



**Southern California Regional Service Committee**  
**1935 S Myrtle Street**  
**Monrovia, CA 91016**

**WSLD Report**  
November 10 - 12, 2023

**RD: Jade T.**  
**AD: Jeff W.**

RD Team attended WSLD in November 2023 in Alaska. Went to the following workshops below as well as attended unofficial WSZF meeting and took detailed minutes. Please let us know if you have any questions about this report or would like any additional information and happy to reach out to the WSLD committee or facilitator, thank you for allowing us to be of service.

**Friday, November 10**  
**Professional panel 1**

**Jennifer Stypey from Narcotic Drug Treatment Center**

- methadone clinic
- 50 years
- funds from the state go to them
- struggling with fentanyl
- open everyday
- medical doctor and NP and counselors and admin
- 240 patients
- drug testing
- community partners and work with hospitals for mom and hospital
- worked with alaska regional on safe program with moms
- inpatient treatment provider partners
- MAT
- not bup or subs
- chronic opioid use disorder is their main treatment
- have to be seen every 30 days or their medication will be on hold — need to be seen by a counselor first
- average age for treatment is 25-35 (effect of fentanyl)
  - 20 years ago was average 40
- stabilize for first 2 and half and then medication for 2 and a half
- welcoming environment and long term relationships for people to just come back for counseling for life
- don't have a relationship with NA and even have a negative relationship with NA because of MAT
- open to having meetings
- what is graduating plan look like? life domain — housing, job, transportation, all care — health, dental
  - struggle with all milestones since mental health has a waitlist since some providers won't see those on drugs still
- counseling follow-up after graduation is monthly
- treatment plans on asymp dimensions
- Australia has a spot in their meetings for people to identify as on DRT/MAT — can be used as intermediate stage and works for the professional too
- they love people coming into the facility and explaining things and talking to clients
  - would be helpful to have someone from NA to explain what to expect at a NA meeting
- what lived experience do your professionals have?
  - all have lived experience — 30+ years in recovery — CA, NA, AA
- maybe have a list of people who are willing to sponsor those on MAT?
  - professional would love that
- maybe newcomer meetings on MAT/DRT?
- harm reduction is a huge part of their facility
- narcan distribution site for the state
  - get narcaned when they arrive

- [neverusealone.com](http://neverusealone.com)
- have had people on methadone for 40 years. ....
- problem for us is that some people are on DRT/MAT for life
- meet them where they are, follow guidelines, and try to follow 5 years
- federally they are talking about letting people take prescription from a pharmacy...

### ***Professional Panel 2***

#### **Michael from Genesis — 6 years as NA member as well**

- 3.5 long term residential —therapy
- most employees are in recovery in one form or another
- personal relationships
- NA helps them with clients living outside of confinement
- COVID put a halt on things and tried zoom
- 3.1 is lower level of care but provides clients with participation in outside resources
  - sponsor, meetings, steps
- their facility just needs people there to participate and pick up people and take to meetings
  - help avoid the herd mentality of not sharing
- theme of meeting people where they are at with both professional panels so far
- NA can help with planning events and inviting clients (conventions)
- background checks and confidentiality form to be cleared
  - drivers license and insurance to drive
  - before transporting, need to meet at the facility
- clients are told people don't sponsor people in treatment
  - suggestion from professional to temporary sponsor (call now and then work steps when they get out)
- phase program
- virtual meetings and long term sponsorship were provided as solutions
  - virtual meetings have been a struggle
  - long term sponsorship has not been posed but they are open to it
- they do a meeting that does a cross reference between 12 step programs as general overview
- they do not have NA literature
- limited on funds so would be nice to have PR or PI to come in with literature
- personally buying a book and gifting in person would mean a lot
- H&I bring in a panel; panel leader is in person and do intro with H&I guidelines but then open a zoom meeting and bring a zoom speaker so can introduce zoom and have people from other places
- WSZF for zoom meetings
- to help with virtual participation in treatment, meeting asks treatment center to come in early so they can give the clients the readings

### ***Professional panel 3***

#### **Partners for Progress**

- Speaker: Adam, vice chair and alum of Therapeutic Courts AK, AA member
- Therapeutic courts program (AKTCA) allows people who have been convicted the opportunity to explore a path of recovery and get clean. In turn, these people can stay out of jail.
- (It's essentially drug court
- It's an 18 month program that involves community service, treatment, meetings.
- There's a weekly checkin in court
- It helps people build the structure they need to maintain long-term recovery.
- If you don't meet the program requirements, you're sanctioned.
- Adam's story: was facing jail time. Didn't know what therapeutic courts program was, until he attended wellness court (at the recommendation of his attorney)
- AKTCA provides regular peer support and meetings with people in the program and people who graduated
- The incentive usually starts off with people trying to avoid jail, but the motive transforms
- Eventually, people move away from condemning their wrongdoings and move towards celebrating their successes
- Adam says that throwing someone in jail is not the way to get someone clean

- There are different phases for AKTCA. Phase 1 is rigid and structured, with frequent checkins.
- One goal AKTCA has is to make the program more easily accessible
- Most people don't know about the program.
- They are working on outreach.
- "It's a disease, it's not a crime."
- Members of AKTCA needed to apply and get accepted.
- Question: What can NA do to help people in therapeutic courts be successful?
  - Adam: NA could help make it easier for members to find meetings.
- One of the hardest things people do is get into the rooms. Members don't know how to reach out and are just given a list of meetings.
- Responsibility might fall on the POs/courts to provide resources.
- Question: is there tracking after one is released from the program?
  - Yes.
- Question: What is the success rate?
  - Very very high.
- Question: who determines who is accepted into the program?
  - Therapeutic court team that meets once a week to discuss current participants' performance, new applications, etc.
  - the team is comprised of judges, DA, attorneys, POs
- Question: would AKTCA be willing to have a monthly workshop with NA, where NA provides literature, fellowship?
  - AKTCA would love to have "NA ambassadors" who would come to court proceedings/graduation. The ambassador could meet addicts during the graduation, people who are currently in the program, people applying, and recent graduates.
- Question: why do some people get denied from the program?
  - There aren't a lot of available resources. They can't support all applicants.
  - Weekly meeting at the Alano club only based on peer support, not 12 step
  - 501c3, not part of court system, fully funded

#### ***Professional panel 4 — Henning Inc***

- resident of Alaska of 20 years; sober since 2018; deputy director
- supportive housing for people experiencing homelessness; whether from incarceration or living check to check
  - help plug in gaps
- lived experience of using and also spiritual awakening
- peer support for tribal counsel — few months before covid happened
  - person in recovery to professional in recovery
- reached out to personal contacts from 12 step for resources — not through H&I or PR
- oversaw contracts for providers
- received grants from the school — corruption happening
- property owners leased out to them because they needed the homeless problem fixed and needed the right partner
- emergency ordinance in Alaska in the winter months to provide shelter
  - no resources besides arena and hotels
  - no one else was willing to provide the support besides Henning
  - went from 5 to 48 staff in 48 hours
- they were able to do way more than other people since newer organization (less red tape)
  - started hiring people with different backgrounds that others may not hire
- don't just provide housing — other services
  - subcontract to upgrade their property and have the rent paid (agreement with property owners so willing to lease to those who need it)
- their housing initiatives include therapy as well — not just sticking people in housing
- be authentic, be bold, be creative
- [henninginc.org](http://henninginc.org)
- ecosystem of if you can take care of a bunk, you can take care of a room, if you can take care of a room, you can take care of a unit

- act our way into better thinking
- how does NA fit into this?
  - NA and AA meetings at the arena
  - love for meetings at emergency shelter as well — open door policy
- how do we become more welcoming to those still in the trenches?
  - take personal inventory
  - include all
- only goes to a meeting if he is taking a newcomer to a meeting.....
- NA Community Homeless week in UK
  - week of meetings in shelter during the holidays
- how is he subcontracting?
  - dealing with city but any 501c3 that can't bid on it — super highly politicized
    - looking to work themselves out of jobs though...
    - don't care about politics; if it benefits, they will take the help
- want to buy own properties through sub companies and then lease them
- they give people chance after chance and don't deter them
- has one person doing case management of about 14 doing med management

### ***Wszf meeting***

#### **Tina:**

- registered with state and going to b of a in Jan to take Dave off and add Mandy
- requesting items for Jan agenda to be finalized by end of month to have finalized agenda by Dec 1 for Jan mtg
- September is when we send contribution

#### **Mandy:**

- Us collaboration
- can't do federal pr stuff because don't have national effort us wide

#### **It workgroup — report under WSLD 2023 alaska**

- maintains bmlt
- runs yap
- runs loomio — there is a tutorial on WSZF.org of how to use
- paid for hosting services last year and will ask next year
- aggregator tool can be used to link for peninsula and San Jose; provided by tomato and would be responsibility of region
- can present on YAP

#### **Behind the walls task force - Kia**

- going to the it committee every Monday
- every sbtw link on WSZF.org
- done with work and in holding pattern until official meeting

#### **H&I/PR - Tom**

- completed their tasks this year
- created PowerPoints, training, hosted workshops for area and regions, did survey and did 8 requests
- links on WSZF.org
- always willing to give presentations

#### **WSZF 2023 -Dean**

- Fresno
- no food in area where meetings are
- Amy and Dean will have goodie bags
- after WSLD, will post about WSZF; need shit for room block and food

**Saturday, November 11**

***GSR and RCM Basics — Charles B and Chris A***

- When taking a GSR commitment, suggest reading the Guide to Local Service regardless of clean time
- what is the groups responsibility?
  - mentoring
  - telling people to read the GLS
- sit in the front at area, take detailed notes
- only speak on one issue once
- GSR orientation
- NorCal has policy advisors that act as GSR orienteers
- part of mentorship could be finding someone to take your inventory in service that you trust in the same committee
- GSR basics found on [na.org](http://na.org)
- some areas have resources on regional website and direct them to that
- instead of just submitting, give oral report to create discussion
- carefully consider trusted servants
  - better to be uneducated and willing than apathetic
- there is a spirit felt in the room that can be felt

***CBDM — Rob and Linda***

- everyone is heard in CBDM process
- consensus is acceptable resolution, one that can be supported
- go slow to go fast
- objection model to have discussion where everyone is heard versus having motions
- Rob had hybrid model: anything that was a guideline change or over \$200 or voting — counting of hands; everything else was CBDM — objection
  - if you don't want it to last long, say that "not trying to be rude, but don't say something that has already been said in a different way"
- order of operations — if CBDM doesn't work, go to Robert's Rules
- Robert's Rules with simple majority is win/lose mentality which creates disunity and doesn't show true conscience of group
  - created by military for military business meetings
- as minority vote and opposed views, people may be scared to talk — the lone voice
  - when facilitating the group with CBDM can be said "do we want to talk about this? or "do we have enough information to move on?"

***Predatory Behavior - Kia and Kathy***

- new IDT from NAWS
- creating safe atmosphere
- identification
- definition of predatory sexual behavior
  - act of exploiting someone's vulnerability in order to create a situation of control, harassment and or intimidation in order to obtain power over another
- sexually disturbing behavior
  - it is disturbing behavior that has sexual connotation or targets sexuality
- examples of predatory behavior
  - hire people from meetings and underpay them
  - sleeping with newcomers
  - demanding that people are their sponsors
  - in business meetings — people might dominate with time to belittle
  - dealers still in meetings

***Area inventories — Tina and Nancy***

- use form
- save form and use as report card for inventory
- helpful to do annually
- action plan is based on inventory for some
- Group Inventory Form: <https://www.na.org/admin/include/spaw2/uploads/pdf/FTP/English/Forms,%20Guides,%20and%20Miscellaneous/Inventory%20Form%20-%20Group.pdf>
- Area Inventory Planning Tool: <https://na.org.za/pta/wp-content/uploads/sites/4/2019/05/Area-Planning-Tool.pdf>

**Sunday, November 12**

***WSLD takeaways***

- using social media for H&I to help the committee grow
- finances — dollar in the basket isn't the same as it used to be because of inflation
- activities — hit everything on presentation and making things fun on fundraising
- the magic of the region coming to WSLD and being Inspired
- new committee
- activities switched to task based and helped
- hallway conversations — bringing a newcomer to an event
- infected with love
- group and area inventories need