



Nicotine-Free News

Alameda County Provider Network for Tobacco Dependence Treatment and Cessation

Alameda County Cessation
Provider Training and
Support Network
Newsletter

Nicotine Anonymous: An Excellent Tobacco Cessation Support System

By Rosalyn Moya



Recovery from nicotine addiction can bring on feelings of hopelessness, loneliness and sadness. Nicotine Anonymous uses the Twelve Steps and Twelve Traditions, which provide a thoughtful, emotional and spiritual direction in the recovery process from nicotine addiction. It is adapted from Alcoholics Anonymous. With the guidance of the Twelve Steps and by sharing personal experiences, recovering nicotine users provide hope, strength, and support to each other. Nicotine Anonymous provides nicotine users a way to reflect and modify their own behavior in their recovery from nicotine addiction. With the support of those who have been affected by nicotine, they focus on what is gained instead of what is lost.

Nicotine Anonymous promotes 5 tools: Meetings, Phone List, Literature, Sponsorship, and Service. With over 600 meetings throughout the United States (4 in Alameda County), in addition to phone and internet meeting platforms, Nicotine Anonymous offers continued support for those trying to overcome their nicotine addiction. **See back of page to see the list of meetings in the area**, as well as a list of phone meetings and the links to internet meetings. The mobility and accessibility of telephones today make phone meetings particularly useful and accessible, especially since Nicotine Anonymous offers phone meetings once or twice a day. Meetings and phone sessions last 60-90 minutes where members can attend them as often as needed, and as available. This allows each member to determine their own treatment and go at their own pace.

While meetings are helpful, it is also important to have a strong and supportive network outside of the meetings. Some groups offer a phone list of willing group members who want to provide and receive support. Calling someone during urgent times is particularly important in delaying or avoiding relapse, but can be difficult when nicotine users do not have someone to call or feel comfortable in sharing their experience with nicotine addiction. If a member feels comfortable, Nicotine Anonymous members sometimes share their personal phone numbers after phone meetings.

Sponsors are Nicotine Anonymous members who are abstinent and are living the Twelve Steps. They act as a guide in the recovery process by sharing their experience with a particular member in the group who can gain from the sponsor's experience. Members continue to provide Nicotine Anonymous meetings by volunteering services to the meetings, such as acting Secretary and providing reading materials.

A newcomer's experience to a Nicotine Anonymous meeting

At the opening of the session, the Secretary describes the twelve steps, the twelve traditions, group rules, makes or asks members for announcements. The atmosphere is very welcoming and open to newcomers. The secretary will then ask members to introduce themselves. After welcoming and thanking everyone for attending the meeting today, the secretary will read or ask someone to read the prompt. After the prompt, the secretary will go around the room to those who volunteered to speak and give each volunteer speaker a chance to share their personal experience, thoughts and feelings. The secretary ensures that decorum stays respectful, as well as free of interruptions and criticisms. At the conclusion of the meeting, members sometimes stay to discuss things further, offer support or exchange phone numbers.

Top 5 misconceptions about Nicotine Anonymous

Myth #1 - You have to quit or be quit from nicotine

TRUTH - the only requirement is a DESIRE to stop using nicotine. Participants choose their own pace in the recovery from nicotine.

Myth #2 - It's promoting a God

TRUTH - it's promoting faith in a higher power, which could be anything each participant chooses for their self. The higher power helps to fill emotions with faith and hope, and deal with fear and doubt. Members can take what they need and leave the rest.

Myth #3 - You have to buy the whole package, or you have to go to the meeting every week

TRUTH - It is up to the user to go as often as needed or as long as needed. While it's recommended to try a few meetings, it is okay to go to only one meeting to see if it could work for you.

Myth #4 - You are required to speak

TRUTH - It's okay to just listen. You don't even have to introduce yourself and they will still welcome you. For internet and phone meetings, all that is required is a listening device.

Myth #5 - Quitting nicotine can be expensive

TRUTH - There are no dues or fees to attend Nicotine Anonymous meetings. **It's FREE!**

Nicotine Anonymous offers continued support to men and women who wish to live nicotine-free lives. Nicotine Anonymous has several books and pamphlets written by recovering nicotine addicts, which are available on the website, www.nicotine-anonymous.org, to order or download. The website and many of their publications are available in several languages, including Spanish, Farsi, Japanese, and many other languages.

Nicotine Anonymous Resources

Nicotine Anonymous
Alameda County:
MEETING TIMES

Saturday 11:00am
 At Harrison Hotel
 1415 Harrison Street
 Oakland, CA
 (Near 14th st. and Harrison.
 3 blocks from 12th St. BART)

Monday 6:15pm
 At Kaiser Oakland Hospital Blvd.
 RM 1200A
 280 W Mac Arthur Blvd.
 Oakland, CA

Saturday 2:00pm
 At Lutheran Church of the Cross
 1744 University Avenue
 Berkeley, CA

Tuesday 6:30pm
 At Trinity Baptist church
 557 Olivina Avenue Bldg. C
 Livermore, Ca

Website: www.Nicotine-Anonymous.org

Phone: 1-877-879-6422 (toll free)

Website information is available in the following languages: English, Spanish, French, Svenska, Dansk, Deutsch, Farsi, Hungarian, Portuguese, Latvian, Italian, Japanese and Polish.



Nicotine Anonymous internet meeting times

Lobbyville:

<http://health.groups.yahoo.com/group/lobbyville>

Unofficial Nicanon:

<http://health.groups.yahoo.com/group/unofficialnicanon>

Voices of Nicotine Recovery:

<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>



Needs computer, speakers and internet access.

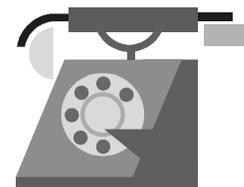
MICROPHONE NOT NEEDED

Internet groups available everyday at least twice (morning and afternoon).
 Look at group's calendar on website for details.



Nicotine Anonymous TELEPHONE MEETINGS

Call the Phone number **605-475-6230** (long distance)
 and then enter the PIN Code: **4567891**



TELEPHONE MEETING TIMES

Phone times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	9:00 AM		10:00 AM	8:00 AM	10:00 AM	5:00 AM	10:00 AM
Evening	5:00 PM	5:00 PM	5:00 PM	5:00 PM		5:00 PM	



For Male or Female only meetings



Sat 5:00 AM 605-475-6230 PIN Code 4567891#
 Sat 5:00 AM 605-475-6230 PIN Code 1231231#

