

H&I TREATMENT CENTER INFORMATION PANEL FORMAT

Hello my name is _____ and I am an ADDICT. Welcome to the Narcotics Anonymous H&I Panel Meeting at _____.
(Panel introduces themselves. Mention home group and clean time.)

We are members of a fellowship called Narcotics Anonymous and we come here through a subcommittee called H&I and that stands for Hospitals and Institutions. H&I's primary purpose is to carry the message of NA and information about NA to those who cannot attend our meetings regularly. Most H&I work is done in prisons.

What is the message of NA? It's a message of hope and freedom from the disease of addiction. The message is an ADDICT, any ADDICT can stop using drugs, loose the obsession to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the ADDICT who stills suffers because that's all we have to give.

AGENDA:

A. Video

- 12 Step Call between Sonia & Mary (Sonia went by herself, which is a "no-no")
- Professionally made using professional actors

B. History of NA

- Started in a federally-run hospital, one was in Kentucky
- Narco Group
- Wrote first literature on recovery called *The Key*
- Members got out and started attending AA meetings, no identification
- Early founders of NA went to founders of AA to ask permission to adapt 12 Steps/ 12 Traditions to a program for addicts
 - Utilizes a twelve-step approach to stop using drugs
 - NA members learn from one another how to live drug free & recover from the effects of drug addiction
 - NA is not a religious organization & does not require any particular belief system
 - It teaches basic spiritual principles such as honesty, open-mindedness, and willingness, to name a few
- AA said okay
- In 1953, Southern California NA founded
- NA had a hard time getting established
 - Ex. Meetings were underground, hard to find, laws prohibited addicts from congregating
- Very little literature, in 1962; only white booklet was available
- World Service Office established in 1973

- In 1971, there were 38 meetings registered worldwide
- Today, NA is the fastest growing 12 Step fellowship in the world
- As of now, we have approximately 53,000 weekly meetings in 130 countries.
- The NA literature has been translated into 47 different languages already

C. Literature

Basic Text

- NA's growth came with the publication of the Basic Text in 1982
- (Read front inside cover)
- It talks about our approach to recovery from the disease of addiction through the 12 Steps of Narcotics Anonymous
- Breaks down all of our readings, 12 Steps and 12 Traditions
- Last half of the book is personal stories
- The Basic Text is the basic introduction to the program of NA
- The 6th edition released 2008 contains addicts stories from around the world.

Just For Today

- Published in 1991
- Daily meditations for recovering addicts
- Has a reading for every day of the year
- Each day's reading begins with a quote from either the Basic Text or the informational pamphlets

It Works How and Why

- Published in 1993
- More in-depth information about the 12 Steps and 12 Traditions of Narcotics Anonymous

Step Working Guide (The Workbook)

- Published in 1997
- Came as a request from the fellowship
- Standard set of guides for the NA fellowship to use in working through the 12 Steps
- There is information about each step and accompanying questions to be answered
- The Step Working Guide is a companion to *It Works How and Why*
- Meant to be used by NA members at any stage of recovery, whether it is their first time or not
- Probably only one inappropriate way to use this book is alone
- We emphasize the use of a sponsor when using the Step Working Guide
- (Read *The Disease of Addiction*, pp. 1-2, last paragraph)

Sponsorship Book

- Newest NA literature, published in 2004
- (Read quote on front of book)
- This is not a what to or how to, but the book is a collection of experience, strength, and hope by addicts on sponsorship

- Attempts to present a snapshot on the ever-changing fellowship practices of sponsorship today
- D. Meetings
- Describe what happens at a meeting
 - First contact with NA
 - Meet together regularly to help each other stay clean
 - Share recovery
 - Celebrate clean time
 - Go over meeting schedule
 - Look at legend and show them how to read schedule
 - There are over 50 meetings a week
 - Point out Help Line
 - Website
 - Back part used for collecting phone numbers
- E. Key tags and Coins
- Addicts come to our meetings to collect these key tags
 - It is our way of celebrating clean time
 - We celebrate milestones in recovery
 - From 1 year on, you get not only a key tag, but a coin too
 - If you used like we used, one day clean is a miracle
- F. Sponsorship
- Go over Sponsorship IP (point out important bullets)
 - Share personal experience on sponsorship
- G. Service (optional)
- Service structure of NA (Group—Area—Region—World)
 - NA is run by addicts for addict
- H. Speaker (share 8-10 minutes)
- How I found NA
 - What NA has done for me
- I. Questions & Answers
- J. Closing
- Read “We do recover”
 - Hope to see you at an NA meeting
 - Thank you having us here