**INSTRUCTIONS:**

* **RSC chairs: Fill in all sections with the help of the RSC except for the “*Delegate Experience”* at the bottom of the document.**
* **Mark with *N/A* all questions that do not apply to your region.**
* **Once completed, reviewed and edited by RSC, send to all GSRs for review.**
* **Report to be approved by group conscience vote and confirmed in the region minutes.**
* **Forward the approved report and confirmation section of assembly minutes to World Service Conference Committee at**  [wscconference@nar-anon.org](file:///C%3A%5CUsers%5CMarie%5CDocuments%5CNarAnon%5CBOT%5Cwscconference%40nar-anon.org) **by February 26, 2018 to be included in the conference participant documents.**

**Region Facts**

Name of Region: Midwest Region of Nar-Anon

Name of regional delegate: Ruth M.

Has the delegate attended a WSC before? [x] yes [ ] no How many? 2

Is your region planning to send an alternate delegate? [x] yes [ ] no

Name of alternate delegate: Theresa C.

Has the alternate attended a WSC before? [x] yes [ ] no How many? 1

How many areas are in the region (actively meeting with ASR)? none

How many groups are in the region? 67 Nar-Anon and 1 Narateen – not including the new O’Fallon, IL meeting that has not started and on hold to finalize meeting details.

How many meetings take place each week in the region? 69 Nar-Anon meetings and 1 Narateen meeting

**Budget**

What percentage of your RSC’s annual budget comes from group and area contributions? The numbers used for this section were the average over a 2-year period for FY2016 and FY2017. Our Fiscal Year starts on Oct. 1 of each year. 56.4% of our Revenue comes from Group Donations.

What percentage comes from conventions and events? Our Assembly is actually a Business Meeting in the morning plus Workshops in the afternoon. 43.6% of our Revenue comes from our Assembly

Does your region have a prudent reserve? Our Region uses the term Financial Needs which closely resembles a Prudent Reserve. For a 2-year cycle, it starts off around $1500 and builds to around $5300 just before we pay for our Delegate and Alternate Delegate to attend the WSC.

Please describe, **in percentages**, your RSC’s annual expenses:

* Website? 2.5%
* Hotline? N/A
* Outreach? 1.9%
* Expenses for workshops and service meetings? Included in the Assembly Expenses shown below.
* Trusted servants traveling costs? N/A except for the amount included for our Delegate and Alternate Delegate to attend the WSC.
* Holding events? Included in the Assembly Expenses shown below.
* Expenses related to the RSC/assembly? 21.6%
* Delegate and alternate delegate equalized expense?32.1%
* Donations world services? 14.4%
* Specify any other expenses? New Group Literature plus Misc. – 27.5%

**Regional Service Structure**

How often does the RSC meet? Monthly on the first Saturday of the month.

Does the RSC meet: [ ]  f2f [ ]  Skype [x]  conference call [ ]  combination?

How often does the region hold assembly? Once a year – generally the 3rd Saturday in October.

Does the region hold conventions? [x]  yes [ ]  no Partially included in our Assembly

If yes, is attendance: [x]  increasing [ ]  decreasing [ ]  staying the same

Did the regional convention make a profit this year? [x]  yes [ ]  no Our Assembly made a profit.

What committees do you have at the RSC?

[x]  Convention/events [x]  Outreach

[ ]  Literature writing [ ]  Phone line

[x]  Website [x]  Narateen

 [ ]  Other (specify) Click here to enter text. [ ]  Newsletter

Is there a corporation or an entity with legal status that is a part of your RSC?

 [ ]  yes [x]  no

**Service**

Please describe the service workshops the region or areas have held this cycle.

* Number of workshops: 11 at our Assemblies
* Average attendance: 20 - 60
* Topics: Outreach, Healthy Meeting, Welcoming Newcomers, Service Traditions, Keeping Members Coming Back, Sponsorship, The Family Member in Crisis. We also had guests from Michigan at our last Assembly and from Ohio 2 years ago that were interested in how we held an assembly.

Does the region provide outreach workshops? [x]  yes [ ]  no

Does the region or areas host tradition workshops? [x]  yes [ ]  no

Does the region or areas host concept workshops? [ ]  yes [x]  no

Does your region provide any other fellowship development or outreach efforts? [ ]  yes [x]  no
Describe: For fellowship development there are limited regional efforts, but many NFGs have step classes, retreats, speaker events, etc. Both Arkansas and Oklahoma have added Nar-Anon to their NA Conventions.

What kind of mentoring or guidance efforts are available in your region and/or areas?

Describe: Approximately 2 years ago, we attempted to make contact with every group in the Region and were planning on continuing this effort every 4-6 months. It was discovered that many groups that were not active in the Region were not interested in talking to us and did not return our phone calls or emails. After many discussions and after reading an article in the Serenity Connection, we decided to change our approach to a Mentoring Program for new groups and GSRs. We are just getting started on our Mentoring Program but so far it seems positive.

Have there been discussions about expanding Nar-Anon to other areas of the region?

 [x]  yes [ ]  no

How successful has the region been with starting new meetings in those areas?

 We do not proactively try to start meetings or ask groups close to our region if they want to join our Region. However, we do have a process that allows groups that are outside our boundaries and interested a way of joining our Region.

Has the region and or area had any particular successes with utilizing technology?

 Describe: We use our website to archive GSR Conference Call minutes, RSC Conference Call minutes and Treasurer’s Reports all of which are password protected. We have a document on our website that shows all banking activity within a few hours of transactions being made that is also password protected. We have also added Speaker Meeting Guidelines, Family Group Guide to Finances, Working the Steps and Sponsorship sections/guides to our website during the last cycle.

Please describe the different types of outreach efforts carried out in the region:

 1. Midwest Region cooperates with NA activities throughout the region. Increases awareness of Nar-Anon as a recovery resource. "Cabin Fever Convention" - Lake of the Ozarks "SLACNA" Annual convention - St. Louis Chicago area convention(s) - McCormick Place 2. Attend conventions, health fairs and public school open houses where Nar-Anon is invited to distribute outreach literature. 3. Reach out to public school administrations to insure counselors and staff are aware that Nar-Anon is a resource for parents/students dealing with a loved one's addiction problem. 4. Participate in "Town Hall" meetings raising awareness of Nar-Anon as a community recovery resource. 5. Discuss Outreach opportunities with GSRs during monthly conference calls. 6. Encourage GSRs to share Outreach success stories. Successes can be shared via the Region's website, emails and during monthly GSR conference calls. 7. Developed a MW Region calling card for use by NFGs. Calling card contains website URL as well as QR code that once scanned takes you directly to MW Region Website.

How many outreach events does your region participate in? MW Nar-Anon Region NFGs participate in numerous outreach events held across the region. Regional events of significance are: "Cabin Fever Prevention" - Lake of the Ozarks MO "SLACNA" Annual Convention - St. Louis, MO Chicago Area Convention - McCormick Place, Chicago, IL

Does the region have a phone line or helpline? [ ]  yes [x]  no We do have a ‘Contact Us’ page on our website that offers service similar to a phone line or helpline.

Do you have a regional website? [x]  yes [ ]  no

If yes, please include the URL

http://www.naranonmidwest.org

If yes, do you keep your meeting information updated on the website? [x]  yes [ ]  no

Have you registered the regional website with WS Website Committee? [x]  yes [ ]  no

Does your region utilize the website handbook? [x]  yes [ ]  no

Has your region hosted CAR workshops? [x]  yes [ ]  no

Number of CAR workshops: 2 so far this cycle

Average attendance: 10 - 20

Does your region engage in gathering a conscience for CAT material? [ ]  yes [x]  No, individual groups do, then the Delegate tallies their votes for the WSC

**Innovations and Challenges**

What subject generated the most interest and discussion in the region over the past conference cycle 2016-2018? Healthy Meetings and Mentoring

Please describe the most significant challenge the region has faced since WSC 2016

Increasing GSR participation in Midwest Region business and service.

Please describe some highlights or successes the region has experienced since WSC 2016. Increased attendance and profit from the last 2 Assemblies, Region Secretary position finally filled.

What additional information would you like to share with other conference participants? I would like to express our appreciation for all the time and efforts that are made by those who choose to serve above the group level in Nar-Anon; to serve the fellowship of Nar-Anon as a whole and Nar-Anon in the region, area or country where you live. Without those who participate beyond the group level Nar-Anon as a fellowship would not be able to grow in Recovery and service to their Higher Power and those who struggle with the addiction of loved ones; those men women and children who have experienced this family disease. Our hope as a region is that we and all the members of Nar-anon would discover the part they are to do in service in our fellowship. This spiritual program with its compassion and wisdom has a place and part for us all. This is the consequences of the gift of recovery. Learning to trust, doing the next right thing and learning that is enough.

**Delegate Experience (Please have the delegate fill out.)**

What has worked well and what challenges have you experienced in your role as regional delegate? Being a regional delegate in a relatively new region over the years has at times been challenging because Recovery personally takes time to grow and the recovery of those who serve also is growing at the same time. Many new groups starting with varying degrees of Recovery experience is the reality. Step work takes time and effort, sponsorship is a relationship that is often not easily available in places with newer Recovery. I often need to remind myself that there is a Higher Power in this program and it certainly isn’t me. Today and every day the most important thing I do as a trusted servant is work my program, seek my Higher Power’s will for me then share my personal experiences strength and hope while turning over the results to my Higher Power’s care. In my service the study of the traditions has lent focus and balance to my service. Busyness and distractions draw me away from the importance of my personal recovery and service. Traditions pull our fellowship together so we are able to recover ourselves and learn to be there for one another in a supportive lovingly detached Recovery way. This is how we all grow up together, how we learn to seek spiritually our Higher Power’s will for us and have the strength and energy to carry that out. Recovery is a process with a flow that takes time. Perspective comes from and through experiences as I practice my recovery- that is how we learn it works. Then I have a message to carry. As we recover together servants are called to serve in response to seeking God’s will for themselves and they are given the power today to carry it out.