



HEROIN ANONYMOUS

We have found a way out!

Table of Contents

- ❖ How H.A. began
- ❖ What separates us from other twelve step fellowships?
- ❖ What happens at a meeting?
- ❖ We are fully self supporting
- ❖ What is sponsorship and why is it important in H.A.?
- ❖ M.A.T./M.A.R. & other drugs
- ❖ Spiritual not religious
- ❖ Why are we anonymous?
- ❖ What can an active member of Heroin Anonymous look like?
- ❖ What does H.A. not do?

How H.A. began and what separates us from other twelve-step fellowships?

- ▶ Our program of recovery was adapted from the program developed by Alcoholics Anonymous in 1935. We apply the Twelve Steps as done in A.A. (who we are not affiliated with), which involves one heroin addict helping another to achieve freedom from their heroin addiction.
- ▶ The first H.A. meeting emerged in Phoenix, Arizona in 2004 and since has expanded to many states across the nation.
- ▶ In keeping the focus on heroin addiction in our meetings, we are providing a place where heroin addicts can come together and share about their common problem as well as the common solution. In maintaining our singleness of purpose, we recognize our limitations, but we ensure that the heroin addict will always have a place they can go to find recovery.

What happens at a meeting?

We share our experience, strength, and hope with each other.

- ▶ We stay sober by helping other heroin addicts to achieve sobriety.
- ▶ We try to relate, not compare.
- ▶ We use our experience with the twelve steps as a solution to heroin addiction.
- ▶ We provide a place for heroin addicts that come from all walks of life to relate and identify with other members.
- ▶ This is an ideal place for members to find a sponsor who will guide them through the twelve steps.

Common practices at meetings

- ▶ People may introduce themselves to the newcomer.
- ▶ Newcomers and visitors may be asked to introduce themselves by their first name.
- ▶ There will be readings and non religion specific prayers read.
- ▶ Groups may celebrate lengths of sobriety with key tags.
- ▶ Groups may provide phone numbers and meeting lists.
- ▶ You may find pamphlet racks with various H.A. related literature and resources.
- ▶ Some groups may provide coffee or other refreshments as one traditionally sees in twelve step meetings.
- ▶ While some groups may pass a basket for voluntary contributions, it is intended only for H.A. members who would like to contribute to the fellowship.

We are fully self supporting

- ▶ Our 7th tradition states that we are fully self supporting, declining outside contributions.
- ▶ Heroin Anonymous does not accept gifts or donations from outside organizations.
- ▶ The money collected is used for day-to-day expenses, as well as for carrying out our primary purpose—which is to carry the message to the heroin addict who still suffers. Contributions also go towards Public Information efforts such as meeting schedules, business cards, hospital and institution outreach efforts, as well as this presentation.
- ▶ Members do not receive any compensation or keep any of the contributions.

What is Sponsorship and why is it important in H.A.?

- ▶ Our 12th step states - “Having had a spiritual awakening as the result of these steps, we tried to carry this message to heroin addicts, and to practice these principles in all our affairs.”
- ▶ A sponsor is a person who has achieved recovery by completing all 12 Steps and continues to practice them in their life. They then can guide other members through the 12 steps.
- ▶ With their experience in living the 12 Steps, a sponsor can offer guidance in everyday situations and how to address those instances where one’s sobriety is at risk.
- ▶ We have found that freedom from heroin addiction comes from working all 12 steps and this cannot be done alone.

Medication-assisted treatment/recovery (M.A.T./M.A.R.) and other drugs

- ▶ H.A. does not have a stance on M.A.T./M.A.R.
- ▶ Heroin Anonymous as a whole does not have an opinion on other drugs such as fentanyl.
- ▶ Tradition 10 states that Heroin Anonymous has no opinion on outside issues (including M.A.T./M.A.R.); hence the H.A. name ought never be drawn into public controversy.
- ▶ Everyone who identifies as a heroin addict is welcome regardless of the medications they are prescribed.
- ▶ Some of our members require outside help from qualified medical professionals. If certain medications are required, we suggest that one follow the instructions of their physicians.

Spiritual not religious

- ▶ H.A. is a spiritual program of action.
- ▶ H.A. has no opinions on outside issues including personal religious beliefs and spiritual practices of our members.
- ▶ The 12 steps are spiritual in nature, and we have found that applying these principles can be helpful in daily life.
- ▶ Some of these spiritual principles include: honesty, open-mindedness, and willingness.

Why are we anonymous?

- ▶ Tradition 11 states “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”
- ▶ This policy of anonymity is created to help our fellowship have no leaders; only trusted servants. It is important that Heroin Anonymous has no face.
- ▶ We are not here for fame, fortune or personal gain. We are simply here to help the next sick and suffering heroin addict.
- ▶ H.A. is a safe place for members to come and share openly without their anonymity being compromised.
- ▶ It is important for us that “who is seen here and what is said here will stay here,” within our meeting rooms.

What can an active member of Heroin Anonymous look like?

Many members feel that after applying these steps to their daily lives they have recovered from a hopeless state of mind and body. They may be...

- ▶ Productive members of society
- ▶ Having fun and helping others
- ▶ Giving back to the community
- ▶ Inspiring hope in others
- ▶ Amending past relationships
- ▶ Creating positive new connections

H.A. does not...

- ▶ Document membership or attendance.
- ▶ Provide detox, rehab, hospitalization, medication, medical advice, or psychiatric treatment.
- ▶ Offer religious or educational services.
- ▶ Dispense food, clothing, jobs, money, or other social services.
- ▶ Provide letters of reference to parole boards, lawyers, or courts.
- ▶ Provide speaking services outside of recovery from heroin addiction.

Questions? or Feedback?

Insert
QR Code
Here

How to contact us:

HAWS Website

- ▶ heroinanonymous.org

HAWS Public Info Email

- ▶ hawspublicinformation@heroinanonymous.org

Local Area Information

- ▶
- ▶

You can find local information on our web page including printable meeting lists for your facility.

Steps and traditions for reference

12 Steps QR code



12 Traditions QR code

