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.
The first NA meeting was held in Los Angeles in 1953.
As of May 2014 there were more than 67,000 NA meetings in 132 countries.
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.
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.
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“
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
2015 MEMBERSHIP SURVEY
NARCOTICS ANONYMOUS – EUROPE

At every NA World Convention since 1996, NA World Services has distributed demographic surveys. In 2009, the survey was disseminated at the world convention that was held in Barcelona, Spain. With increased community collaboration, the Europeans were encouraged to participate in the 2015 Membership Survey online and via mail and fax. There were 2,176 responses from European members in 2009; for the 2015 survey, there were 3,012 responses from Europeans. We collect these data to provide information about our fellowship, strengthen our public relations efforts, and learn more about how and where we carry our message of recovery.

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 of membership in the NA Fellowship rests with the individual.

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

NA is a community-based organization that holds nearly 67,000 weekly meetings in 139 countries.*

Gender

- Male: 57%
- Female: 25%
- Other: 18%

Ethnicity

The ethnic diversity of our membership tends to be representative of the geographic location; however, the ethnicity responses for the 2015 survey were primarily received via online surveys and fax/mail. When we conducted this survey in 2015,

- 90% of respondents were White (Caucasian; of European descent);
- 3% identified as multiracial;
- 2% were Asian;
- 2% were Black;
- 1% were Hispanic; and
- 2% were other.

Influence to Attend First NA Meeting

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

Employment Status

- Full time: 55%
- Part time: 14%
- Unemployed: 14%
- Student: 7%
- Retired: 5%
- Homemaker: 4%

Years Drug-Free

The European average length of abstinence in NA.

Primary Drug Used

Multiple answers were allowed.

Drugs Used on a Regular Basis

Multiple answers were allowed.
Gender

Male 57%
Female 25%
Other 18%
Ethnicity

- 90% of respondents were White (Caucasian; of European descent);
- 3% identified as multiracial;
- 2% were Asian;
- 2% were Black;
- 1% were Hispanic; and
- 2% were other.
Importance of First NA Meeting

<table>
<thead>
<tr>
<th>Perception</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very important</td>
<td>53%</td>
</tr>
<tr>
<td>Neutral</td>
<td>17%</td>
</tr>
<tr>
<td>Important</td>
<td>14%</td>
</tr>
<tr>
<td>Somewhat important</td>
<td>9%</td>
</tr>
<tr>
<td>Not at all important</td>
<td>6%</td>
</tr>
</tbody>
</table>
Influence to Attend First NA Meeting

© NAWS Membership Survey 2015 - Europe
Meeting Attendance

3.1 meetings per week.
Employment Status

- Full time: 55%
- Part time: 15%
- Unemployed: 14%
- Student: 7%
- Retired: 5%
- Homemaker: 4%

© NAWS Membership Survey 2015 - Europe
Years Drug-Free

- 1 – 5 years: 40%
- 6 – 10 years: 19%
- 11 – 15 years: 13%
- 16 – 20 years: 8%
- > 20 years: 12%
- < 1 year: 8%
Primary Drug Used

<table>
<thead>
<tr>
<th>Drug</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opiates</td>
<td>35%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>16%</td>
</tr>
<tr>
<td>Cannabis</td>
<td>14%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>12%</td>
</tr>
<tr>
<td>Stimulants</td>
<td>11%</td>
</tr>
<tr>
<td>Crack</td>
<td>3%</td>
</tr>
</tbody>
</table>

© NAWS Membership Survey 2015 - Europe
Drugs Used on a Regular Basis

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Areas of Life Affected by Drug Use

- Able to retain own place of residence: 36%
- Employed: 34%
- Able to maintain family relationships: 19%
- Capable of supporting a family: 13%
- Able to preserve a committed, intimate relationship: 8%
- None of the above: 47%

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Quality-of-Life Improvement Areas

- Family relationships: 89%
- Social connectedness: 88%
- Hobbies/interests: 79%
- Stable housing: 74%
- Employment: 71%
- Education advancement: 61%
Thank you for your attention