



SERVING AS AN S-ANON REGIONAL TRUSTEE

INTRODUCTION

A Regional Trustee (RT) is a trusted servant who serves the S-Anon fellowship in their Region as a member of the Board of Trustees (BOT), a key component of the legal S-Anon/S-Ateen service structure. There are currently eight Regions in North America and Canada for an RT to serve and represent a regional perspective at BOT meetings. The RT also supports traditional trusted servants and Area Delegates at all levels in the Region and works to ensure that information from the World Service Office (WSO) and BOT is distributed.

TERM OF OFFICE

An RT is selected for a three-year term and may serve one additional consecutive three-year term. RTs may serve a maximum of six consecutive years. Note that concurrent service as a traditional trusted servant (Area Delegate) and a legal trusted servant (BOT Trustee or officer) at the international service level is a conflict of interest and is not permitted. For example, if an Area Delegate is approved to fill a Trustee position, the individual must resign their Area Delegate position. However, an RT may serve on BOT standing committees and various traditional service roles at the group level without creating a conflict of interest.

QUALIFICATIONS FOR SERVICE

It is suggested that an RT be a member of S-Anon for at least five years, attend S-Anon meetings regularly, have a sponsor, and have worked all S-Anon Twelve Steps with a sponsor or group. Service experience beyond the group level is helpful, as is familiarity with the *S-Anon/S-Ateen Service Manual* and the willingness to learn about and apply the S-Anon Twelve Traditions and Twelve Concepts of Service. Energy, enthusiasm, and a strong desire to be of service is essential. Members interested in serving as RTs are encouraged to learn as much as possible about the responsibilities and time commitment involved to serve in the role.

REGIONAL DIVISIONS

North America (United States and Canada) is divided into eight Regions:

- *Midwest:* Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin
- *Northeast:* Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire,

New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, and West Virginia

- *Northwest:* Alaska, Idaho, Montana, Oregon, Washington, and Wyoming
- *Southeast:* Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee
- *Southwest:* Arizona, Colorado, Kansas, New Mexico, Oklahoma, Texas, and Utah
- *West:* California, Hawaii, and Nevada
- *Eastern and Central Canada:* New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Manitoba, and Quebec
- *Western Canada:* Alberta, British Columbia, Yukon and Northwest Territories, Nunavut, and Saskatchewan

SELECTION PROCESS

There are two ways a member can become an RT. A candidate may be elected by the groups in their Region or appointed by the BOT. Election by the groups in the Region takes precedence over appointment by the BOT. If a member volunteers to serve as an RT, they submit a service resume to the WSO, which will then be forwarded to the current RTs, who will conduct the election process. If an RT is elected by the groups in the Region, the RT is seated on the BOT without further qualification or vote by the BOT. If fewer than half of the registered S-Anon groups in the Region participate in the election, the Region is considered not sufficiently organized to elect the RT. In that case, candidates can submit service resumes and a BOT application for RT appointment consideration. For more information about the election process, please refer to *"The Process for Electing a Regional Trustee"* found on the S-Anon Member Site, member.sanon.org.

OBJECTIVES OF THE RT ROLE

The RT's primary goal is to grow and strengthen the S-Anon fellowship in his/her Region, and to provide a voice for groups in the Region that do not have an elected Area Delegate. The RT accomplishes these objectives by working with the Area Delegates, Alternate Delegates, and groups not represented by Delegates in their Region. An RT also participates in monthly BOT meetings (including the annual face-to-face BOT meeting), participates in BOT joint meetings with the Area Delegates when scheduled,

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and participates with a voice and a vote at the annual World Service Conference (WSC).

SERVICE AT THE RT LEVEL

What does an RT do? Responsibilities will vary depending upon the needs of the S-Anon fellowship in the Region the RT represents. The suggestions offered below describe tasks that current and past RTs have found to be beneficial. Each RT has the freedom to choose what works best for their Region.

SHORTLY AFTER BEING SELECTED AS AN RT

- Review BOT orientation materials and attend an orientation meeting scheduled by the WSO Executive Director. The WSO sends new RTs links to several documents about the legal responsibilities of Trustees, information about how the BOT operates, and the RT's role in the BOT process. Reading these documents as soon as possible will speed the RT's orientation. The BOT Chairperson and WSO Executive Director are available to answer any questions.
- Save meeting dates. BOT service includes a number of standing meetings as mentioned above. It is suggested that new RTs put these events on their calendar as soon as possible after stepping into the RT role.

IN THE FIRST FEW MONTHS OF THE RT ROLE

- Obtain Regional contact information from the WSO. An important first step involves gathering information about the Region that is maintained by the WSO, including contact information for Area Delegates as well as group and Intergroup contact lists.
- Reach out to contacts in the Region. Introductions are always a good first step for incoming RTs, who are encouraged to send an email to all Area Delegates and S-Anon groups in the Region. An introduction email can also explain what trusted servants and groups can expect from the new RT.
- Get a service sponsor. Experience has shown that working with a service sponsor who has experience serving S-Anon beyond the group level is a critical element of healthy service at the RT level.
- Reach out to the former RT (if available). In addition to smoothing the transition, reaching out to the outgoing RT will pave the way for a smoother transition by giving the incoming RT information, materials, and the former RT's experience, strength, and hope.

THROUGHOUT THE RT TERM OF SERVICE

- Participate as a BOT member. RTs are voting members of the BOT. The BOT generally meets monthly, usually virtually but sometimes in person. The meetings involve a good deal of preparation, such as reviewing all submitted reports and considering the impact of all submitted motions. At BOT meetings, all members participate by being well-informed of current BOT and BOT committee activities, as well as discussing and voting on S-Anon business motions. RTs also support the BOT by recruiting candidates and managing elections for RT vacancies. Access to the Internet and a computer are important to be successful at the BOT level.
- Participate in RT meetings. Monthly calls or virtual meetings with other RTs provide a forum for discussion among peers. Topics of discussion include WSC motions, BOT business, and issues raised by Area Delegates or groups in any Region.
- Establish regular communication with trusted servants in the Region. Conducting monthly/quarterly calls or virtual meetings with Area Delegates opens the lines of communication, provides a forum for the discussion of local issues, and serves as a reminder to Area Delegates that support is available.
- Learn about the Region. Incoming RTs are advised to find out as much as possible about the Region. Which Areas make up the Region? Which Areas do not have groups? Which Areas have groups but no Area Delegate? Are there any upcoming recovery events in the Region?
- Serve as a liaison. RTs can play a key role in opening the lines of communication between the BOT and groups in the states and provinces that do not have an Area Delegate.
- Encourage growth of S-Anon in the Region. RTs support growth by helping Areas fill Area Delegate vacancies, assisting with and sharing information about events in their Regions, forwarding communications from groups to Area Delegates, the WSC, and BOT and vice versa, helping to increase the knowledge of trusted servants at all levels, and increasing communication among the Delegates in the Region.

BENEFITS OF RT SERVICE

A growing network of recovery friends, exposure to new situations and different ideas, the satisfaction of nurturing the growth of the S-Anon program, and enhanced personal recovery are just a few of the many benefits of service as an RT. By serving as a conduit for the mutual exchange of ideas among groups and Areas in his/her Region, the

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RT gets to experience the larger group conscience process in action. Service at this level also reinforces the “we” nature of the S-Anon program as RTs rely on the experience, strength, and hope of others to support and sustain their efforts.

“Through doing service, I have gained a deeper level of acceptance and trust that a Higher Power is looking after this fellowship. We are but ‘trusted servants’ in every sense of those words.”

— (Working the S-Anon Program, 2nd Ed., page 106)

ADDITIONAL RESOURCES

Learn more about the RT position from the following resources available at sanon.org:

- *S-Anon/S-Ateen Service Manual*
- *The S-Anon Service Structure* service literature item L-18
- *Process for Electing a Regional Trustee*

If you are interested in serving as an RT and wish to speak to a member serving in this position, please contact the World Service Office.



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Family Groups, Inc. 2013
World Service Office (WSO)
P.O. Box 17294
Nashville, TN 37217
615-833-3152 or 800-210-8141
email: sanon@sanon.org
Website: www.sanon.org

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