

# **Boulder Area of Hospitals and Institutions (H & I)**

## **Do's**

- Do** Remember that this is a “we” program. No addict should feel that he/ she is being preached to.
- Do** Remember that an addict is an addict, regardless of age.
- Do** Tell them that there is fun in recovery, i.e., social events, fellowship, etc.
- Do** Acknowledge and validate their feelings and emotions.
- Do** Make directories of outside meetings available to residents.
- Do** Clarify the facility's rules with anyone you bring in.
- 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 (i.e. literature person, coffee maker, readings, etc.)
  
- Do** Obey all dress codes. Exercise common sense and dress appropriately.
- Do** Keep staff aware of your whereabouts at all times.
- Do** Stamp all literature you bring into a facility with the local helpline number.
- Do** Screen all panel members carefully, especially regarding the clean time or other requirements.

## **Don'ts**

- Don't** Glorify your past.
- Don't** Say, “I feel like I'm talking to my kids.”
- Don't** Compare your bottom to theirs.
- Don't** Patronize adolescents.
- Don't** Use profanity.
- Don't** Break another person's anonymity, or tell his or her story.
- Don't** Debate any issues involving facility rules or regulations.
- Don't** Get involved in discussions on outside issues; remember why we are there.
- Don't** While sharing; put too much focus on what it was like. They already know.
- Don't** Debate which drugs are acceptable. NA is a program of complete abstinence from all drugs.
- Don't** Discuss conditions within the facility, or opinions about staff members.
- Don't** Carry excessive cash, or wear expensive or flashy jewelry.
- Don't** Show favoritism to any resident(s).
- Don't** Take messages in or out of the facility.
- Don't** Give out contact information for you or anyone else.
- Don't** Carry in any contraband items, such as cigarettes (if applicable) or weapons.
- Don't** mention any specifics about your higher power, (it keeps the NA message clear)

*Remember at all times that you have a responsibility to the facility, to the residents, and to NA. If you observe the above suggestions, and follow the Twelve Traditions, you will uphold your responsibilities to all three.*