




WHAT ABOUT  
**YOUNG**  
**ADDICTS**  
IN RECOVERY?




# AGENDA 90 MIN

- Welcome & opening
  - Personal Share
  - Young Addicts Convention in the Netherlands
  - Small Group Discussion
  - Large Group Summary
  - Wrap Up: Key takeaways
- 

# YOUNG ADDICTS IN RECOVERY

“It’s never too early to start  
recovering in the program of  
Narcotics Anonymous”.



The image features a white background with abstract, colorful splashes in the corners. The top-left corner has a splash of blue, teal, and orange with a white curved line. The bottom-right corner has a large splash of orange, yellow, and red with two white geometric shapes: a diamond and a circle. The text is centered in a dark blue, sans-serif font.

What specific  
challenges do you think  
young people face in  
recovery?

# YOUNG ADDICTS IN THE NETHERLANDS

## HOW AND WHY IT WORKS



# NA EVENTS FOR YOUNG ADDICTS

## BACKGROUND

Young addicts have been recovering together for years in special interest groups called: “Jongeren Meetings”, the number of young addicts in the dutch fellowship today is significant and growing.

 <p><b>1st DUTCH YOUTH CONVENTION</b></p> <p>Please Pre-Register: <a href="mailto:NA1710@gmail.com">NA1710@gmail.com</a></p> <p><b>NO AGE RESTRICTIONS</b></p> <p><b>DATE:</b> 26-27 July 2014</p> <p><b>LOCATION:</b> Bosstraat 1A 5066BE Moergestel</p> <p><b>ENTREE:</b> (Food &amp; Sleeping included) for info about staying over see registration mail.</p>																	
<p><b>By car:</b> Exit 26 Moergestel 200 m Left to Schoolstraat (after the roundabout go straight ahead for 150m) Left right to De Scherpen 100 m Go take the first left at Bosstraat there you are.</p> <p><b>By Public Transport:</b> Take bus 142 at station Tilburg to Best, get out at road Bosstraat, walk back for 30m till poststraat straight ahead till the restaurant there you are.</p> <p><b>Contact:</b> Chris: +31641397812 (Chairman) Maurice: +3163677495 (Program)</p>	<p><b>day 1:</b></p> <table border="1"> <tr><th>TIME</th><th>Program</th></tr> <tr><td>12:30</td><td>Registration</td></tr> <tr><td>14:00</td><td>openings share</td></tr> <tr><td>15:15</td><td>Young in recovery for the parents and guardians of young addict</td></tr> <tr><td>16:30</td><td>Relatie's</td></tr> <tr><td>17:30</td><td>Bar Be Que</td></tr> <tr><td>20:00</td><td>FIREPIT</td></tr> <tr><td>22:00</td><td>DANCE</td></tr> </table>	TIME	Program	12:30	Registration	14:00	openings share	15:15	Young in recovery for the parents and guardians of young addict	16:30	Relatie's	17:30	Bar Be Que	20:00	FIREPIT	22:00	DANCE
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2014



2016



2019



2021




2024

# NA EVENTS FOR YOUNG ADDICTS ACTIVITIES / PROGRAM

Program matching interests of local young addicts in recovery, in The Netherlands these were:

- Activities like hiking, yoga, swimming and other sports. Camping, available or included in entrance fee.
- Special interest topic meetings: relationships, family.
- Dance – With Theme
- H&I Presentations/Workshops.
- Improvisation on meals and meetings.

*Adding typical local activities to a youth convention program helps attendees identify and connect.*



YCNA2024 PROGRAMMA

VRIJDAG HOOFDINGANG	VRIJDAG BOERDERIJ	VRIJDAG WOONHUIS	VRIJDAG KAMPVUUR 1	VRIJDAG KAMPVUUR 2	VRIJDAG STRAND
15:00u Aankomst & registratie	19:00 - 20:30 Rad van Herstel	17:00 Start Marathon meeting	21:00 - 22:00 Sprekersmeeting Topic: Loslaten	21:30 - 22:30 Kampvuur	16:00 - 17:00 Kennismaking Over de streep
16:30 - 19:00 Foodtruck	20:45 - 21:45 Rainbow & friends meeting	22:00 Einde Marathon meeting			
ZATERDAG HOOFDINGANG	ZATERDAG BOERDERIJ	ZATERDAG WOONHUIS	ZATERDAG KAMPVUUR 1	ZATERDAG SCHUUR 1	ZATERDAG STRAND
10:00u Aankomst & registratie	09:00 - 10:30 Ontbijt	10:00 Start Marathon meeting	10:00 - 11:00 Wandeling in tweetallen	11:00 - 12:00 Just For Today Meeting	10:00 - 10:30 Geleide meditatie yoga
16:30 - 19:00 Foodtruck	12:00 - 13:00 Lunch	22:00 Einde Marathon meeting		13:15 - 15:30 Workshop Meetings	15:30 - 16:45 Vrouwenmeeting
	19:30 Cleantime Countdown			15:30 - 16:45 Sprekermeeting	
	20:00 - 22:30 Dance event				
ZONDAG HOOFDINGANG	ZONDAG BOERDERIJ	ZONDAG WOONHUIS	ZONDAG KAMPVUUR 1	ZONDAG SCHUUR 1	ZONDAG STRAND
10:00u Aankomst & registratie	09:00 - 10:30 Ontbijt	10:00 Start Marathon meeting		11:00 - 12:00 Spiritual Principle Meeting	10:00 - 10:30 Yoga
	12:00 - 13:00 Lunch	15:00 Einde Marathon meeting		13:15 - 14:30 Sprekermeeting	
15:00 Vertrek	15:00 Vertrek	15:00 Vertrek	15:00 Vertrek	15:00 Vertrek	15:00 Vertrek

Van 23:00u 's avonds tot 08:00u 's ochtends moet het buiten stil zijn.

# NA EVENTS FOR YOUNG ADDICTS DO`S

Program matching interests of local young addicts in recovery:

## **DO'S**

- Fill all open service positions
- Meet on a regular basis with the committee
- Record important committee decisions in meeting notes
- Include action agenda in meeting notes

**THE DONT'S ARE NOT LISTED: "We Lead by example"**





# SMALL GROUP SCENARIOS 30 MIN



# SMALL GROUP FACILITATORS GUIDELINES:

- Choose someone to take notes.
- Remind the group of their task and **time** limit.
- Make sure **everyone gets to share** their thoughts.
- Help the group **summarize the key insights and takeaways** to share with everyone.

Remember, there are no wrong or right answers!






# SCENARIO 1

## "EVERYONE I KNOW STILL USES."

Ava is 19, just got clean, but all her friends still party. She feels isolated, misses the fun, and sometimes feels she's missing out.

### Discussion Questions:

- How can we build a new support network in NA?
  - What fellowship activities would attract and retain young people?
- 



## SCENARIO 2

# "MY FAMILY DOESN'T TRUST NA."

Jordan is 18, and their parents don't like them going to meetings. They think NA is too "cultish" or filled with older people who might be a bad influence.

### Discussion Questions:

- What myths or fears do families have about NA?
  - What might go into a "Starter Kit" for families?
- 



## SCENARIO 3

# "I'M AFRAID TO BE SEEN AT A MEETING."

Alex is 17 and lives in a small town. He wants recovery but is terrified someone from school will see him at a meeting or online NA event. He doesn't want to be "outed" or judged.

### Discussion Questions:

- How can young people protect their anonymity in school, online, and social media?
  - What spiritual principles help us let go of fear and still show up?
- 




## SCENARIO 4

# "I FEEL LIKE A KID IN THE ROOM."

Riley is 20 and feels out of place in meetings. Everyone seems older, more settled, and already knows each other. Riley doesn't know where they fit in.

### Discussion Questions:

- How can doing service help young members feel connected and find meaning in NA?
  - What simple things can home groups do to make sure everyone feels included, safe, and encouraged to share their story and grow together?
- 




## SCENARIO 5

# "I'M NOT SURE I BELONG HERE."

Dani is 21 and wonders if she's "addict enough." She didn't hit a deep bottom or go to jail, and older members sometimes say, "I wish I got clean at your age." "You're lucky you didn't lose everything." "At your age, I was just getting started, you'll be fine." It makes her feel small and unsure.

### Discussion Questions:

- What does *belonging* mean in NA and how can we help young people believe they deserve their seat, no matter their story?
  - How do we respond when comparisons make someone feel like their pain is less valid?
- 




## SCENARIO 6

# "NO ONE IN MY AREA LOOKS LIKE ME."

Tasha is 20, queer, and lives in a conservative town. Her meetings are full of older straight men. She feels out of place but wants to stay clean.

### Discussion Questions:

- What does it look like to create emotional safety in a meeting? What behaviors or attitudes make a group feel more or less inclusive?
  - 
  - What kinds of meetings, outreach, or service efforts could help reach young addicts — especially LGBTQ+, neurodiverse, or culturally marginalized members? What formats (e.g. Zoom, speaker panels, youth-led events) might help?
- 



# LARGE GROUP SUMMARY 30 MIN

Each small group will share **key insights and takeaways** from their discussions.

Any questions or thoughts?





# "PITCH AN EVENT!" 20 MINUTES

Imagine you have a mini-budget and full NA support. What event would you launch for young members?


How will young people hear about your event?

What channels will you use? (Social media? Flyers? Word of mouth?)

**Make a Poster!** Use large paper and markers to make it colorful and eye-catching. Draw pictures, make a slogan, show your creativity!



# ADDITIONAL RESOURCES:

- [IP By Young Addicts, for Young Addicts](#)
  - [IP For the Parents or Guardians Of Young People in NA](#)
  - [Young Addicts Workshop EDM](#)
  - [Young Addicts in Recovery Stories](#)
  - [How to Start a Young People's NA Meeting](#)
- 



# THANK YOU!

[fd@edmna.org](mailto:fd@edmna.org)

## WELCOME! FELLOWSHIP DEVELOPMENT REGIONALS MEETING

EVERY LAST SUNDAY OF THE MONTH  
AT 19.00 CET



### SCAN ME



EDM regional FDs  
WhatsApp-grupp