

Do's and Don'ts

The Do's and Don'ts are compiled based upon the experience of the H&I subcommittees. They provide some very helpful guidelines, and should help you avoid some of the common pitfalls.

- **Do** start and end on time.
- **Do** briefly explain what H&I is.
- **Do** make it clear that NA is separate and distinct from the facility as well as other fellowships.
- **Do** try to get residents involved, especially those in long-term facilities (literature person, coffee maker, etc.)
- **Do** obey all dress codas. Exercise some common sense and dress appropriately
- **Do** bring stamped literature into the facility with the local phone line number.
- **Do** explain the language of NA. We use "addict, clean time, recovery, etc." Explain why we use it as the First Step and Sixth Tradition reveal.
- **Do** emphasize that NA recovery is available to any addict, regardless of the type of drugs used.
- **Do** emphasize the importance of getting to a NA meeting the FIRST day out
- **Do** emphasize the importance of getting a sponsor, home group, the ongoing nature of recovery, and attending 90 meetings in 90 days.
- **Do** read and use the NA literature recommended for H&I work. Encourage residents to read the NA literature on their own.
- **Don't** break another person's anonymity or tell his or her story.
- **Don't** debate any issues involving the facility's rules or regulations.
- **Don't** discuss conditions within the facility or opinions about the staff.
- **Don't** discuss or debate outside issues. Keep the focus on the positive and unique qualities of NA.
- **Don't** put too much focus on what it was like. They already know.
- **Don't** carry excessive cash or wear expensive or flashy jewelry.
- **Don't** show favoritism, collect any money, take messages in or our or carry any weapons.
- **Don't** give out any other person's address or phone number or give out your address or phone number.

WHAT IS OUR MESSAGE?

THE MESSAGE IS THAT AN ADDICT, ANY ADDICT, CAN STOP USING DRUGS, LOSE THE DESIRE TO USE, AND FIND A NEW WAY OF LIFE.

FINGER LAKES AREA



HOSPITALS AND INSTITUTIONS

PANEL MEMBER AND SPEAKER ORIENTATION

To assure that no addict in a hospital or institution seeking recovery need die without having had a chance to find a better way of life. From this day forward, may we provide the necessary services.

Hospitals and Institutions

Panel Member / Speaker Orientation

Purpose

The purpose of an H&I presentation or meeting is to carry the NA message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. This is accomplished through the operation of panels that visit facilities on a regular basis. These panels are made up of a panel leader, and one to three panel members (speakers / observers)

The purpose of this orientation is to acquaint the Panel Member / Speaker with the policies relevant to a H&I presentation or meeting.

Requirements

- Minimum of 6 months of uninterrupted clean time
- Minimum of 1 year of uninterrupted clean time for MICA or jail facilities
- Must meet the clean time requirement of the facility
- Must have a willingness to share your experience, strength and hope!

What is expected

- Shall have a good understanding of the fellowship and policies relevant to the H&I meeting
- Shall adhere to the rules of the facility – since we are guests in the facility
- Shall conduct one's self responsibly. Remember, you are a representative of NA
- Shall use the language of NA. Identify yourself as an addict, clean from all mind and mood altering substances and in recovery.

Take an active role

The panel member or speaker takes an active role in a presentation or meeting in whatever acceptable capacity as may be requested by the panel leader. Being a panel member or speaker is a personal commitment, so please do not volunteer if you are not sure that you want to attend.

If you are not sure you will be able to attend a meeting or presentation you have committed to, you are to give the panel leader at least forty-eight hours notice.

What you can do

What NA offers is to carry a message of recovery from the disease of addiction through the twelve steps, twelve traditions and twelve concepts of Narcotics Anonymous.

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs”

Do not ask someone to take your place or even to come along with you to the meeting. The Panel Leader is the only one who is allowed to invite people to a meeting or presentation. This is not for friends, relatives, children, etc. This is solely for carrying the message to the addict who still suffers.

