



CoDA World Service Conference 2015

Update from CoDA UK Delegate (Cara) to the National Steering Committee
15 August 2015

- * Update CoDA UK NSC today with highlights from conference
- * Propose some specific ideas/actions today
- * Complete report from Conference including any additional details of motions, reports and actions at a later stage
- * Provide an outline of some proposed actions, to maintain and progress with the NSC and CoDA members
- * Provide a 'guidance note' for anyone attending conference in future (at a later stage)
- * Maintain communication with World Service Committees as necessary (ongoing)

* **My intention**

- * Very procedural
 - * Serenity Prayer, 12 Steps & Traditions, Service Concepts
 - * Quorum count
 - * Motion processes
(motion read, comments/questions, pros & cons (3), 'crafting', vote taken, all timed carefully)
 - * Committee reports/updates (format varies)
 - * Voting Entity reports/updates
 - * Approval of previous days motions each day
 - * Agenda is adhered to fairly robustly
 - * Board Members voted in by Conference
 - * Issues Mediation Committee Members voted in by Conference

- * Seemed to run more smoothly this year
- * Overall, a huge amount to take in!

* Conference processes

- * Held in Concorde, Northern California (about an hour away from San Francisco)
- * Approximately 45 voting entity delegates attended this year
- * Over 100 people overall attended conference (including observers and service volunteers)
- * About 250 people attended convention
- * Only one Voting Entity outside of North America was represented - the UK!!
- * Lots of representation from Canada and British Columbia
- * CoDA members from other countries attended (Board member from Germany, small representation from South America)
- * I very often provided input to motions to take into account international CoDA (eg. considering currencies outside US)

* CoDA 2015 Conference

- * Board of Trustees
- * Finance Committee
- * Hospitals and Institutions Committee
- * Connections Committee
- * Literature Committee
- * World Connections Committee
- * Events Committee
- * Issues Mediation Committee
- * Service Structure Committee
- * Outreach Committee
- * Spanish Outreach Committee
- * Translation Management Committee
- * Communications Committee
- * CoRe Board
- * I will develop a summary of the committees and how we can connect with them, for NSC use

*** Committees represented**

- * CoDA Institutional Meeting Handbook is now approved and available for use to support meetings in Institutions
 - * ACTION: copy to be available for UK H&I purposes

- * Additional text to expand the booklet ‘peeling the onion’, providing new ‘patterns’ from the list of ‘patterns and characteristics’
 - * ACTION: advise Polwarth Publishing to request new version

- * Meeting handbook revision to the section:
 - * ‘I’m a therapist and would like to start a meeting’
 - * List of professions increased (therapists, life coaches, mental health prof, and all paid professionals)
 - * Increased text to strengthen the intended meaning, ‘...participate in meetings only as an individual recovering codependent and never in a professional capacity’
 - * ACTION: make use of this extract from CoDA literature in ‘sub-committee’ guidance notes

 **Motions to highlight
actions to propose**

- * Meetings Database
 - * motion unanimously agreed
 - * direct the Board to make it their highest priority
 - * resolve all issues of the seriously compromised meeting database
 - * meetings must be able to be found easily by all
 - * this is the most important and basic information for the codependent who still suffers

- * A new motion proposed (but no vote taken) regarding the provision of budgets
 - * Very late provision of these to conference
 - * For example, Board budget and Treasurers report was only first seen at conference and not provided as a handout
 - * Challenging process, particularly this year as Finance Committee requested all committees to reduce their travel expenditure significantly
 - * Finance Committee took an action away to improve the process

- * The Service Structure Committee was given permission to proceed to propose a restructure of the Fellowship Service Manual, a draft will be taken to CoDA Service Conference 2016
 - * ACTION: to note and consider getting involved if interested - this committee only has three members and needs support!

* **Motions to highlight
actions to propose**

- * A new 'CoDA Guidelines for Anonymity in Social Media' has been created and approved
 - * ACTION: Cara to distribute within CoDA UK NSC
 - * ACTION: publish on the CoDA website

- * 'CoDA Guidelines for following the 12 Traditions in outreach service work' was approved
 - * ACTION: Cara to share with CoDA UK NSC and LSERC Region for info

- * A motion was approved to ensure that no outside contractors or their employees are present at the conference when items related to their employment are discussed
 - * ACTION: consider this with regards to our process to publish CoDA literature here in the UK

* **Motions to highlight
actions to propose**

- * The Issues Mediation Committee updated its section of the Fellowship Service Manual to include the award process of the voting entity travel reimbursement opportunities

- * A new 'voting entity liaison' service position has been created within the IMC Committee
 - * to support voting entities in their applications for travel reimbursement opportunities to World Service Conference
 - * To provide support or answer questions regarding conference
 - * imcvel@coda.org

- * The Travel Reimbursement Opportunities (TRO) were amended
 - * One existing delegate TRO was converted to an international TRO worth \$1500
 - * A new international TRO was added worth \$1500
 - * Therefore there is now 3 x North America TROs and 2 x International TROs
 - * I asked at conference if the Finance Committee would consider amending that to the reverse (ie. more international TROs), they said they would
 - * ACTION: work with Finance Committee to increase international TROs
 - * ACTION: work with Finance Committee and Issues Mediation Committee to clarify and if necessary amend the rules around VEs only having two opportunities for a TRO - to distinguish the difference between international and US TROs

 **Motions to highlight
actions to propose**

- * CoDA Canada completed a ‘twelve piece relationship toolkit’
 - * ACTION: share copies with CoDA UK
 - * ACTION: to consider taking inspiration, for publication of CoDA UK approved ‘shares’ (and any other literature we might want to create)

- * Through networking I found out that there are meetings in Ireland
 - * ACTION: investigate through my contact how to connect with them and build a relationship

- * All Committees have been working on a ‘policies and procedures manual’ (for the respective committee):
 - * ACTION: note and consider what procedural documents we have and what we might want to refresh

*** Observations to highlight
actions to propose**

- * As soon as Motions are published on the CoDA World Website (about a month before Conference), we can start to interact with each of the Committees regarding their Motion (questions, collaboration, clarification, comments etc)
 - * ACTION: World Service delegate to monitor and consider next year

- * Similarly to 2015, this year we completed a 'voting entity survey' in advance of conference, it was a huge amount of work (3 people for 4.5 hours each, plus 1 person for an additional 3 hours - approximately)
 - * High level analysis of surveys provided at conference
 - * ACTION: ask World Connections Committee what positive actions are being taken to support the international fellowship with this information, how can we use it to grow and provide the fellowship with support it needs

- * The CoDA UK 'voting entity survey' information was used to support development of questions at conference and the presentation I gave to conference, but I realised more interaction with CoDA UK NSC was needed, hence my additional communication during conference
 - * Apologies I didn't give you more time to review and respond
 - * Thanks for the feedback and connection we had during conference
 - * ACTION: next year, consult NSC as early as possible before Conference (a few weeks if possible)
 - * ACTION: next year consult the Regions and the Meetings regarding Motions proposed

*** Observations to highlight
actions to propose**

- * I purchased 'CoDA chips' while I was there to bring back as examples as I had never seen them before, I was also presented by a loving member with my own 5 year chip
 - * ACTION: propose to Polwarth to consider making them
 - * ACTION: let meetings know about 'CoDA chips'
 - * ACTION: I'm personally going to introduce them at my meeting, they are particularly great for the newcomer in their first six months

- * I noticed the 'World Connections Committee' has been providing services that the UK haven't heard about
 - * an original intention for the Committee was to co-ordinate reports from international voting entities, provide support to international VEs, and increase attendance / participation with World Service)
 - * ACTION: ask the WCC how we can connect more and what support is available

- * I researched supportive information regarding the CoDA US 'C-Phone' (which is largely intended to provide meeting information)
 - * ACTION: Cara to provide info to NSC to consider arranging their own 'CoDA phone'
 - * ACTION: arrange skype call with Communications Committee Chair to hear experience, strength and hope

*** Observations to highlight
actions to propose**

- * Northern Colorado sets up tables at therapist conference to provide information regarding CoDA
 - * ACTION: consider whether that would be useful here in the UK to increase awareness
- * One of the requirements for a CoDA meeting to be an approved meeting is that it is registered with CoDA World (according to the literature)
 - * Our meetings aren't currently registered
 - * ACTION: investigate further
- * There are CoDA 'phone call meetings', details at www.onlinecoda.net
 - * ACTION: provide a link to this website on our meetings list and website links area

* Observations to highlight
actions to propose

- * I took a copy of the 'willing to sponsor' list at conference
 - * ACTION: provide a copy to our national sponsorship rep
- * I found out that we will have a Board Member assigned to CoDA UK
 - * ACTION: find out who this is and make contact
 - * REQUEST: please pray for the new Board, they are few and new
- * I reached out for experience, strength and hope around CoDA World and CoDA Germany as a legal entity
 - * Yes, revealing ourselves as CoDA members breaks anonymity, but that is the choice of each member for a period of time
 - * AA deals with it in a different way, they have different levels of Board membership and the individuals listed as part of the legal entity are not AA members

* **Observations to highlight
actions to propose**

* World Service Conference to be held in UK?

- * A conference motion last year provided that world service conference could be held outside the US
- * If we want to hold the conference in the UK we could propose a motion with specific timelines
- * We could get a survey done through the events/communications committee to canvass who would attend (Internationals and USA)
- * Consider having three particular speakers involved: Ken, Mary, Melody B
- * Events Committee have 9 budgeted members to attend Conference and would lead the whole thing
- * We would need to provide support as well through volunteers from the CoDA fellowship (eg. for a few hours at a time on a literature stand)
- * If we propose a motion, we would need to provide some outline costs and initial research, Events Committee can support us in doing this
- * To hold it in UK we need to give the fellowship 4 or 5 years notice - so that finance committee can start a budget to build over time, and others can start to save from their own personal budgets
- * Request to host form is on CoDA website
- * Current draft events plan is:
 - * 2016 - Arizona
 - * 2017 - Southern California
 - * 2018 - possibly Calgary or NYC
 - * 2019 - ?
 - * 2020 - UK???
- * ACTION: Cara to investigate further with Events Committee

* Observations to highlight
actions to propose

- * It takes a lot of resource, planning, energy, cost etc. from the fellowship and the delegate to attend conference
 - * Proposal: if we are going to send someone to CoDA World Service Conference 2016, let's start planning now (budget, flights, leave, connection, our intentions etc)

- * Thank you all for your service
- * Thank you for giving me the opportunity to be of service
- * Thank you for hearing me

- * Questions?

* **Gratitude**