

			Jan 1 - Feb 5, 23	Budget	\$ Over Budget
1	<b>Income</b>				<i>parenthesis = under budget</i>
2	<b>Revenue</b>				
3		Group Contributions	\$ 2,410.80	\$ 19,600.00	\$ (17,189.20)
4		Assembly Registrations	\$ -	\$ 1,200.00	\$ (1,200.00)
5		Cash Carried Forward	\$ 29,438.13	\$ 30,000.00	\$ (561.87)
6		<b>Total Revenue</b>	<b>\$ 31,848.93</b>	<b>\$ 50,800.00</b>	<b>\$ (18,951.07)</b>
7		<b>Total Income</b>	<b>\$ 31,848.93</b>	<b>\$ 50,800.00</b>	<b>\$ (18,951.07)</b>
8	<b>Expense</b>				
9	<b>Delegate Fund</b>				
10		WSO ETF	\$ 2,687.10	\$ 2,687.10	\$ -
11		Extra Day	\$ -	\$ 225.00	\$ (225.00)
12		Delegate Meeting	\$ -	\$ 400.00	\$ (400.00)
13		Delegate Travel	\$ -	\$ 1,000.00	\$ (1,000.00)
14		Delegate Miscellaneous	\$ -	\$ 500.00	\$ (500.00)
15		<b>Total Delegate Fund</b>	<b>\$ 2,687.10</b>	<b>\$ 4,812.10</b>	<b>\$ (2,125.00)</b>
16	<b>Working Fund Expense</b>				
17		Archive Rent	\$ 195.00	\$ 800.00	\$ (605.00)
18		Area Travel Fund	\$ -	\$ 2,000.00	\$ (2,000.00)
19		Communicator	\$ -	\$ 50.00	\$ (50.00)
20		SSM Advance	\$ -	\$ 1,500.00	\$ (1,500.00)
21		Assembly/AWSC Rent	\$ 2,780.00	\$ 7,170.00	\$ (4,390.00)
22		Insurance	\$ -	\$ 2,050.00	\$ (2,050.00)
23		2018 - Zoom Subscription	\$ -	\$ 150.00	\$ (150.00)
24		<b>Total Working Fund Expense</b>	<b>\$ 2,975.00</b>	<b>\$ 13,720.00</b>	<b>\$ (10,745.00)</b>
25	<b>Assembly Allowance/Meal/Lodging</b>				
26		Officers	\$ -	\$ 5,400.00	\$ (5,400.00)
27		Audit/Budget	\$ -	\$ 2,700.00	\$ (2,700.00)
28		Coordinators	\$ -	\$ 4,500.00	\$ (4,500.00)
29		Past Delegates	\$ -	\$ 2,700.00	\$ (2,700.00)
30		<b>Total Assembly Allowance/Meal/Lodging</b>	<b>\$ -</b>	<b>\$ 15,300.00</b>	<b>\$ (15,300.00)</b>
31	<b>Officers Expenses</b>				
32		Alternate Delegate	\$ -	\$ 50.00	\$ (50.00)
33		Chairperson	\$ -	\$ 50.00	\$ (50.00)
34		Secretary	\$ -	\$ 50.00	\$ (50.00)
35		Treasurer	\$ -	\$ 75.00	\$ (75.00)
36		AAPP Expenses	\$ -	\$ 50.00	\$ (50.00)
37		<b>Total Officers Expenses</b>	<b>\$ -</b>	<b>\$ 275.00</b>	<b>\$ (275.00)</b>
38	<b>Assembly Expenses</b>				
39		Assembly Workshops	\$ -	\$ 300.00	\$ (300.00)
40		Alateen Projects	\$ -	\$ 150.00	\$ (150.00)
41		Archive Projects	\$ -	\$ 50.00	\$ (50.00)
42		CPC Projects	\$ -	\$ 600.00	\$ (600.00)
43		Forum Projects	\$ -	\$ 150.00	\$ (150.00)
44		Group Records Projects	\$ -	\$ 25.00	\$ (25.00)
45		Literature Projects	\$ -	\$ 150.00	\$ (150.00)
46		PI Projects	\$ -	\$ 600.00	\$ (600.00)
47		Technology Projects	\$ -	\$ 1,000.00	\$ (1,000.00)
48		Website Projects	\$ -	\$ 500.00	\$ (500.00)
49		<b>Total Assembly Expenses</b>	<b>\$ -</b>	<b>\$ 3,525.00</b>	<b>\$ (3,525.00)</b>
50	<b>Coordinator Expenses</b>				
51		Alateen Coordinator Expenses	\$ 104.93	\$ 1,000.00	\$ (895.07)

52		Archives	\$ -	\$ 50.00	\$ (50.00)	
53		CPC Coordinator	\$ -	\$ 25.00	\$ (25.00)	
54		Forum	\$ -	\$ 25.00	\$ (25.00)	
55		Group Records	\$ -	\$ 25.00	\$ (25.00)	
56		Literature	\$ -	\$ 25.00	\$ (25.00)	
57		Public Information	\$ -	\$ 25.00	\$ (25.00)	
58		Technology Coordinator	\$ -	\$ 50.00	\$ (50.00)	
59		Website Coordinator	\$ -	\$ 260.00	\$ (260.00)	
60		<b>Total Coordinator Expenses</b>	\$ 104.93	\$ 1,485.00	\$ (1,380.07)	
61		<b>Northwest Regional Delegate Meeting</b>				
62		Past Delegates	\$ -	\$ 1,200.00	\$ (1,200.00)	
63		<b>Total Northwest Regional Delegate Meeting</b>	\$ -	\$ 1,200.00	\$ (1,200.00)	
64		<b>Other Expenses</b>				
65		Alateen Sponsor Workshop	\$ -	\$ 600.00	\$ (600.00)	
66		Audit Budget Extra Day + Exp	\$ -	\$ 100.00	\$ (100.00)	
67		Contingency Fund	\$ -	\$ 1,082.90	\$ (1,082.90)	
68		Equipment Supplies	\$ -	\$ 100.00	\$ (100.00)	
69		Handbook Update	\$ -	\$ 100.00	\$ (100.00)	
70		Transition Fund	\$ -	\$ 100.00	\$ (100.00)	
71		WSO Donation	\$ -	\$ 400.00	\$ (400.00)	
72		<b>Total Other Expenses</b>	\$ -	\$ 2,482.90	\$ (2,482.90)	
73		<b>Total Expense</b>	\$ 5,767.03	\$ 42,800.00	\$ (37,032.97)	
74		Cash Balance as of 2/5/2023	\$ 26,081.90	\$ 8,000.00	\$ 18,081.90	
75		Ample Reserve	\$ 8,000.00	\$ 8,000.00	\$ -	
76		Available Cash	\$ 18,081.90	\$ -	\$ 18,081.90	
		<b>Remember to put all three items on checks:</b>	<b>Donations payable to Oregon Area AFG</b>			
		District Number	Send to:	Barb Baumer		
		WSO Group number		21745 SW Columbia Dr		
		Group Name		Tualatin OR 97062		

<b>2023 TRAVEL EXPENSE/REIMBURSEMENT CALCULATIONS</b>					
	Actual Lodging Rates \$ Per Day from Google Search				
Location	March -Mid	March-Low	July-Mid	July-Low	Nov-Mid
Medford	109	105	153	110	114
Seaside	155	135	296	239	209
Bend	143	111	320	146	179
Beaverton	138	110	161	124	143
Daily Avg. Rate					
<b>Daily Avg. Rate + Tax (11%)</b>					
GSA Per Diem Meals Rate	Break.23%	Lunch 29%	Dinner 48%		
Medford	13	16	26		
Seaside	15	19	30		
Bend	14	17	29		
Beaverton	14	18	29		
<b>Avg. Per Diem</b>	<b>\$14.00</b>	<b>\$17.50</b>	<b>\$28.50</b>		
Assembly Per Diem Meals	Friday	Saturday	Sunday		
Breakfast		At Assmby	\$14.00		
Lunch		\$17.50	\$17.50		
Dinner	\$28.50	\$28.50			
<b>Meal Expense -Wkend</b>				<b>\$106.00</b>	<b>\$106.00</b>
<b>Actual Per Person Lodging/Min. Occ.=2 members; 2 nights</b>				<b>\$171.00</b>	
<b>GSA Per Person Lodging / Min. Occ.=2 members; 2 nights</b>					<b>\$148.00</b>
<b>Total P/P Exp/Reim.-Wknd using Actual Lodging Rates)</b>				<b>\$277.00</b>	
<b>Total GSA P/P Exp/Reim.-Wknd</b>					<b>\$254.00</b>
Current Reimb. P/P -Wknd				\$180.00	
	<b>Recommendation: Raise Assembly/AWSC Travel Reimbursement Rate to either the Avg. Rate \$277.00 (based on actuals) or the GSA Avg. Rate \$254.00.</b>				



## ACCEPTING ELECTRONIC GROUPS IN OREGON

The task force consists of Troy, (D11) Carol (D6), Bonnie (D10), Gayle (D10), Meredith (D5), and Joanne (Delegate). This task is much more involved than we realized. Our list of topics to discuss, come up with a suggestion Oregon may agree with and put into a draft document is very long. We meet once a week for an hour or an hour and thirty minutes.

We accepted three guiding principles to follow for our Task Force.

1. The policies developed by the Oregon Area should follow the policies of the WSO.
2. The policies developed by the Oregon Area should support the traditions of Al-Anon. In particular, “Tradition One. Our common welfare should come first; personal progress for the greatest number depends upon unity”, “Tradition Five. Each Al-anon family group has but one purpose: to help the families of alcoholics. We do this by practicing the Twelve Steps of Al-Anon ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to the families of alcoholics” with “Concept Twelve Warranty Five. That though the Conference serves Al-Anon it will never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.”
3. The policies developed by the Oregon Area should insure equal opportunity and treatment for all AFG’s regardless of their meeting format: face-to-face, or electronic. face-to-face with an electronic component.

Our tentative timeline is -

- ✓ March assembly give a progress report to the
- ✓ Early April have a Town Hall
- ✓ June AWSC present first draft
- ✓ Early July second Town Hall to present first draft for questions and input
- ✓ July assembly present first draft for questions and input
- ✓ August finalize draft
- ✓ End of August third Town Hall to present completed draft
- ✓ September finalize completed draft
- ✓ October AWSC present final draft
- ✓ October email out to DRs to review with GRs
- ✓ November assembly present final draft for vote

Without giving out information prematurely, so far we have discussed:

- Create an electronic district
- How to assign groups to districts and who decides
- Determine electronic group members ability to serve in our Area
- Temporary electronic groups that are moving to electronic stay in their present district or not

Submitted by,

Joanne C.

# Oregon Area Social Media Thought Force

What were the results of the KBDM Process?

# The Original Question

Is the Oregon Area AWSC interested in developing a thought force to further explore the ramifications of using social media as part of outreach to the professional community, specifically targeting Behavioral Health Professionals on LinkedIn? Is this a cost effective way to reach potential members who are affected by someone else's drinking? (Thought Force was approved Oct 2022 AWSC)



# What is LinkedIn?

[What is LinkedIn and How Can I Use It? | LinkedIn Help](#)

How would Oregon Area Plan on using LinkedIn?- As a resource for professionals.

# Ways to reach Professionals on LinkedIn

- Word of mouth, when professionals type in search terms, for example “alcoholism”, or “help for families of alcoholics”, they may come upon Al-Anon’s Page
- Running an ad campaign
- The thought force explored both.

## **Question 1- What do we know about our members' or prospective members' needs that is relevant to this discussion? [What do we know about what our members needs and wants?]**

- According to the Membership Survey, members often come to Al-Anon via recommendation from a professional.
- It is important for professionals to know about the Al-Anon Program.
- There is a knowledge deficit amongst professionals about the Al-Anon program. If professionals don't know about Al-Anon they can't refer their patients and or clients. We want to make sure professionals know we exist.

- We are now in a digital age.
- Prospective members need to know they are not alone.
- Prospective members are looking for resources and do use social media to search out those resources

## **Question 2- What do we know about the resources and our vision for the organization that is relevant to this discussion (finances, membership participation)? [What do we know about our resources and capacity?]**

- Setting up the social media platforms will require time.

Need volunteers with computer skills that can link the LinkedIn page to the Oregon Area Website.

- The Cooperating with Professional Community Budget for the 2023 year is \$600.00
- The vision for Al-Anon 2022-2024, from WSO website:

<https://al-anon.org/for-members/board-of-trustees/core-purpose-mission-strategic-goals/>

***Question 3 What do we know about the current realities (membership, culture), evolving dynamics of the world and our fellowship's environment (technology, our Legacies and spiritual principles) that is relevant to this discussion? [What are the Pros and Cons? What do we know about what's currently happening within our groups?]***

- WSO discontinued traditional outreach such as letter and email campaigns due to low response.
- Where people go to meetings is changing. There are more options than before, traditional in person, in person with electronic component, and electronic meetings.

- Use of social media is fairly new with some unknowns.
- Members willing to volunteer at the area level was down this panel. Committee chairs were combined ie CPC/Public Outreach, Forum/Literature, Technology/Website
- The Al-Anon Principles related to this question were identified by the thought force as: Tradition 5, our primary purpose is to help families of alcoholics; Tradition 11 our public relations policy attraction rather than promotion; and Tradition 12, anonymity is the spiritual foundation of all our traditions.

## **Question 4-What are the ethical implications of our choices (pros and cons)? Will our decision be consistent with our spiritual principles? The Pro's**

- The ability to reach a large number of professionals. Past experiences by NJ Area and WSO was more effective compared to traditional outreach. NJ Area had 289,000 professionals click on the ad over a 30 day period.
- The cost per professional is low \$1.47 (based on NJ experience cost per click)
- Can cap the amount of money the area wants to spend.
- Can target professionals by their titles. The LinkedIn platform does the search and targets the ad for you.
- LinkedIn provides objective data metrics, how many people view the ad, how many times an ad was viewed.
- With an engagement type ad could educate professionals about the Al-Anon Program in a short period of time.



## Cons of proceeding with social media

- Time commitment needed to set up and then maintain social media pages.
- Membership volunteering with the needed skillset.

## **Question 5-What do we wish we knew, but don't? [What else do we need to know before moving forward?]**

- What type of information do therapists want and need from Al-Anon?
- Will use of social media ad targeting professionals correlate to increase in newcomers in the program, including younger and historically marginalized populations?
- Is this a good investment?

# Logistical questions?

- Would we need to get approval from WSO before posting any content on LinkedIn page?
- Will WSO develop templates for service arms to post consistent messaging to therapist and the public?
- Will WSO also provide content directed towards therapists?
- Will enough volunteers be willing to help with the project, specifically the technical components?

# What does the thought force recommend?

The Social Media Thought Force recommends proceeding to a task force!

## References:

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

<https://al-anon.org/blog/maintain-your-anonymity-on-social-media/>

<https://al-anon.org/resources-for-professionals/membership-survey/>

Al-Anon Twelve Traditions and Concepts

## Thought Force: Hispanic Overlay District

Members: Joan F., Chair., Meladee M., Gayle S., Jazmin, Aurora

Purpose: To determine the need and the viability of an Overlay District to enhance the Al Anon experience among the Hispanic community in the Oregon Area with their counterparts in the Area.

As a result of several meetings, we have established that among the groups which we have contacted so far, there is a definite interest and enthusiasm for this project, particularly District 10 according to Gayle, Jazmin, and Aurora. They feel it will provide:

1. Greater understanding among members of the Hispanic Community as to the workings of successful groups and benefits to its members.
2. It will foster more understanding and camaraderie among all members regardless of ethnicity and encourage understanding and fellowship between the groups.
3. More complete and easier communication will be achieved between the Area and the Overlay members through bilingual representatives.
4. As a result we feel that there is a need for a way to include all members in Al Anon locally as well as internationally in a richer, more diverse experience.

With the help of Joanne C., our Delegate, we were able to meet electronically with Terry in So. CA, who has extensive experience with an overlay district. Although there does not appear to be a firm policy, and a lot of latitude in structure is allowed the Areas, his final analysis is that there have been no negatives in the process. It has been one of increased understanding and a way to share each group's cultural contributions.

Locally, both Jazmin and Aurora are finding great enthusiasm for the idea among their groups. They will be invaluable in communicating with other groups in OR, not just District 10. Aurora reports that the Woodburn group, which had been disbanded is meeting again on Tuesday nights at 7 PM. All the Hispanic groups they have contacted meet in person.

Meladee is going to communicate with Clara, a reference from Terry, who is very familiar with this program and has been a major force in defining our goal. Gayle has been instrumental in coordinating the efforts of Jazmin and Aurora and planning the best way to present the program to other groups. She has developed vital contacts in the area.

We are all working together to contact as many groups as possible and firmly establish the viability of such a project, its true value, and desirability. All this is being done with the purpose of expanding Al Anon's benefits for all who need them in the Oregon Area.

In service,

The Hispanic Overlay Thought Force Committee