

Narcotics Anonymous (VOL group) at St. John Lutheran Church, December 4, 2018

- It's a polysubstance abuse crisis (not just an opioid problem, it's a drug problem) and these groups welcome all drug addicted individuals, not just specific drug
- Drug use stems from trauma and/or not being able to handle pain or bad feelings or circumstances in life
- I feel that prescription opioids are a specific case due to the misconceptions that people think it's safe since from a doctor, but then they get tangled in polysubstance abuse because they turn to alcohol or something else, for example, as a "replacement" but doesn't heal their addiction
- Saw a spectrum of recovery: someone was there for the first time 7 days sober from meth, another was nearing 1 year being clean, another had been recovering for 7 years
- Different issues in life; court dates coming up, children visitations, past homelessness
- Alcohol is a drug and addictive so not solution to their other addiction
- Stories shared about how even after having no desire to use for a while/clean, still has addictive habits in other areas of life: gambling, food, paying for half of something and then leaving the next half for a future payment, etc.
- Feel lonely but the NA group has a huge sense of community
- Got chips/keytags at end marking how long been in recovery/sober
- 12 steps same as used in AA, about changing the way one thinks and lives, not just getting clean although that is the first goal
- Open discussion: sit and listen if not an addict; closed: only addicts allowed. We would only attend meetings labeled "open and discussion."