



## CoDA Service Conference 2024

### Committee Report

**Committee Name: Outreach Committee**

**Date: June 22, 2024**

**Name, Last initial and VE):**

Sharon B. (Chair) -Canada; Susan G.-TN; Gillian A.-UK; James K.-PA; Niki K.- Colorado; Gerald B.-Canada; david a.-NY (consultant); Jay G.-PA (Board Liaison)

**Discussion Items:**

**Mission:**

- “Carry the message to the co-dependent who still suffers "and support meetings and those wishing to “carry the message to the co-dependent who still suffers”

**General Objectives:**

- Provide guidelines, templates and examples of outreach ideas and activities; develop outreach projects shared by members of the world CoDA Fellowship; and collaborate with other committees and other CoDA groups that engage in outreach activities.

**Examples of Outreach Committee Projects**

**Outreach (For codependents who still suffer) and in reach (for individuals and CoDA groups who want to create healthy meetings that support recovery)**

- **The Outreach Resource Guide (ORG)** Covers many topics that provide ideas for doing outreach and for creating welcoming and inclusive meetings (in-reach). We need help in updating and adding new topics to our website

- **International Sponsorship Workshops** Help both Sponsees looking for a sponsor and support people who are sponsors or are interested in becoming sponsors, to feel confident in sponsoring others
- **Pamphlets, documents, flyers-** Share documents such as templates for Formats, service documents, and pamphlets such as "Your first Meeting", and "Information for Professionals", to help those new to CoDA and those wanting to do outreach in their community
- **Collaborate with other CoDA groups-** Collaborate with Committees, individuals and other groups including countries, to share ideas and activities

### Goals and Action Plan- Outreach 2023

- Support CoDA meetings and new members** – Continue. Included in the Annual Report
- Contact CoDA World members through CoDA Area Contacts on the website-** Given to the Fellowship Service Worker
- Update specific content on the Outreach Resource Guide and revise as needed-** Included in the Annual report
- Increase understanding of CoDA sponsorship-** Continue
- Organize Annual Sponsorship Workshops the 2nd Saturday in February-**Continue-will have a repeat workshop, the Autumn Sponsorship Workshop September 14<sup>th</sup>
- Collaborate with other Committees** - Continue collaboration with the Communications Committee and add other interested Committees on sponsorship and other outreach activities

### Committee Goals and Action Plans

GOALS	ACTION PLANS
<p><b>Goal: Support the meetings, intergroups, and countries in their efforts to reach out to codependents</b></p>	<ul style="list-style-type: none"> <li>• Collaborate with world and country Committees to help codependents who are suffering or have never heard of CoDA.</li> <li>• Encourage countries to share ideas and literature they use to support codependents and CoDA Meetings</li> </ul>

<p><b>Goal: Make the CoDA Fellowship aware of the <u>Outreach Resource Guide</u> as an information tool for doing outreach</b></p>	<ul style="list-style-type: none"> <li>• Invite individuals, meetings, and countries to share outreach ideas and literature.</li> <li>• Provide an information sheet so that participants can share outreach ideas</li> <li>• At a table at the International CoDA Convention (ICC), provide a, " Got Ideas?" sheet for participants to share ideas for doing outreach</li> <li>• Add Online meetings and Hybrid formats to the ORG</li> <li>• Invite members of CoDA and people outside CoDA who have a specialty in various areas such as "accessibility", to help update and add information to the ORG</li> <li>• Identify topics on the ORG that need more "plain language" so our literature can be better understood. People new to Codependents Anonymous, those who have English as their second language, and those who wish to translate CoDA materials into their language, need understandable language</li> <li>• Add images and symbols, such as the sun on the <u>CoDA Bluebook</u> and symbol of a tender young plant on <u>Growing up in CoDA</u> and even Emojis to make content more easily understood</li> </ul>
<p><b>Goal: Make professionals more aware of CoDA and our message of hope</b></p>	<ul style="list-style-type: none"> <li>• Make an information packet including a cover letter that communities and voting entities (VE's) can email to professionals such as victim's Services,</li> </ul>

	<p>counselors, treatment centers, prisons, and health professionals</p> <ul style="list-style-type: none"> <li>• Include the pamphlets, “Information for Professionals” and “Your First Meeting” in the Information Packet</li> <li>• Identify literature such as booklets, books, and other documents such as <u>CoDA Blue Book</u> and <u>Growing up in CoDA</u> that will help professionals understand codependency and recovery in CoDA</li> <li>• Encourage bilingual CoDA members to include materials for professionals in their translation of materials.</li> </ul>
<p><b>Goal: Attract more members to the Outreach Committee</b></p>	<ul style="list-style-type: none"> <li>• Provide flyers about the Outreach Committee in different languages at the Information Table at ICC.</li> <li>• Give delegates and participants of the CoDA Conference and the CoDA Convention a chance to share ideas for doing outreach at the community level via discussion and a “Got Ideas” sheet at the Outreach table.</li> <li>• Include information on what opportunities are available for service on the Outreach Committee.</li> <li>• Contact CoNNections, and others who have contact lists, to inform interested volunteers of events and projects planned by the Outreach Committee</li> <li>• Create a document to share outreach ideas provided by CoDA members</li> </ul>

<b>Goal: Identify and support the needs of groups that could use information about CoDA</b>	<ul style="list-style-type: none"><li>• Create a pamphlet for those in prison and the families who support them.</li><li>• Create documents or pamphlets to help groups such as LGBTQ+, 211, and??</li><li>• Collaborate with others who have identified a need in a certain area of outreach</li><li>• Create a "Got Ideas" document to collect and share ideas for community-based outreach by participants at ICC and from other members of CoDA</li><li>• Encourage CoDA members from various countries to examine CoDA materials to ensure they are understandable</li></ul>