

DAA

Drug Addicts Anonymous



DRUG ADDICTS ANONYMOUS PUBLIC INFORMATION BOOKLET

FOR PROFESSIONALS WORKING WITH DRUG ADDICTS

DAA OFFERS FREEDOM FROM DRUG ADDICTION



Introduction - What is Drug Addicts Anonymous?

DAA is a fellowship of men and women who have recovered, or are recovering, from drug addiction by following the Twelve Steps - a tried and tested programme of practical spiritual action. Our fellowship attracts drug addicts from many walks of life, who between them have used many different drugs, both legal and illegal. Nonetheless, we share a common problem and, more importantly, a common solution that has transformed our lives. Our primary purpose is to remain drug-free and to help other drug addicts achieve the same freedom. DAA membership is open to *anyone* who has a desire to stop using narcotics, or any other mind-altering substance, yet finds him or herself unable to do so. There are no membership fees or dues.

The structure of DAA is quite different from other organizations or agencies. Members themselves, without payment, perform all our services voluntarily. There are no rules, no regulations, and no official set of procedures or governing authority. Instead, DAA is a fellowship of peers that follows tradition, experience, suggestion and example. The principal operating unit of DAA is the local group. Each group is autonomous and has no hierarchy. Leadership roles are rotated, along with the various jobs involved in running safe, friendly and accessible meetings.

DAA is a free service, funded solely by its members' voluntary contributions. Once running costs have been deducted, surplus funds are used to inform the general public about DAA, and to carry our message of freedom from drug addiction. We carry this message directly to drug addicts who still suffer, and indirectly through individuals and organizations such as your own. Co-operation between our Public Information committees and



professionals like you, who work with drug addicts, is therefore of vital importance to us.

What DAA does

The central platform of DAA's activity is the group. Our groups meet at the same time and place every week (or more frequently) to share our experience with any drug addict seeking help with their problem. Our fellowship offers a one-to-one service ('sponsorship') to the drug addict who arrives at DAA, whether referred by a professional or having walked in off the street. We use the traditional Twelve Step programme outlined in the Alcoholics Anonymous Basic Text, and no other method. Our collective experience confirms that an enjoyable, fulfilling life awaits the drug addict who has finally reached a place of hopelessness and desperation, regardless of the depths to which he or she may have sunk. Take, for instance, the serial relapser, the drug addict whose apparent inability to stop using drugs, even when the terrible consequences of his addiction stare him in the face, baffles everybody. Many of us matched this exact description, yet found it possible to overcome a seemingly hopeless condition by following our simple programme.

Anonymity, a key and unifying spiritual principle, removes the danger of personalities coming before principles, enabling DAA to govern itself and to gain new members through attraction rather than promotion. Adherence to the principle of anonymity allows us to practise genuine humility, ensuring that we continue to enjoy freedom from drug addiction, while passing on the tremendous gift of recovery to the drug addict who still suffers.



What DAA does not do, and what we are not

We leave professional care to the professionals, and do not therefore offer any kind of detoxification or medical care. We don't practise amateur therapy or operate 'self-help' groups or 'encounter sessions'. We don't provide medical facilities or any kind of medical or psychological diagnosis. We don't offer assistance with living expenses, shelter, food or 'after-care'. We do not keep a record of members' attendance, names or identities.

DAA is not in any sense a religious body; it is a fellowship founded upon spiritual principles. We are not allied with any sect, denomination, political position, organization or institution, and have no opinion on any outside issue. We do not wish to engage in any controversy, and neither endorse nor oppose any cause or campaign. We don't discriminate against any individual or group, on any grounds whatsoever.

DAA is not dedicated to users of any one specific drug, and use of no single drug was predominant among our members.

DAA does not have charitable status. Our fellowship is fully self-supporting and does not accept outside contributions.

Our aims

We aim to inform you about DAA, and about how our Twelve Step programme can help drug addicts to recover from addiction. Our first-hand experience as using addicts has proved invaluable in our work with many kinds of drug addict, in all phases of active addiction. We encourage professionals to draw on this extensive experience, which is available free of charge. We offer a solution to drug addiction, and thus to the many problems with which the illness is linked; problems that affect not only drug addicts themselves, but also their families and the wider community, as well



as professionals – among them, possibly, you yourself - who work in fields such as crime prevention and public health.

Many of you will regularly see the consequences of drug addiction in your work. If you work in the health services or in the criminal justice system, you will probably see familiar faces - seemingly hopeless cases – who return time after time. Many members of DAA were once considered equally hopeless. Today, however, through attending DAA meetings, practising our Twelve Step programme of recovery, and helping others to recover from drug addiction, these men and women are responsible, drug-free members of society.

What we offer

Presentations: We will visit you and give a presentation - this can include a short talk about DAA, a personal testimony ('share') given by a DAA member, and the opportunity to ask questions about DAA, how we work and what we can offer.

Posters: We have a selection of posters, postcards and business cards that inform those who use your service how to contact DAA.

Hospitals and Institutions: DAA works with hospitals, detox facilities and treatment centres. We offer a variety of services, from talks with medical staff to individual contact for patients with a drug problem. We can also provide meetings for drug addicts who are unable to get to our regular meetings.

Prisons and Probation: DAA arranges for members to visit prisons and hold DAA meetings for prisoners. We are happy to meet with people on probation and introduce them to DAA meetings.

Public Information co-operates with national and local media, and meets with a wide range of organizations to explain how DAA works.



The Twelve Steps of Drug Addicts Anonymous

The suggested programme of recovery:

1. We admitted we were powerless over narcotics and all other mind-altering substances - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to drug addicts, and to practise these principles in all our affairs.

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The Twelve Traditions of Drug Addicts Anonymous

Experience has taught us that:

1. Our common welfare should come first; personal recovery depends upon DAA unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for DAA membership is a desire to stop using narcotics and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or DAA as a whole.
5. Each group has but one primary purpose - to carry its message to the drug addict who still suffers.
6. A DAA group ought never endorse, finance or lend the DAA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every DAA group ought to be fully self-supporting, declining outside contributions.
8. Drug Addicts Anonymous should remain forever nonprofessional, but our service centres may employ special workers.
9. DAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Drug Addicts Anonymous has no opinion on outside issues; hence the DAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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HOW TO FIND OUT MORE ABOUT DAA

Attending a DAA open meeting is the best possible way to get an understanding and feeling of how DAA works. We will be happy to answer any questions you may have after the meeting.

You can contact DAA in the following regions:

London/South East

Helpline: 0300 030 3000

email: londonpi@daa-uk.org

Plymouth/South West

Helpline: 07818 260811

email: plymouthpi@daa-uk.org

Other areas of the UK have dedicated local helplines; these and numbers for local groups can be found on our website.

Or email us at:

wecanhelpp@daa-uk.org

Information about DAA, details of our meetings and recorded stories from our members are available online at:

www.daa-uk.org