth Tradition also reminds us:
 - “There are issues closely related to our primary purpose that may feel urgent – it might seem like we should take a position on public policy or trends in addiction treatment, but in fact these things have nothing to do with Narcotics Anonymous.” *(Guiding Principles, page 179)*
 - “When outside issues seem to affect the atmosphere of recovery or the quality of our meetings, we are often more successful when we look for ways to strengthen the atmosphere from within, rather than trying to control things outside of NA.” *(Guiding Principles, page 190)*



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Small Group Discussion:

- What actions can my homegroup take to help members who come to NA on DRT/MAT feel more included?
- What actions can I take to make sure I'm not "writing off" a member whose journey doesn't reflect my own?
- What can we as members do when we see unwelcoming attitudes or behaviors in our meetings?



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Sharing Solutions!

“Tolerance reminds us that judgment is not our task. The disease of addiction does not exclude anyone. NA, likewise, cannot exclude any addict who desires to stop using.” (*It Works: How and Why*, page 109)

“Sometimes people come to NA meetings while still using drugs, detoxing from drugs, or on drug replacement therapy. Regardless of what you may be taking when you first come to NA, you are welcome.” (IP #29, *An Introduction to NA Meetings*)



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Thank you for participating!

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