REGION 5 SPRING ASSEMBLY
March 11th, 12th, and 13th, 2022
Virtual Zoom

Outreach Committee of the Whole
Sub-committee Reports

Contents

"Outreach Committee of the Whole" Brainstorming

White Board

1. 😵 12 Steps Within with Focus on Sponsorship
   a. Sponsorship ~~Task Force~~ <You name it whatever you want>
   b. Webpage: What is Sponsorship
   c. Continue the mission of the Sponsorship Task Force
      i. Maybe move this to intergroup. (How would you do this?)
      ii. Or restructure how we are doing this work?
         1. We don't need to be matching sponsee to sponsor
         2. Instead, we can be educating and helping people be sponsors
   d. Sponsorship Workshops
   e. Creating our own Sponsor Kit and encourage more OA member to be Sponsors
   f. 12 Step Within effort
      i. Relapse Prevention
2. 😊 PI / PO
   a. Public Outreach / Social Media Outreach -- Public Relations
   b. Public Information – Reach out to Professionals
3. 😊 Intergroup Resource
   a. Webpage: Intergroup Best Practices
   b. Webpage: Intergroup Survey
   c. Strengthening Intergroups
   d. Continue the mission of the Intergroup Renew Support Team (part of Intergroup to Intergroup)
   e. Continue the mission of Unaffiliated Group outreach team (part of Intergroup to Intergroup)
   f. Strong Intergroups supporting sister Intergroups
   g. Intergroup disbanding prevention
   h. Thinking out of the box
   i. Should intergroups be geographic defined?
   j. How do we incorporate the virtual groups?

   This one is basically a given
4. Board Traveling Show to Intergroups to talk about various important subjects
   a. Subjects would need to be developed maybe
   b. Board is available.

Region 5 Outreach Sponsorship Sub-committee Report

3/12/22

Meeting Minutes – "Sponsorship Committee" (temporary name)

Preston thanked everyone who worked on the previous committee for their service. Laura M. volunteered to take notes. Pamalar B. volunteered to chair the committee with Pat K. as co-chair.

We looked at the brainstorming from the previous session to pick our goals. It was agreed that Education of Sponsors and Sponsees was a major goal. We talked about a Sponsorship Workshop. It was pointed out that a lot of meetings were not asking for sponsors in their meetings. Preston said that in the previous version of the committee we were focused on helping sponsees and not developing new sponsors.

We identified many resources such as:

       OA.org Sponsorship page and Sponsorship Packets

       Meeting speaker/sponsor lists at each meeting

       "Sponsor Brokers" who help newcomers find sponsors at intergroups

       Men's Intergroup website has sponsors available

       Intergroup Sponsorship Workshops and Events in August

Pat suggested we develop a comprehensive list and it was suggested that committee members bring these resources to our next meeting so that we could develop a central resource. We're not sure what that education tool will be yet. We decided we will email Pamalar and Pat these resource suggestions before the next meeting so that they can weed out duplicates.

Pat moved to discontinue the Region 5 sponsorship links on the webpage. Preston seconded and it passed. Preston and Laura volunteered to finish the data work that we still have. Pamalar will talk with Joel about disabling the forms on the website and putting something like "under construction" on the page. We will stop promoting the service that finds sponsors on the Region 5 webpage.

We tried to develop a committee name. "Grow Your Own Sponsors" was suggested but not voted on.

Our next meeting will be held on Sunday May 1st at 2 pm EST if the zoom account is available.

Respectfully submitted,

R: Laura M. - Crossroads of Hope – Ohio

Region 5 Outreach PIPO Sub-committee Report

- **3/12/22 3p**

- Present:

  Phil, C Chic, TPI (Chair)

  Melissa B, COSI (Secretary)

  Martha, D TPI

  Pam L CII Indianapolis

  Martha D TPI

  Wanda C SNI

  Cassidy Madison

  Chis B Melrose Park, IL

  Kim B, WI

  Shirley L, Rock River

The group brainstormed various roles of the committee and shared ideas to include:

Support IGs PI/PO committees – gathering information about what they need (formal survey, informal feedback, survey from Barb K)

Review former committee work (see Linda P report)

Explore ways to reach professionals in the community such as:

　　Set up a booth as professional conferences (counselors, psychologists, etc.) to provide information to professionals

　　Provide information to professionals (counselors, psychologists, etc.) such as handing out pamphlets or hanging up posters in public settings (grocery, Starbucks, etc.)

Reduce focus on professionals and increase focus on public (public relations) - advertise better – more than a weight loss club –

Focus on public information such as social media, FB, other platforms – put information about OA on these platforms –

Focus to educate our intergroups on new ways to getting information out there – having a Media person

who can share information on the website – approaching different people in groups and identify people who spearhead communication in different communities (patch.com) – share information on different electronic newspapers

"Marching Band" – campaign for public information with WI IG, posting local meetings, write up neighborhood posts – use fake names to protect anonymity – to allow personal outreach – also looking out to "Linked In" – Communication expert – how to present OA to professionals in social media platform (Linked In) – FB page to post local meetings, events – WI committee could share with Region 5 website – (not reinvent the wheel) **Meeting time: 4ᵗʰ SUNDAY 5p Zoom Eastern -** take what we're doing back to your local meetings - write article for R5 newsletter — request for presentation at intergroups!

Do IG have PI/PO committees and what would they like us to help them with?

Region bought booklets for PI/PO committees – do they need these?

How are people doing with individual sharing of 12ᵗʰ step

- Asking IG what they need or what has been successful
- Get IG have the 2 bounded books for PI/PO?

More opportunities these days! (highlight strengths of virtual world)

- **S.M.A.R.T. Goals Template**
- Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.
- **Initial Goal** *(Write the goal you have in mind)*:
- **1. Specific** *(What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)*
- **Develop guidelines for best practices for carrying the message on an individual, IG, professional outreach and/or public relations level in the post-pandemic electronic age.**
  2. Measurable *(How can you measure progress and know if you've successfully met your goal?)*:

  Complete a comprehensive list of best practices (tools) for individual, electronic, paper, etc. ways of carrying the message.

      Gather information from surveys completed (Melissa ask Barb K)

      Each member will ask our IGs for feedback – ask reps to talk to groups

      Get commitments from members to deliver information to professionals (personally, pamphlets, electronic)

      Gather the scripts form WI IG (communication specialist)

      We are planting seeds!

- **3. Achievable** *(Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?)*:
- **This goal is achievable through meeting as a group and assigning tasks. Much of this information can**

be gathered from OA.org, other IGs, research and personal experience.

- **4. Relevant** *(Why am I setting this goal now? Is it aligned with overall objectives?)*:
- **We are a virtual world and we need to explore how to share information in this new environment. We want to carry the message to the still suffering compulsive overeater.**
- **5. Time-bound** *(What's the deadline and is it realistic?)*:
- **We as a group will decide on our time frame. We will meet as a group 3/27/22 at 4p central time.**
- **S.M.A.R.T. Goal** *(Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):*
- **We will develop a list of best practices in the post pandemic electronic age that provides tools for carrying the message on an individual, IG, professional outreach and/or public relations level. We will measure this goal with the completed list of best practices. We will meet monthly and develop achievable tasks for each member. This goal is relevant because the way information is conveyed has changed and has become increasingly electronic. We will meet on March 27th at 4p central time to share updates and identify tasks for each group member.**

Region 5 Outreach Intergroup Resource Sub-committee Report

Attendance: Cecilia, Amanda M, Barb K, Pam P, Norma B, Kathy C, Linda P

- What does Joel need for the website
    1. Documents, links…etc.
- 3 Themes
    1. <mark style="background-color:#00ff00">Webpage – Intergroup Best Practices & Intergroup Survey</mark>
    2. <mark style="background-color:#ffff00">Strengthening Intergroup, continue the mission of the Intergroup renew Support Team, strong Intergroup supporting sister intergroup, intergroup disbanding prevention</mark>
    3. Continue the mission of the unaffiliated group outreach team, how do we incorporate the virtual groups?
- Geographic area for IG's are defined by bylaws
- Survey to IG's – contact 3 IG's that have insurance…etc.
    1. What is IG office hold email
    2. Liability insurance
    3. Website, designer
    4. How do you manage
    5. Phone
    6. Social media
    7. Send out information
    8. Workshops scheduled, how often
    9. What works for spreading the message
- Survey Link: https://www.surveymonkey.com/results/SM-6RHKCBYQ9/
- Talked about strengthening IG's with renewal process
    1. Renewal was from Region 1 and used in region 5
    2. Having people come from IG that sits with the committee
    3. Follow up and support IG's after they do a renewal – 6 months after
- Reach out to unaffiliated groups – previously done 2 years ago
    1. Get list of unaffiliated & virtual groups
    2. Plan to figure out how to approach
- Next meeting -