

[For the
PARENTS
or Guardians
OF YOUNG
People in **NA**]



Making NA a priority in early recovery typically means regularly attending NA meetings and events, connecting with other members over the phone, and spending time with other recovering addicts who are not using drugs. Young members often share that their parents feel more comfortable with their involvement when they have an opportunity to meet the NA members involved in their life.

Recovery in NA is an ongoing process and members continue to attend NA meetings long after they've stopped using drugs. Many young members say that being asked when they are going to stop attending meetings doesn't come across as supportive.

Managing responsibilities such as schoolwork and meeting attendance is also typically a challenge for young members and their parents. Many young people have worked with their parents to find meetings that aren't in conflict with these responsibilities—such as nighttime or weekend meetings—to create a balance between recovery and these other responsibilities.

Young members say they feel most supported by simple things, such as a parent acknowledging their recovery anniversary or saying that they are proud of their child's success in staying clean and finding recovery.

SUPPORTING COMPLETE ABSTINENCE

NA is a program of complete abstinence from all drugs, including alcohol. Young members often say that spending time around family members who use alcohol or other drugs places a hardship on their recovery.

YOUR CHILD IS TAKING MEDICATION

NA has no opinion on the use of prescribed medication. However, NA members sometimes offer their personal opinions about the use of prescribed medication for mental or physical health. Members may even tell our child that he or she is not clean. These are the opinions of individual NA members, not NA as an organization.

Injuries or surgeries that may require the use of pain medication can be confusing for parents who are trying to support their child's abstinence from drugs.

The booklet titled *In Times of Illness* offers experience and guidance for members who need to take pain medications in recovery.

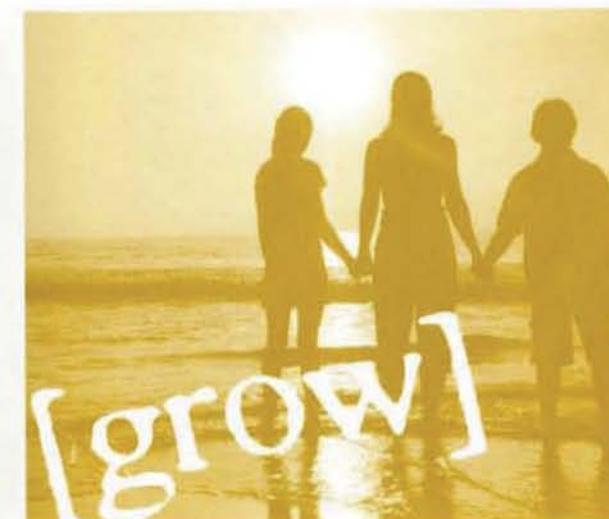
UNDERSTANDING RELAPSE

It is not uncommon for some recovering addicts to relapse and return to using drugs. There are often consequences from family members as a result of this behavior, but a relapse doesn't necessarily mean that an addict won't return to recovery and eventually find continuous abstinence from their drug use. Unfortunately, relapse is a part of some people's recovery process. However, our literature and experience affirm that "we have never seen a person who lives the Narcotics Anonymous program relapse." Many members come back from a relapse and enjoy long-term recovery. For more information about relapse, see the chapter in the Basic Text, *Narcotics Anonymous*, titled "Recovery and Relapse" or the *Recovery and Relapse* informational pamphlet.

SUPPORT FOR FAMILIES

Many family members find the support they need in groups designed to help the families and loved ones of addicts (such as Nar-Anon and Families Anonymous). Narcotics Anonymous is not affiliated with these organizations, nor do we recommend one program over another. We simply provide this information in a spirit of cooperation.

This material was created from the collective experience of young members who have stayed clean and found a new way to live through Narcotics Anonymous. We hope this pamphlet will help young people and their parents answer some very common questions about recovery in NA.



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