

H&I Don'ts:

- ◇ Glorify your past.
- ◇ Attend the facility in order to visit friends, family or a sponsees.
- ◇ Bring in any other agenda (outside issues).
- ◇ Use profanity.
- ◇ Agree/Offer to sponsor anyone,
- ◇ Debate any issues involving the rules and/or regulations of the facility.
- ◇ Discuss conditions or staff within the facility.
- ◇ Accept money or gifts from, or give money or gifts to residents.
- ◇ Preach or carry an "I" message
- ◇ Wear flashy or expensive jewelry or "flash your cash" to or in front of residents.
- ◇ Chew gum.
- ◇ Bring beverages into the facility that you've been invited to (No cups/bottles).
- ◇ Show favoritism to any residents.
- ◇ Carry or take messages, letters, gifts or packages in or out of the facility. Bring any contraband items or weapons into the facility.
- ◇ Be drug specific while sharing.
- ◇ Break any persons anonymity or "tell" their story.
- ◇ Get involved in a discussion with a resident regarding their "guilt" or "innocence".
- ◇ Debate or discuss drugs either in terms of their use and/or acceptability. (N.A. is a program of complete abstinence.)
- ◇ Put too much focus on what it was like while you are sharing - they already know!
- ◇ Get involved in discussion/debates on outside issues. (Carry the message!)
- ◇ Give your telephone number or address to a resident (or anyone else's information).
- ◇ Debate or discuss the advantages or disadvantages of other facilities, programs or fellowships.



Vancouver Area Service Committee
of Narcotics Anonymous
H&I Sub-Committee
PO Box 1695, Stn A
Vancouver, BC V6C 2P7

Email: H-and-I@vascna.ca
Website: www.vascna.ca

For contact names and connection information of the individual Panel Leaders, please see the BasicNews. The BasicNews is available at most N.A. meetings.

For a list of regular N.A. meetings, see our website at www.vascna.ca/meetings

"It is through the unity of our members in their service efforts, and a cooperative attitude toward the public that the growth and support of the N.A. Fellowship and its message of recovery continues to be carried."

Vancouver Area Service Committee



Hospitals & Institutions Sub-Committee

H&I Panel Member Orientation

Welcome to the VASC H&I Sub-Committee

This handout is to give you an overall and some of the specifics that will be important to you as a new H&I panel member in this area.

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. Our message is hope and the promise of freedom.

Many areas, as a part of orientation, may ask you to come to an H&I presentation as an observer. This will give you a chance to just listen and see how an H&I presentation really works. This handout will contain H&I requirements, some ideas on personal accountability, some "do's & don'ts" and some basic rules as inspired by the Traditions of N.A.

An H&I presentation, which is not like a regular meeting, is an opportunity for us to help addicts become aware of N.A. and how it can work in their lives.

We do this by carrying a clear message of recovery based on the suggestions described in the literature of N.A. We present our experience, strength and hope in the language of Narcotics Anonymous.

"We cannot change the nature of the addict or addiction. We can help to change the old lie 'once an addict, always an addict' by striving to make recovery more available."

H&I Requirements

The following is suggested to participate in an H&I Presentation panel:

- At least **three months abstinence** from **all** drugs. (**Alcohol is a drug!**) **This also includes all drug replacement programs such as Methadone and Suboxone.**
- You have attended an orientation held by an H&I sub-committee panel leader.
- You have the ability to carry a strong N.A. message of recovery from addiction.
- You have a willingness to meet all of the requirements of both the H&I sub-committee and the facility that you have been invited to.
- You are willing to carry a message of recovery in a responsible way that reflects the Steps and Traditions of Narcotics Anonymous.

Presentation Format

The actual format of the presentation may vary slightly between facilities but will normally contain an opportunity for clients to read from some of the N.A. readings, a clear statement of why we are attending the facility and an introduction of the panel. Certain facilities may have requirements that are peculiar only to that facility. Panel Leaders will inform Panel Members of the specific requirements of the facility prior to the start of the presentation.

Where time permits, we do like to get clients involved in a question and answer session. Also, you may be asked to stay for a while, after the meeting, to talk with the residents, if that is allowed. **It is preferable, in most cases, that all members arrive together and leave together.**

Personal Accountability

Please DO NOT volunteer for or accept an invitation to attend an H&I presentation if:

- You are not sure that you want to attend, or
- You are not sure that you will be able to attend.

Panel Leaders need time to organize replacements and we know that “life happens, when we’re busy making plans”. We ask that if you cannot meet your commitment to attend, that you give the Panel Leader sufficient notice so that a replacement Member can be invited in your place. **Please do not ask anybody to take your place, or even to come along with you to the meeting. The Panel Leader is the only person allowed to invite Members to the meeting.**

Please do not send the Panel Leader a text message or email. Please call the Panel Leader on the phone to make sure that they get the message.

These are the suggested guidelines which are based on the collective experience of those who have come before us. It is not our intention to regulate how or what you share but to **help you find the tools to carry a clear N.A. message** to those that we are trying to serve.

Important Notes:

1. Members who wish to attend H&I presentations in the Vancouver Area must be oriented before they attend a presentation.
2. Members can only attend an H&I presentation when invited by a Panel Leader. (Panel Leaders can be contacted about opportunities for attending a presentation)
3. Panel Leaders are responsible for presenting a message of recovery at Panel Presentations. At the discretion of the Panel Leader, Members who:
 - Behave irresponsibly and will not listen to Panel Leaders.
 - Do not respect the Traditions of N.A. or
 - Do not think it is important to use N.A. language.

These Members can be asked by the Panel Leader to not attend or leave the presentation until the Member is willing to follow these guidelines.

Remember that **AT ALL TIMES**, you have a responsibility to the facility that you are attending, the residents of that facility, and to Narcotics Anonymous. If you observe the attached suggestions and follow the Twelve Traditions of N.A. you will be able to uphold your responsibilities to all three.

These are some of the suggestions for personal/panel conduct, as inspired by the Traditions of N.A. **A more detailed list is available as a handout or on our website at www.vascna.ca/hospitals-and-institutions-does-and-donts**

- ⇒ Always **remember** to only **share** your experience, strength and hope **about your recovery in Narcotics Anonymous**
- ⇒ It is important that you **use N.A. language when you share in a presentation**. Clean and clean time, not sober, clean and sober or sobriety
- ⇒ Tradition Ten provides clear guidance = We do not name or recommend specific recovery houses, treatment centres or detox facilities
- ⇒ Be aware of your state of mind and remember that our program is one of attraction and our attraction shows in the ways that we have changed

H&I Do's:

- ◇ Remember, this is a “we program”. Clients become less receptive when they feel that they are being preached to.
- ◇ Remember that an addict is an addict, regardless of age.
- ◇ Acknowledge and validate their feelings.
- ◇ Acknowledge and validate their clean time.
- ◇ Emphasize the fact that “fun in recovery” does exist. (Often in the form of social events, fellowship, sports and other activities.
- ◇ Emphasize key elements of recovery, such as getting a sponsor, having a home group, regular and frequent attendance of meetings and the ongoing nature of working a program of recovery.
- ◇ Emphasize that in N.A., recovery is available to any addict regardless of the “type” of drug/s used.
- ◇ Emphasize the importance of getting to an N.A. meeting - if possible while in the facility and if not, then certainly on their first day out of the facility. Perhaps you can invite them to meet you at your home group (circle your home group on a meeting list and hand it to them).
- ◇ Be punctual with regard to the arrangements you’ve made with the Panel Leader and if possible, be early. (Get the Panel Leader’s telephone number in case you need to contact them if your running late).
- ◇ Be aware of all dress codes - exercise common sense and dress appropriately.
- ◇ Follow all security regulations at all times.
- ◇ Turn off your cell phone or pager (you maybe asked to leave your device at the front desk).
- ◇ Be scent free (some facilities are specific regarding members being free of perfume and aftershave scent).