

Wil Cantrell from Concord United Methodist Church and NA recovery group leaders Greg, Gary, Matt on 11/27/2018

- Their specific NA group meets on Monday nights with food, worship, message on 1 of the 12 steps, then small groups afterward; 6 month program for 12 steps and then encourage to come for a lifetime as the goal is to have a change in lifestyle
- In order to be a leader, must have gone through addiction themselves, not anyone can lead
- Studies show peer groups just as good as professional
- Trying to lower DEMAND of opioids/drugs, not supply
- Addiction is viewed as an incurable disease and has a ripple effect that affects families and friends
- Some people get an IEP from work in order to do an outpatient 30 day treatment
- Dry: out of rehab VS. sober: thinking healthfully/mind in correct state
- If try to replace one drug with another, almost always people go back to primary drug of choice
- “Drugs aren’t my problem, they are the solution” is common way of thinking for addicts
- Believed that 97% of brain is subconscious and it takes 5 ears for healthy way of thinking to take over subconscious
- Huge stigma
- Drugs response TO trauma and CREATES trauma
- Step 12: “if you’re going to keep it, give it away”
- Most meetings see a mixture of all drugs (they recommended going to Park40 AA meeting; they said will see people who struggle with pills there too)