



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

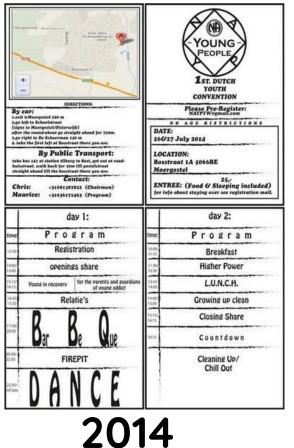
"It's never too early to start recovering in the program of Narcotics Anonymous". What specific challenges do you think young people face in recovery?



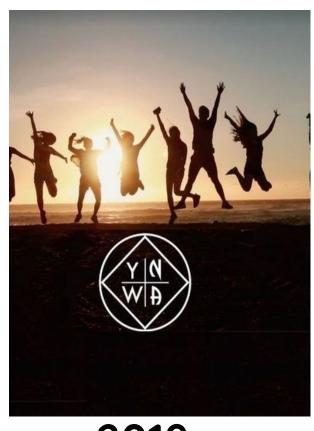
YOUNG ADDICTS IN THE NETHERLANDS HOW AND WHY IT WORKS

NA EVENTS FOR YOUNG ADDICTS

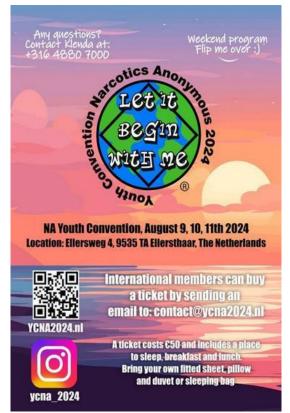
PACKGROUNT Young addicts have been recovering together for years in special interest groups called: "Jongeren Meetings", the number of young addicts in the dutch fellowship today is significant and growing.











2016

2019

1 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.



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.

- 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.

- 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.

- 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.

- 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.

- 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





WELCOME! FELLOWSHIP DEVELOPMENT

REGIONALS MEETING

EVERY LAST SUNDAY OF THE MONTH AT 19.00 CET

EDM regional FDs

WhatsApp-grupp

