

H&I Workshop

❖ Introduction

❖ What is the purpose of H&I?

A. The purpose of an H&I meeting/presentation is to carry the NA message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I meetings/presentations, except for those in longer-term facilities, are intended to simply introduce those attending to some of the basics of the NA program. (From NA Hospitals & Institutions Handbook)

B. Fulfill our primary purpose to carry the message to the addict who still suffers. (5th Tradition)

C. Practice the 12th step. “We tried to carry this message to addicts....”

D. Be a part of the NA service structure and give back what was freely given.

E. We bring (carry) the message to the addicts versus addicts calling us or attending meetings.

❖ What is H&I?

A. Service Commitment.

B. Not a regular Recovery meeting. Closed to outside participation.

C. A part of the NA service structure under direction or auspices of an H&I subcommittee or follow WSC H&I Guidelines and accountable to an ASC or RSC.

D. Less Autonomy than a meeting. Follow facilities rules and regulations as well as H&I guidelines.

E. Not Anonymous. Most facilities require personal information and background check. Staff knows we are Recovering Addicts from NA. We get viewed as being representatives of NA. How we conduct ourselves is very important: dress, behavior and language.

❖ Who is best suited to do H&I?

A. Those who work an NA program of recovery and can carry a clear and consistent message of NA. AA does not need our help. Carry the NA message.

B. Meet the clean time requirements in Handbook or local guidelines.

C. Be responsible show up on time, fulfill commitments and communicate with facility.

D. Understanding and application of the 12 steps and 12 traditions of NA program.

F. Use NA language and no profanity.

G. Follow facility rules and regulations. Be aware at all times where you are.

H. Do not use H&I meeting/ panel presentation as a personal recovery meeting. H&I is a service commitment. Carry the message of NA not the mess.

❖ What is an H&I Meeting/Presentation?

A. Is the vehicle to carry the message of NA and introduce those attending to the basics of the NA program. What, How, Why? And Where you can find us.

B. Follow a format be consistent.

C. Identify as members of NA H&I. We come in here through NA and are not affiliated with the facility or any other organization.

D. Give clean time and mention home group.

E. Read the message of NA from 5th Tradition.

F. Carry message not mess. Share experience, strength and hope, lean more on strength & hope than experience. NA is a living and breathing fellowship. How I found NA. How NA works for me. What NA has done for me. Ultimate weapon in recovery is the recovering addict. Read do's and don'ts.

G. Encourage participation using group meeting readings. Encourage questions to be asked concerning the program of NA.

❖ **Basic Do's and Don'ts**

❖ **Suggested H&I material to bring.**

A. Recovering NA members from NA community. Encourage members to join H&I.

B. Behind the Walls

C. An Introductory Guide to Narcotics Anonymous (contains various IPs)

D. White book of Narcotics Anonymous

E. All group readings except 12 Traditions (remember just the basics)

F. Basic Text

G. Just for Today

H. Local Meeting schedule (minus any local member phone numbers)

❖ **Mock H&I Presentation/Meeting**

❖ **Questions and Discussion**