

Narcotics



Anonymous

Narcotics Anonymous is a nonprofit fellowship of men and women for whom drugs had become a major problem.

Narcotics Anonymous

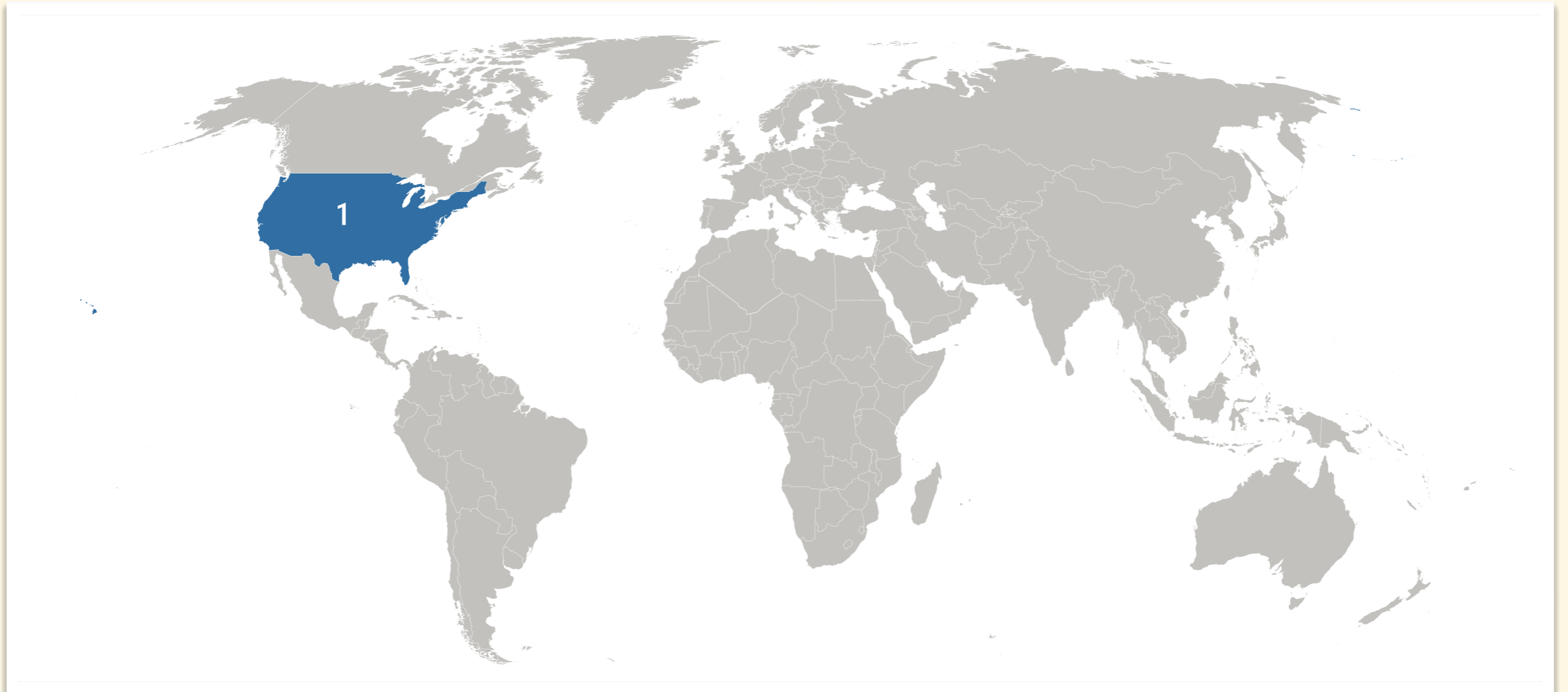
Where We Come From

Narcotics Anonymous began as an offshoot of the Alcoholics Anonymous (AA) program.

The NA program started as a small U.S. movement that has grown into one of the world's oldest and largest organizations of its type.

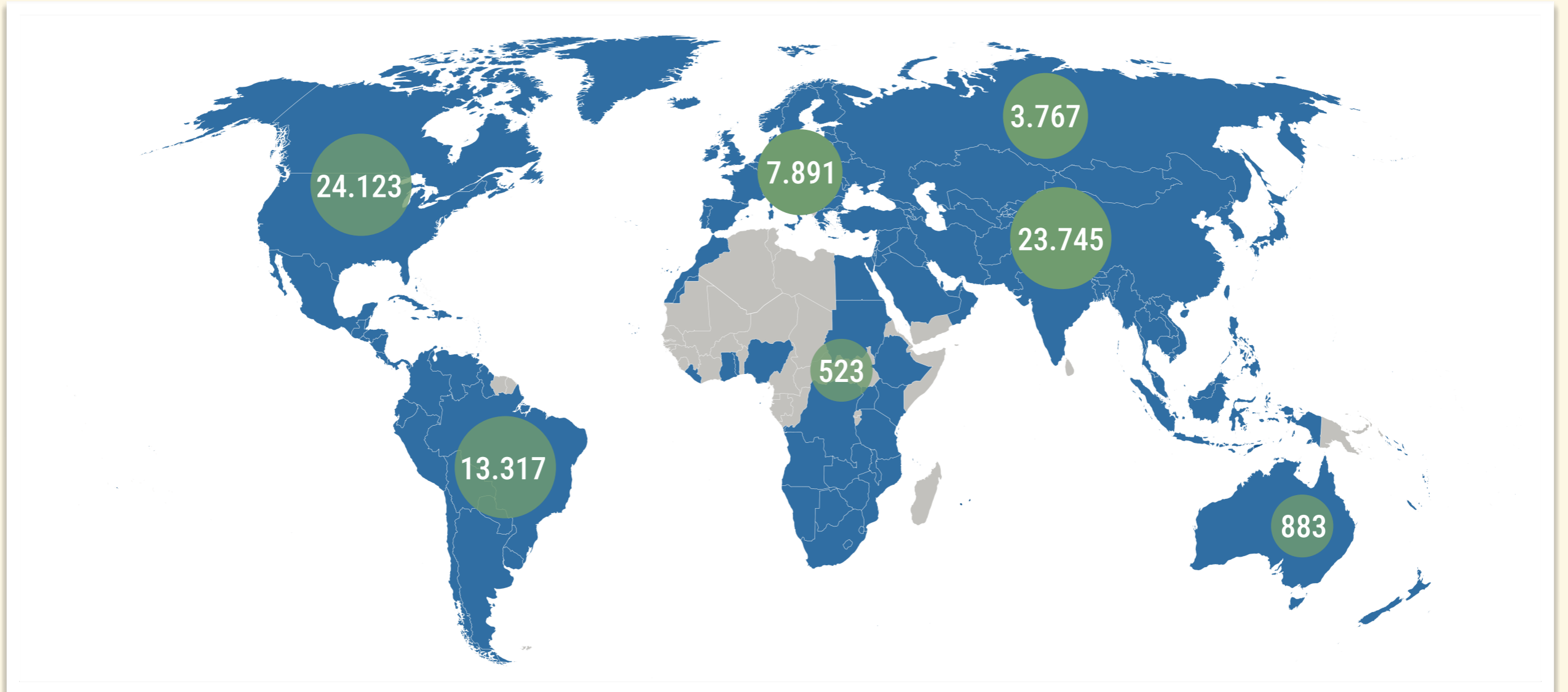


Narcotics Anonymous®



First NA Meeting

The first NA meeting was held in Los Angeles in 1953.



NA Meetings 2023

As of May 2023 there were more than 77,000 NA meetings in 145 countries.



First NA Meeting in Europe 1978

The first NA meetings in Europe were held in 1978, on U.S. Army bases in Germany.

More meetings started
in Ireland and the UK.



NA Meetings in Europe

Followed by NA
communities forming in
other parts of Europe.

Today there are 7.891
NA Meetings per week.



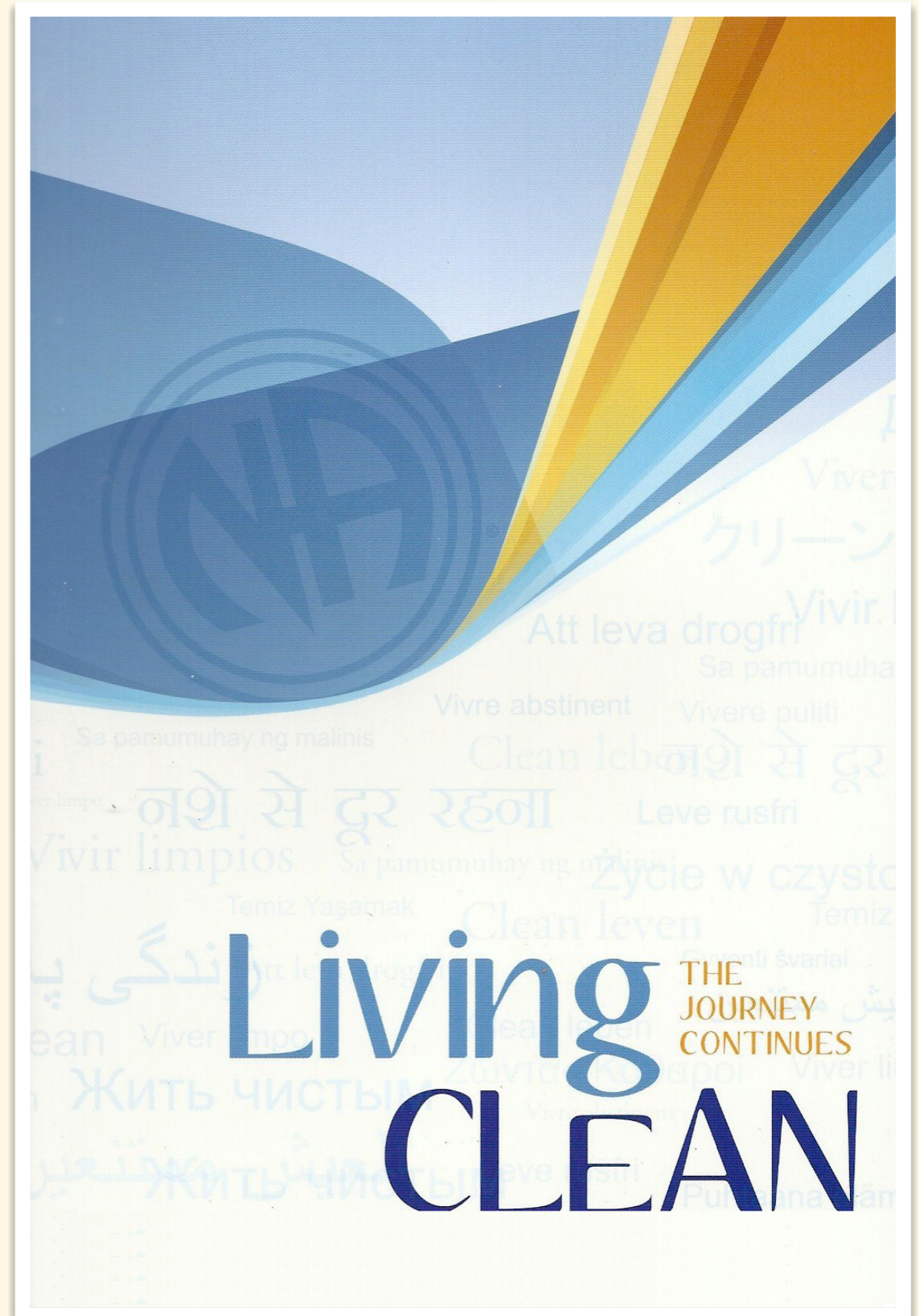
NA Meetings in Europe 2024

There are NA meetings in
almost every country of
Europe.

Narcotics Anonymous

How It Works

Following some guidelines and working closely with other members, addicts learn to stop using drugs and face the challenges of daily living.



Membership

- ✓ Anyone who wants to stop using drugs.
- ✓ Not limited to any particular drugs.
- ✓ Members make an individual decision to join and recover at their own pace.

Anonymity

- ✓ Without fear of legal or social repercussions.
- ✓ Members introduce themselves just with their first name.
- ✓ NA does not provide membership lists.

Spiritual Approach

- ✓ Narcotics Anonymous is not a religious organization.
- ✓ Narcotics Anonymous does not mandate any particular belief system.
- ✓ It does teach spiritual principles that may be applied in everyday life.



NA Recovery Meetings

The core of the NA recovery program.

NA Recovery Meetings

- ✓ Meetings held regularly at the same time and place each week, usually in a public facility.
- ✓ Only first names are used, and attendance is kept private within the meeting.
- ✓ Meetings are free to attend - money is accepted by voluntary donation only.

NA Recovery Meetings

- ✓ Participants share personal experience.
- ✓ Focus on solutions, not just the problem.
- ✓ Meetings celebrate clean time to encourage each other to stay clean.





Sponsorship

One addict helping another is an essential part of the N.A. program.

Sponsorship

- ✓ More experienced members work individually with newer members by sharing their experience.
- ✓ Primarily a so called „Sponsor“ serves as guide through the 12 Steps of Recovery.
- ✓ Any NA member is free to choose any other member as a sponsor.

Recovery In Action

Step Working

It does teach spiritual principles that may be applied in everyday life.

The core of the NA program is the „Twelve Steps“



THE
NARCOTICS ANONYMOUS
STEP WORKING GUIDES



Service in NA

Members can be ACTIVELY involved in Meetings and other supportive Service



NA Conventions

Weekend events with speaker meetings and clean party to celebrate recovery.

2018 Narcotics Anonymous Membership Survey

The 2018 survey received the highest member participation to date. There were 28,495 responses. Members were able to complete a survey at the 2018 World Convention of NA (WCNA) in Orlando, Florida, USA, or online. There were a few responses via mail. For this survey we had responses from 27 European countries and Russia. We collect these data to provide information about the NA Fellowship, to strengthen our public relations efforts, and to learn more about how and where we carry our message of recovery. We initiated a Membership Survey at WCNA in 1996 and have continued it for 22 years.

NA Membership

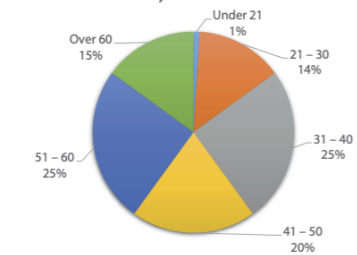
NA is composed of people who come from many races, cultures, age groups, professions, and backgrounds. The only requirement to become an NA member is the desire to stop using drugs. The decision to become a member in the NA Fellowship rests with the individual.

There are no annual dues or fees for membership: We are self-supporting through member contributions and the sales of recovery literature.

NA is a community-based organization that holds more than 70,000 weekly meetings in 144 countries.*

Age

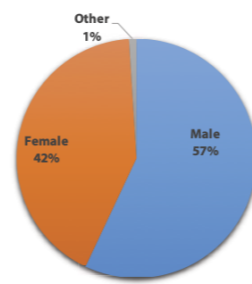
Based on survey responses, the average age of NA members is 46 years.



* As of May 2018

Gender

The gender composite changed from 2015. In that survey, 41% were female and 59% were male.



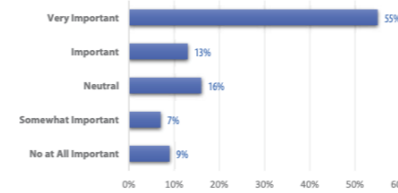
Ethnicity

The ethnic diversity of our membership, at times, seems to be correlated with geographic location; the 2018 survey was made available at WCNA in Orlando, Florida in our international journal *The NA Way Magazine*, and on our website. When we conducted this survey in 2018:

- 70% of respondents were Caucasian;
- 13% were African American;
- 7% were Hispanic;
- 4% identified as multiracial;
- 2% were Asian;
- 1% was Indigenous; and
- 1% identified as other.

Approximately 63% of survey returns were completed online or via mail/fax. This survey seems to reflect the ethnicity of those who completed whether online or at the convention; the location of the convention may not have affected ethnicity responses. This survey did see a decrease with Caucasians and a slight increase with African-American and Hispanic members.

Importance of First NA Meeting

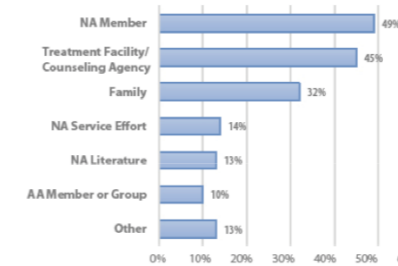


Influences to Attend First NA Meeting and to Stay in NA

The 2018 survey indicates that members perceive their first NA meeting as very important; we also asked respondents about their influence to stay in NA and 82% reported identification as a key component. Since NA meetings vary, both in members attending and meeting formats, we encourage people to try different meetings to find that vital identification.

In the graph below, the number one influence to attend NA meetings was an NA member 49%; a treatment facility or counseling agency was noted as the second important influence 45%. Many members are introduced to NA while participating in treatment and/or counseling. The Informational Pamphlet #29, *An Introduction to NA Meetings*, which explains practices that may be unfamiliar to those at their first meeting or early in recovery could be helpful to persons in early recovery.

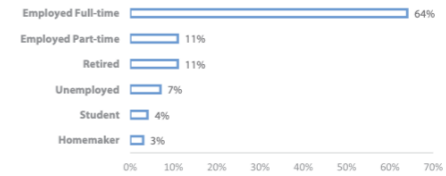
Multiple answers were permitted; only the top seven choices are shown.



Meeting Attendance

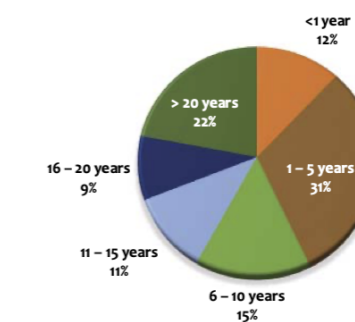
Regular attendance at NA meetings provides the opportunity to experience the NA message of recovery. Members surveyed attend an average of 2.19 meetings per week.

Employment Status



Years Drug-Free

Based on survey responses, the average length of cleantime in NA is 11.41 years.

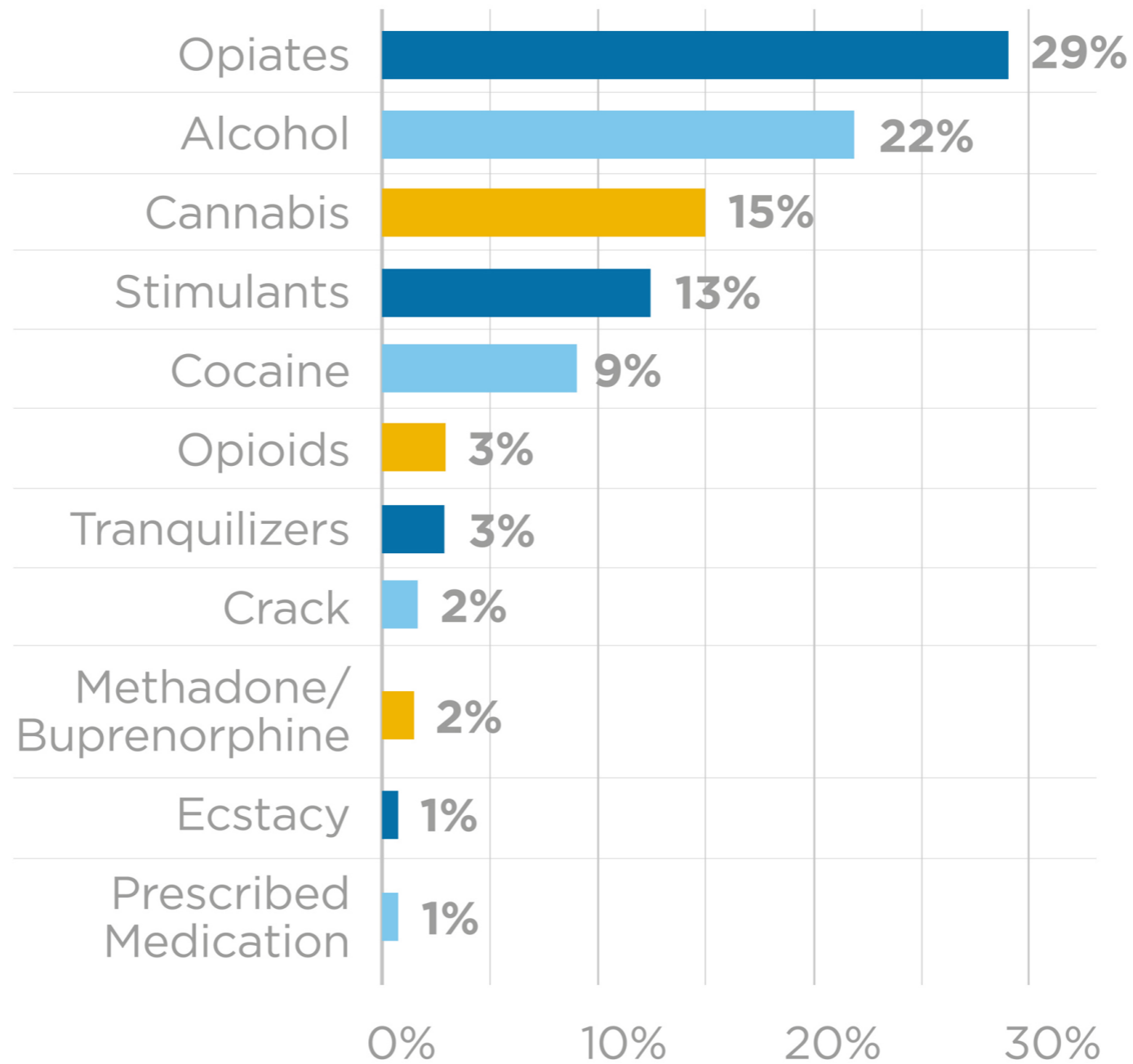


Membership Survey Europe 2018

We do membership surveys, but evaluation is made by an outside statistic company

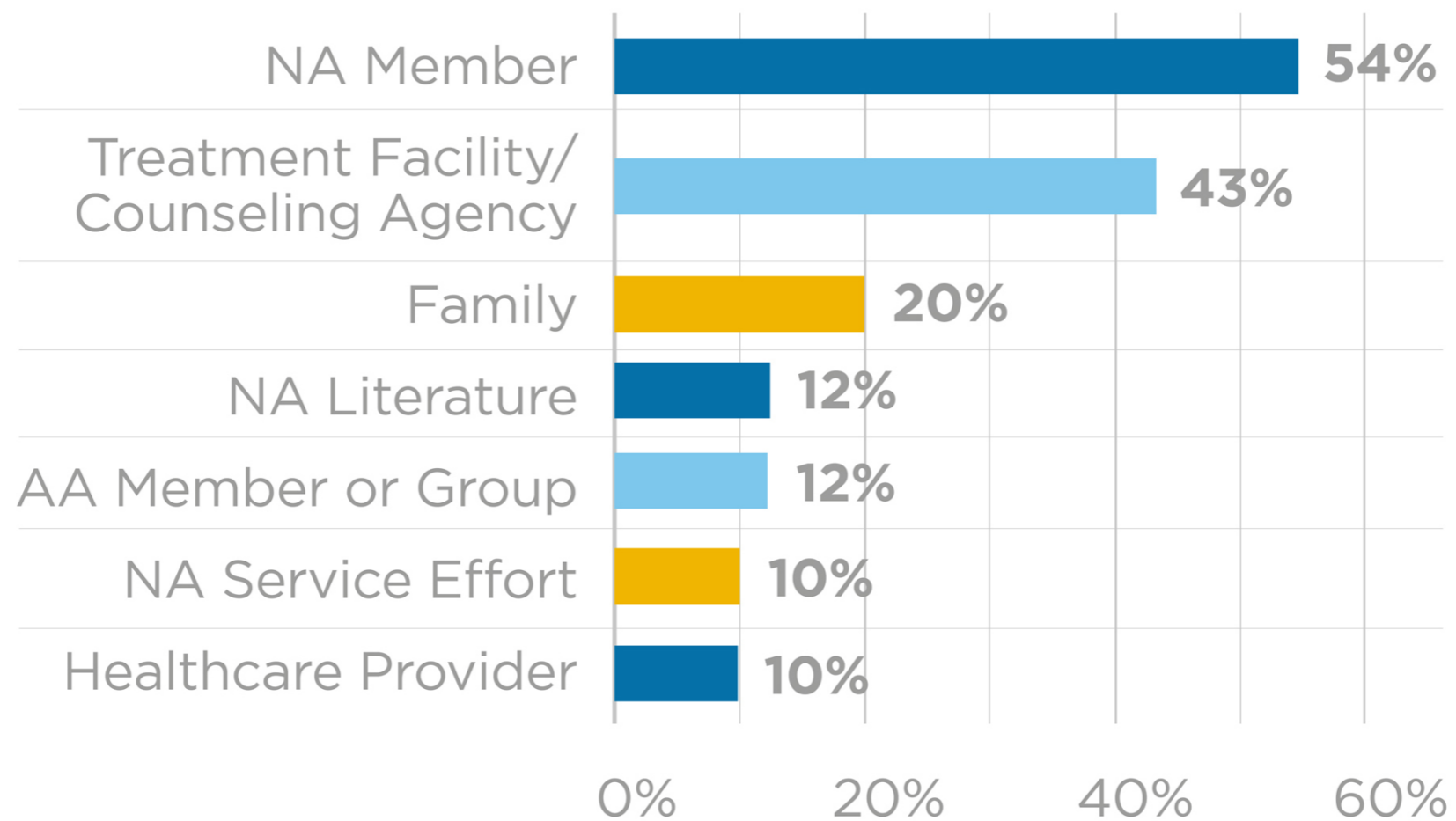
Primary Drug Use

Multiple answers were allowed.



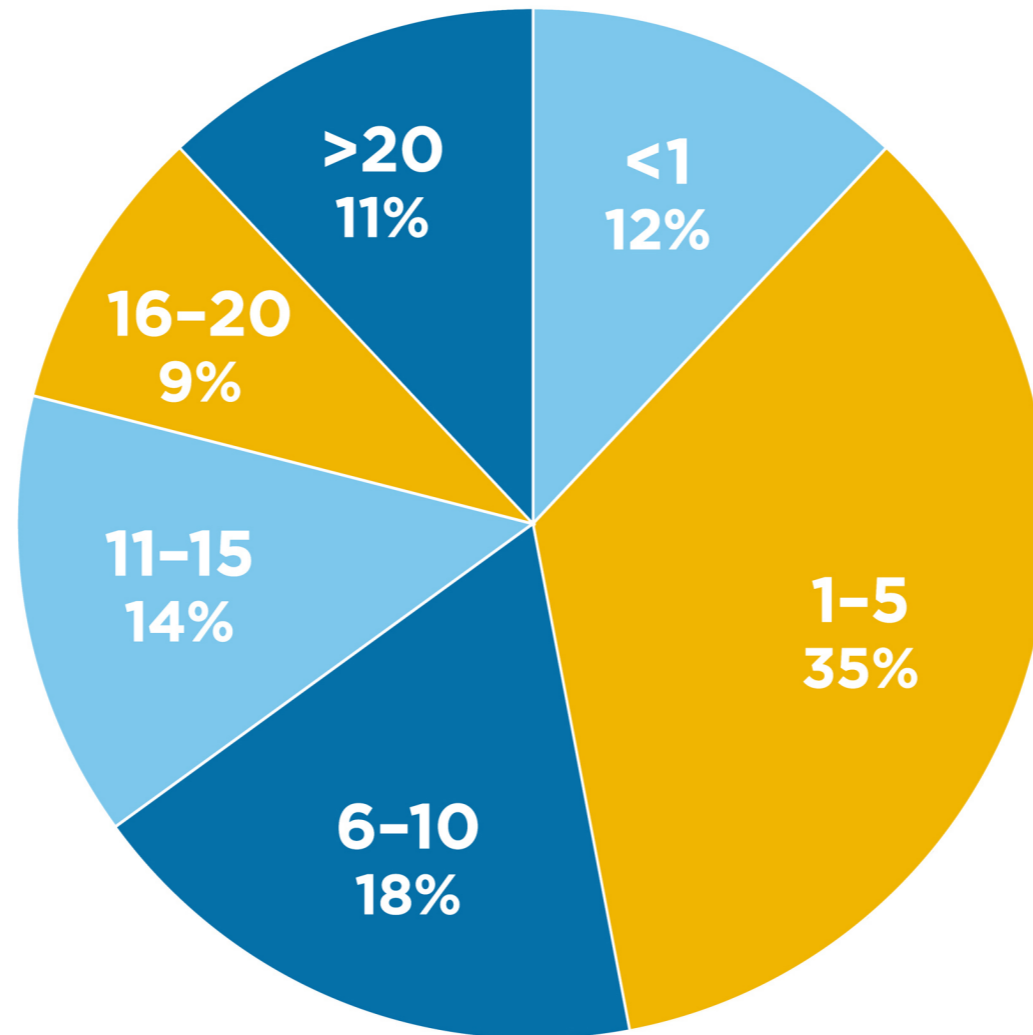
Influence to Attend NA Meeting

Multiple answers were allowed.

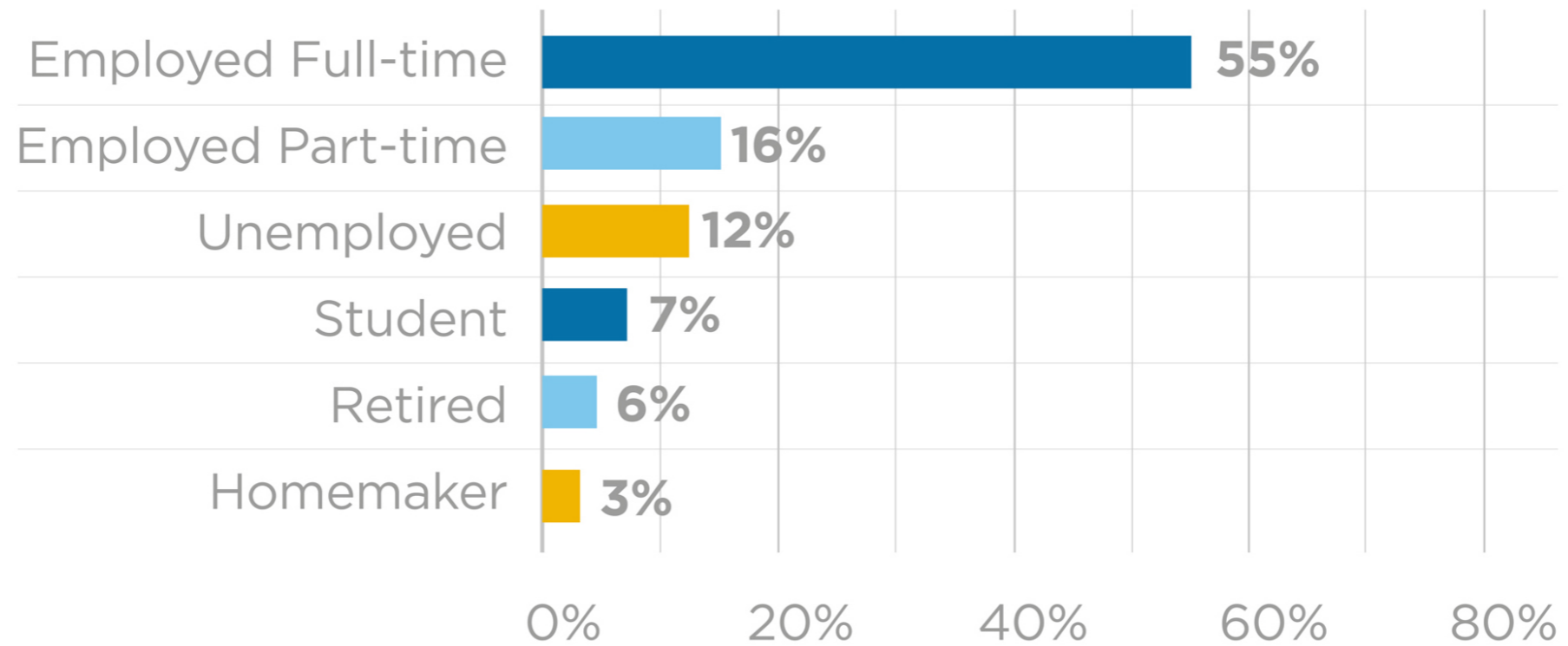


Years Clean

European average length of cleantime in NA is 8.86 years.

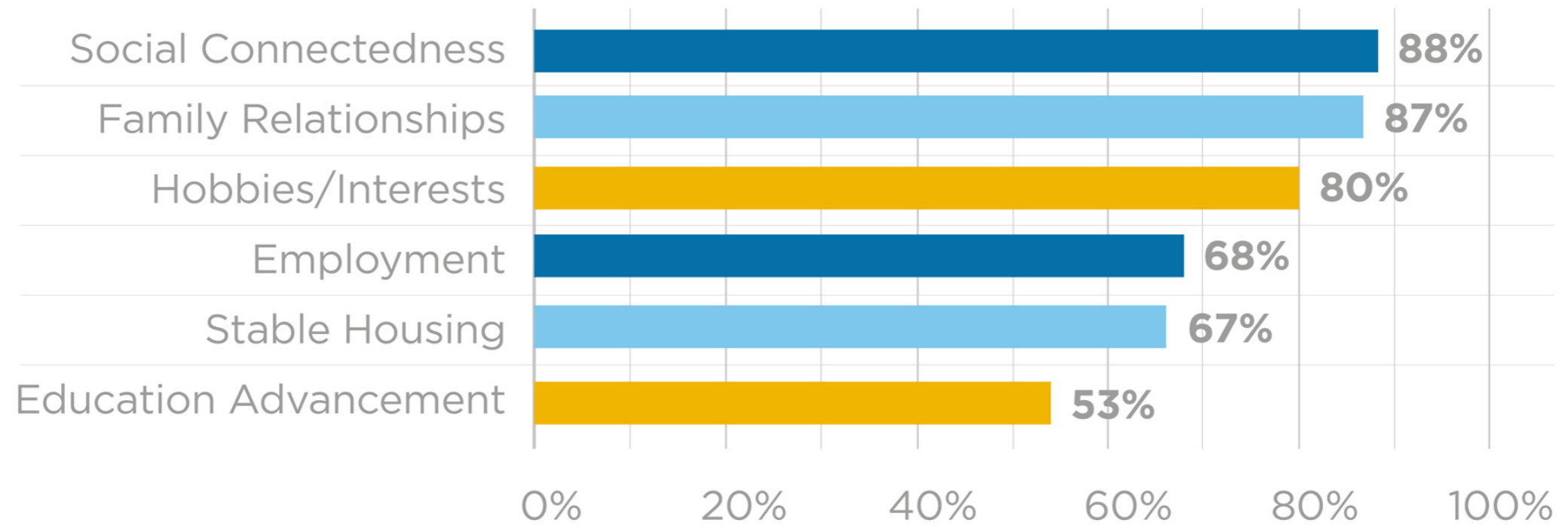


Employment Status



Quality of Life Improvement Areas

Multiple answers were allowed.



Thank you for your attention



European Delegates Meeting

www.EDMNA.org

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