

## **Highlands & Islands Groups of Narcotics Anonymous Area Service Committee**

[www.higna.org.uk](http://www.higna.org.uk)

***please send email enquiries to [asc@higna.org.uk](mailto:asc@higna.org.uk)***

### **Proposal to bring online Narcotics Anonymous Meetings into facilities**

We of the HIGNA ASC, being aware of the current situation with the coronavirus, recognise that facilities for the treatment of addiction and alcohol dependency are now in lock down for the protection of their clients. This is also true of the vast majority of 12 step fellowship meetings whose venues are now closed for the foreseeable future, including those of Narcotics Anonymous.

We recognise the importance of encouraging those with substance misuse and in particular drug addiction problems to engage with and participate in 12 step meetings. As part of their ongoing recovery we are inviting facilities to allow their clients to join us in our online meetings whilst we all get through this difficult time.

This can be done in any facility that has a Wi-Fi connection installed and with a minimum of equipment. That equipment would need to initially comprise of a PC or Laptop with the appropriate Bluejeans software installed and a connection to a suitable sound system, such as a Bluetooth speaker, to allow clients to listen to a meeting live.

In order for clients to participate fully a suitable microphone would also need to be available. We would suggest something like the Blue Yeti Nano or the Blue Yeti 10 as being suitable for a room setting as they both come with omnidirectional sound settings. A facilitator, or someone familiar with the software, would need to be present to operate the microphones mute on and mute off functions.

We are also willing, where appropriate, to facilitate what we term as H&I meetings and stream them directly into specific facilities. This would comprise of a meeting chair and either one or more others who would share their experience of recovery in Narcotics Anonymous. Following on from that the meeting would be opened to those in the room at the facility with the opportunity to share back or ask questions about any aspect of recovery in NA. This, again, would require the addition of a microphone in the room and someone to facilitate its operation.

All our regularly scheduled meetings, the majority of which are held via the Bluejeans app, can be found on the 'about us' page of our group website.. <https://www.higna.org.uk/about-us/> and links to download the software required can be found here [www.bluejeans.com/downloads](http://www.bluejeans.com/downloads)

We are happy to help your facility with any set up requirements you might need and guide you through the facilitation process.

Other resources for online Narcotics Anonymous meetings can be found at:

[www.virtual-na.org](http://www.virtual-na.org) which is a global directory for virtual, online and phone line, meetings of Narcotics Anonymous in 11 languages including ASL meetings.

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[www.na.org/?ID=virtual\\_meetings](http://www.na.org/?ID=virtual_meetings) the Narcotics Anonymous World Services resource page that has been developed in recent days in response to the loss of meeting venues on a global basis.

Kindest regards

Steve A (Chairperson of the HIGNA ASC)

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