

Some thoughts on doing rehab panels-

The following is based on what I have experienced doing rehab panels in the Monterey area. Different groups can certainly do whatever works best for them.

I have been on joint panels at rehab centers during their 'family day' that typically have 4 people- 2 Al-Anon members and 2 Nar-Anon members. It is best to always have at least 2 Nar-Anon members for safety reasons. I bring copies of the meeting schedule and the pamphlet Nar-Anon Offers Hope which is available as a free download on the Nar-Anon Outreach website page.

It has been best if the family group facilitator at the rehab center 'preps' the people first and introduces the panel so they know basically why we are there and that gives us legitimacy.

In the panels I have attended, the Al-Anon panel coordinator first gives a pretty complete history of AA and Al-Anon. After that, she turns to me and I say something like-

*Nar-Anon has not been in existence as long as Al-Anon. Three women, Alma, Louise, and Margaret were important in starting Nar-Anon in the early 1960s in Southern California. The first Nar-Anon meeting is thought to have happened in 1964 in a church in Van Nuys but then moved to Louise's house in San Pedro. Louise and Alma were responsible for putting together the Nar-Anon 'blue book' the contents of which were borrowed from Al-Anon and NA. It contains the 12 Steps, 12 Traditions, 12 Concepts, and readings for recovery. Louise and Margaret, with the help of another member, Agnes, traveled many miles around the Los Angeles area starting meetings and sharing the message. In 1971 Nar-Anon was formally incorporated, and in 1982 the World Service Office was established in Torrance, California. Nar-Anon now exists worldwide, with meetings in such diverse countries as Brazil, Russia, and Iran. Nar-Anon is a 12-step program that exists to help family and friends who have been affected by someone else's addiction.*

We then have the panel members share a brief version of their story and how their recovery continues to be important in their lives. There is plenty of time for questions after the panel.

Possible things to mention:

Nar-Anon website for information and meeting locations ([www.nar-anon.org](http://www.nar-anon.org))

For addicts at the family day, NA is your primary program, but if you are in relationship with another addict, you might want to consider going to Al-Anon or Nar-Anon. If you go to a Nar-Anon meeting, you just say your name, you don't have to say 'I'm an addict' and share from the Nar-Anon point of view (i.e.- how you are affected by someone else's addiction).

Nar-Anon Forum- link to it from the [www.nar-anon.org](http://www.nar-anon.org) website

Try at least 6 meetings to decide if the program is for you and try different meetings because there are different formats and people at different meetings.

Ask if anyone has ever been to an Al-Anon or Nar-Anon meeting and what did they think? Like it/hate it?