



**Heroin Anonymous World Service Conference
Hospitals & Institutions Committee
Suggested Guidelines and Information**

Updated August 2024

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Heroin Anonymous World Service Conference H&I Committee Statement of Purpose

The purpose of this committee is to unify the usage of Conference approved guidelines, promote communication amongst the fellowship, to bring excitement about carrying the message of Heroin Anonymous to those who are still sick and suffering from heroin addiction, and to share ideas between the fellowship from all levels of service; including Districts, Areas, World, and Heroin Anonymous World Services (H.A.W.S.) Board.

Heroin Anonymous wishes to include all people who suffer from opiate and opioid addiction into the classification of “heroin addict,” as we believe there is little difference getting free from these substances.

Purpose of Hospitals & Institutions Committee

Tradition Nine states, “H.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

The purpose of the Hospitals and Institutions Committee is to help carry the message of Heroin Anonymous to those who are still sick and suffering from heroin addiction and are in hospitals and/or institutions. The facilities that may be served will include but are not limited to correctional facilities, treatment facilities, detox centers, sanitariums, halfway houses, sober living homes, and shelters. In any of these facilities, it is important to remember that confinement may be voluntary or not.

In keeping with Tradition Six: “An H.A. group ought never endorse, finance, or lend the H.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose,” we must remember to never have any affiliation with the facilities in which we carry meetings upon successful outreach or invitation. It’s important to recognize the distinction between cooperation and affiliation. Although cooperation with these facilities is encouraged, affiliation must be avoided.

What is an H&I Meeting?

There are very important differences to recognize and remember when carrying the message of Heroin Anonymous through H&I rather than through a normal open meeting. H&I meetings should normally be started within the H&I subcommittee. They are generally not open to the public. Attendees may be required to attend to continue their stay at the facility. These meetings are brought in by members of H.A. for those unable to attend outside meetings. They are usually not listed with the District, Area, or World directory, and they do not observe the 7th Tradition. To establish clear communication between our fellowship and local facilities, it is important to work very closely with the Public Information subcommittee. A member should not act by themselves to start a meeting at a facility without the guidance of the H&I subcommittee.

Home Group Participation With H&I

Over the years many of our members have had experience with carrying the message of Heroin Anonymous through H&I. Some of us first heard the message of H.A. while in a facility ourselves, while others had their first experience with these facilities after they were sober and asked to bring in a meeting. Regardless of how one may come to be introduced to H&I, one thing is certain: without them many people would miss out on hearing the message of Heroin Anonymous. As many members grow throughout their sobriety, we start to build lives. We build new relationships, start new jobs, some start families, while others go back to school. In short, we grow as active members of Heroin Anonymous as well as in our community. Because of this, our schedules change, the commitments we once held, we are now unable to. We also understand that it is our responsibility as active members of H.A. to do our best to make sure that meetings are not going dark and thus neglecting the growth of our fellowship and the ability to reach newcomers.

Over the years we have found it is very beneficial, when taking a new H&I commitment, to do it as a group or a panel. A great place to do this is within our own home group. This not only helps to prevent meetings from disappearing, but it also is a great demonstration of our First Tradition, which states: "Our common welfare comes first; personal recovery depends upon H.A. unity." As we continue to grow, it is important that we do this with newcomers at the front of our mind. Remember that having many members available to share their experience in these facilities will allow a newcomer the opportunity to hear something they can relate to and may possibly be the experience they need to hear to save their life. Although there may not always be groups that are able to take on a commitment like this, we have found that when we are able to serve as a group, it is extremely beneficial.

Anonymity and H.I.P.A.A.

The Health Insurance Portability and Accountability Act or H.I.P.A.A. - Regulation designed to protect personal information, data collected and stored in medical records.

While H.A. is governed by our 12 Traditions, facilities are bound by H.I.P.A.A. Any patients/clients you may see here in and out of this meeting are to remain anonymous. As a patient/client at this facility, they are protected by H.I.P.A.A., and as guests, we feel it is important to respect and maintain their confidentiality.

If we don't, it could hurt the trust that medical facilities have with the H.A. fellowship. Remember, when taking an H&I, not only are you representing yourself, but also H.A. as a whole. Furthermore, if we don't maintain confidentiality, it could lead to consequences with the facility. H.I.P.A.A. has the power to shut down facilities permanently.

So, as a good rule of thumb, emphasize the 12th Tradition (Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities) when taking H&Is to medical facilities.

The H&I Basket & Its Importance

In H.A. meetings, it is customary to drop a dollar in the basket while observing the 7th Tradition. Most open meetings can sustain on their own because these 7th Tradition contributions allow the meeting to buy their own supplies & materials, but the same cannot be said for Hospitals & Institutions. H&I meetings rely solely on the contributions that are given through our members at outside meetings as volunteers do not collect 7th Tradition contributions inside of facilities.

One common solution that we have seen work over the years is passing a separate H&I basket to collect contributions that are specifically given to support the Hospitals & Institutions subcommittee. This allows our fellowship to remain in line with our Traditions by keeping us fully self-supporting, and it also allows the H&I subcommittee to purchase books, key tags, literature, meeting lists, and any other material to be distributed to the addict confined to hospitals & institutions. Passing this separate basket helps to alleviate some of the financial burden on the Areas and Districts by allowing the subcommittee to be entirely self-supporting. Areas and Districts are then able to allocate funds elsewhere to allow the continued growth of this fellowship. Passing a separate H&I basket not only helps those who are unable to currently go out and find our common solution, but it also serves as a reminder to our members of the importance of carrying the message of Heroin Anonymous into Hospitals & Institutions.

If this seems like something you would like to implement in your Area or District, you will want to be sure to attend your next business meeting and bring this up for discussion. It is important to remember that we never act alone in this fellowship, so this decision is something you will want to have the support of from your Area or District. You will want to keep in mind that each group is autonomous except in matters affecting H.A. as a whole, so the decision of whether or not to pass the basket will ultimately come down to the group conscience of each individual meeting. Once a group has decided that they want to support this, they will need a can or basket specifically designated as H&I to collect these contributions. Your group may obtain the suggested H&I Basket label by visiting www.heroinanonymous.org or by going to Page 5. One of the most important things to remember is to be sure there is a very clear distinction made between the 7th Tradition basket and the H&I basket so our members know exactly what their contributions are for. Usually, a slight change to the meeting format is necessary. At the point that the 7th Tradition is observed, it is best to add a small insert such as:

“The 7th Tradition reminds us that we are fully self-supporting through our own contributions. The can that is being passed around now is to help support Hospitals and Institutions. This money helps to buy books, key tags, literature, meeting lists, and any other materials that are needed to help carry the message of Heroin Anonymous to those who are not able to get out to an open meeting .”

All funds that are raised during the passing of this basket are to go back to the H&I subcommittee at your local District or Area. This subcommittee is responsible to deposit and allocate all funds as they see necessary. It is important to remember these individuals are trusted servants that have been elected to their position and should be trusted as such. The

funds collected and given to the District or Area are to be placed in a bank account. At the end of the year, the total funds collected should be totaled up and divided by 12, becoming the monthly budget for the H&I subcommittee. Any concerned member is encouraged to become a representative for your local Home Group, District, or Area and to attend the monthly business meetings held by the H&I subcommittee.

H&I Basket Label

**HOSPITALS &
INSTITUTIONS**



All money raised goes to buy
keytags, literature, books, meeting lists,
and more for those who are
currently in a closed facility.

Monthly Area Business Meetings

Each month there is to be a business meeting held by the Chairperson. In the event of an urgent or special matter, there may be an emergency meeting called by the Chairperson suddenly. If the Chairperson is unable to attend the meeting, it is the responsibility of the Vice Chairperson to handle the duties. A suggested format of how to run the monthly business meeting is included in this literature.

Election Procedures

Nominations for positions with the H&I committee should be held every 2 years. If each Area/District/Region wishes, they may stagger the positions to make sure that all position reelections do not overlap each other. Every member of the H&I subcommittee has one vote, except for the Chairperson, with both nominations and elections. The duties and responsibilities of each position on the subcommittee are specified in the section labeled "Structures and Guidelines."

Voting and Quorum Procedures

A quorum is compiled by 2/3 or more of the acting voting members on the committee. If there are not at least 2/3 voting members in attendance, then there should not be any new business that is voted on. If an active voting member is unable to attend the meeting, he/she should notify the board so that they may remain active on the voting member roster.

Structures and Guidelines for Area H&I Subcommittee

Chairperson-

Suggested length of sobriety is 2 years.

Suggested committee service experience prior is 1 year.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Coordinate and direct all committee activities
- Attend and facilitate all business meetings
- Keep informed on all matters affecting the committee
- Supply and discuss with new Subcommittee Chairpersons the requirements, duties, and responsibilities of the position
- Notify any Subcommittee Chairpersons not in compliance with attendance requirements prior to the next committee business meeting
- Should the need arise, direct the removal of a Subcommittee Chairperson or Vice Chair. This action requires a simple majority vote of the full committee

- Temporarily fill any open Subcommittee Chairperson position by appointment. At the next regularly scheduled committee business meeting, the position will be filled in the normal manner

Vice Chairperson-

Suggested length of sobriety is 1 year.

Suggested committee experience is 6 months.

Suggested length of term is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Attend all business meetings
- Work closely with the Chairperson in any capacity as delegated by the Chairperson
- Assume the Chairperson's responsibilities in his or her absence

Treasurer-

Suggested length of sobriety is 2 years.

Suggested committee service experience is 6 months.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Account for all funds/contributions of the committee
- Maintain a post office box
- Maintain the accounting for funds/contributions received and distributed for the purchase of literature, expenses of printing, and other appropriate incidentals
- To be gainfully employed and/or financially stable

Secretary-

Suggested length of sobriety is 6 months.

Suggested committee service experience is 3 months.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Keep minutes and attendance records of H&I business meetings and supply them to members
- Send monthly business meeting reminders
- Maintain current contact list of committee members

Events / Fundraising-

Suggested length of sobriety is 1 year.

Suggested committee service experience is 6 months.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Coordinate and implement H&I activities/events
- Facilitate purchasing of merchandise for fundraising
- Appoint such people necessary to help with these duties. May form a subcommittee if necessary

Outreach-

Suggested length of sobriety is 6 months.

Suggested committee experience is 3 months.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Attend all committee business meetings
- Post flyers to get the word out about the H&I Committee Business Meeting, any events, and any open commitments/volunteer recruitment
- Make announcements at various outside meetings to encourage involvement with the Committee

Keytags & Literature-

Suggested length of sobriety is 1 year.

Suggested committee experience is 6 months.

Suggested term is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Obtain and keep on hand a sufficient inventory of literature and keytags from World Services or District Service Committee
- Distribute literature at the committee business meeting
- At his or her discretion, appoint an assistant keytags & literature person

Jails & Prisons Liaison-

Suggested length of sobriety is 18 months.

Suggested service committee experience is 6 months.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Set up and maintain points of contact with local institutions to determine needs
- Report contacts at the monthly committee business meeting
- Arrange approval of volunteers who are eligible to chair meetings within institutions
- At his or her discretion, appoint an assistant Jails & Prisons Liaison
- The individuals should be well versed in H.A. Traditions

Facilities Liaison-

Suggested length of sobriety is 1 year.

Suggested service committee experience is 6 months.

Suggested term length is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Contact and visit facilities to determine needs
- Report contacts at the monthly committee business meeting
- Coordinate with volunteers to arrange H&I meetings at new facilities
- Ensure current H&I meetings are running smoothly
- At his or her discretion, appoint an assistant Facilities Liaison

Advisor-

Suggested length of sobriety 3 years.

Suggested service committee experience is 1 year.

Suggested length of term is 4 years.

Position filled via election.

Duties to include but not limited to:

- Attend all committee business meetings
- Have a working knowledge of the Traditions
- Answer all questions about keeping within the Traditions

D.S.R.'s-

Suggested length of sobriety is determined by local Districts.

Suggested service committee experience is determined by local Districts.

Suggested length of term is determined by local Districts.

Position filled via election at local District meeting.

Duties and responsibilities to include but not limited to:

- Attend all committee business meetings
- Present a report for your District
- Voice questions, concerns, or needs of your District
- Handle the keytags & lit order for your District
- Present a budget each year on behalf of your District

Structure & Bylaws-

Suggested length of sobriety is 1 year.

Suggested committee experience is 6 months.

Suggested length of term is 2 years.

Position filled via election.

Duties and responsibilities to include but not limited to:

- Attend all committee business meetings
- Have a working knowledge of the 12 Steps, 12 Traditions, and 12 Concepts
- Have a thorough understanding of all current structures and bylaws for the committee
- Update structures and bylaws for the committee when necessary

Suggested Format for Monthly Area H&I Business Meetings

Welcome to Hospitals and Institutions business meeting of Heroin Anonymous. My name is _____ and I am a heroin addict. Please help me open this meeting with a silent meditation followed by the Serenity Prayer.

Is there anyone here for their first H.A. H&I business meeting? Would you please introduce yourselves?

Welcome! The sole purpose of this committee is to carry the message of Heroin Anonymous to those in Hospitals or Institutions. This committee is organized under the Ninth Tradition of Heroin Anonymous which states H.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve, and operates under the Twelve Traditions of H.A. in all our affairs.

(At this point, the Chairperson calls for the following reports)

Secretary's Report

Previous meeting's minutes (which may have been emailed) are discussed and any additions or corrections are made. Accepting the previous minutes either unchanged or amended should be motioned and passed.

Treasurer's Report

Financial Statement is read and if necessary discussed. Treasurer's report should be accepted through a motion and passed.

Jails & Prisons Liaison Report

Updates on new contacts and meetings are announced and discussed.

Facilities Liaison Report

Updates on new contacts and meetings are announced and discussed.

Outreach Report

Updates on outreach efforts

Events & Fundraising Report

Updates on events & fundraising efforts

Key Tags & Literature Report

Updates on key tags & literature inventory

Meeting Chairperson's Reports

Each H&I Meeting Chairperson in attendance gives a run-down on the status of their meeting and reports any problems or difficulties which are pertinent to the committee.

DSR Reports

Each DSR gives their report from their District.

After all reports have been completed, the chairperson calls for the following:

1. Call for and fill any open committee positions
2. Call for old business
3. Call for new business

The Chairperson closes the meeting as follows:

The next scheduled business meeting is (date & time). Remember that you may be the only example of Heroin Anonymous that a patient or inmate ever sees; be the best example that you can be. I would like _____ to close by leading us in a prayer of their choice.

Suggestions for H&I Meetings

It is important to keep in mind that each facility that allows Heroin Anonymous to have a presence has their own rules, guidelines, and regulations for what is and is not allowed. The format provided is a very general guideline, but it is strongly encouraged that this be changed or modified to fit the need of the facility and the chairperson. One similarity among H&I meetings is that they are closed; members cannot attend unless invited by the facility or the chairperson. It may be necessary at times to redirect the meeting. It is the chairperson's duty to ensure the meeting remains solution-oriented.

General Guidelines for Heroin Anonymous H&I meetings:

1. We should identify ourselves as "Heroin Addicts" whenever possible, although many H&I meetings are open to all 12-step recovery experience.
2. Our sharing should be based on offering our experience, strength, and hope to the still suffering heroin addict.
3. Do not use too much profanity or glorify drug use; you may be stopped by the meeting chairperson if you do so.
4. Do not bring visitors – people from outside the fellowship of Heroin Anonymous, or H.A. members not on the panel at the facility.
5. Do not bring anything in or take anything out. This includes written or verbal messages for an inmate or patient.
6. Never give medical or legal advice or recommend other facilities to patients.
7. Do not promise inmates or patients jobs or aid of any kind.
8. Make sure that you are properly cleared to attend a correctional institution meeting. If you have outstanding warrants, or are on parole or probation, they may keep you.
9. **SHOW UP!!!** Having a meeting "go dark" is worse than not having a meeting there at all. There is nothing that damages Heroin Anonymous' reputation and effectiveness more than nobody showing up to do a meeting. We have been invited to hold these meetings by the facilities – it is a privilege. It is the responsibility of the meeting Chairperson to notify a member of the H&I Committee at least 48 hours in advance of their inability to attend the meeting they are responsible for. **It directly affects H.A. as a whole when no one shows up.**



Suggested Format for H&I Meetings

Welcome to the _____ H&I meeting of Heroin Anonymous. My name is _____ and I am a heroin addict. Please help me open this meeting with a moment of silent meditation followed by the serenity prayer.

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Heroin Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from heroin addiction. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for membership; we are self-supporting through our own contributions. H.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts to achieve sobriety.

(Optional) We will now go around the room and introduce ourselves starting with the person to my left.

Per H.A.'s Singleness of Purpose, “Heroin Anonymous wishes to include all people who suffer from opiate and opioid addictions into the classification of ‘heroin addict,’ as we believe there is little difference in getting free from these substances.”

In keeping with our primary purpose, we ask that all who participate confine their discussion to their problems with their recovery.

I have asked _____ to read “A Way Out.”

(Optional) Today I have asked _____ to hand out keytags to recognize various lengths of sobriety.

This is a *(select type of meeting; i.e. big book study, speaker, step study, participation, etc.)*. If time permits, we will go around the room and discuss the topic selected. We ask that all who share limit themselves to 3-5 minutes so that everyone may get a chance to speak. If the discussion gets off topic the chairperson will politely redirect whoever is sharing back on topic.

5 minutes before meeting ends:

We would like to thank everyone who participated. Does anyone here have the desire to use? If so, please speak to me after the meeting. If you didn't get the chance to share but feel the need to, please speak with one of us after the meeting.

Is there anyone here who needs a sponsor? If so, please speak with us after the meeting.

I have asked _____ to read “No More Suffering” before we close with a prayer of our choice.

Making an Approach with Correctional Facilities

Many of our members have been able to experience the privilege of carrying the message of Heroin Anonymous inside of correctional facilities. Sometimes this happens very easily, a facility extends an invitation to a local Area asking for a presence. This is great because as our members who have gone into these facilities through an invitation will tell you, it is a very speedy and accommodating process. Other times, it is the members of a local Area that decide the message of Heroin Anonymous is lacking at a local facility. In this case, they may choose to contact the correctional facility as a subcommittee. Sometimes, it may be as easy as making a phone call to the program coordinator (who may go by many titles; i.e. Chaplin, coordinator, program chair, etc.), while other times it may take several letters or emails (we have included a sample letter that may be helpful when reaching out), and a lot of extensive work.

When speaking with these facilities, it is important to express why Heroin Anonymous would be beneficial to the facility and especially to the men and women who are incarcerated there. Allow them to read through some of our literature, provide them with a phone list of local members who are willing to work with corrections, and explain the goal of Heroin Anonymous, which is to plant the seed of hope for those who are still sick and suffering from heroin addiction. Approached in such a way it may be very difficult for these facilities to turn us away, although, it may be they are not ready for our fellowship there yet. If we are turned away, we should not be discouraged. Instead, we should immediately start with another approach. Some members will share their experience about this, at times, being a very exhaustive effort that did take several attempts.

After there is success with establishing a relationship at these facilities, they should provide your Area with what their rules, regulations, and guidelines for bringing a meeting to that facility are. If they do not, we might suggest the Jail & Prison Liaison ask them for that, to make sure that the members who go to that facility know what is and is not allowed and expected (i.e., dress code, their do's and don'ts, clean time requirements, if any, etc.). A reference or sponsor letter may be needed as well, which can be found on Page 17. Make sure the members who are carrying the message into these facilities know what type of meeting they are chairing (speaker, big book study, participation, etc.) so they may have all material prepared. It is important to keep in mind that each District and Area's experience will be different than others and we strongly suggest not attempting an approach with these places unless your Area already has members who are willing to support this very large responsibility.



Suggested Introduction Letter to Facilities

Dear (add person's name and/ or title),

We represent the Hospitals and Institutions committee of Heroin Anonymous of Arizona. Heroin Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from heroin addiction.

The primary purpose of our committee is to carry the message of Heroin Anonymous to those who are still suffering from heroin addiction in Hospitals and Intuitions.

We are contacting you in hopes that we may be of service to (Facility name). Heroin Anonymous would greatly appreciate the opportunity to carry this message of hope and recovery to the participants in your facility.

Please feel free to contact us at (Jail & Prison Liaison or Facilities Liaison phone number) with any questions and let us know how we can best serve your facility.

Sincerely,

Jail & Prison Liaison -or- Facilities Liaison
Hospitals & Institutions Committee



Suggested Correctional Reference or Sponsor Letter

Dear Program Coordinator,

Heroin Anonymous Hospitals and Institutions

(Name of Jail & Prison Liaison)

(Liaison phone number)

Jail & Prison Liaison

(Chairperson) will be chairing, co-chairing, and/or speaking at a meeting of Heroin Anonymous that will be held inside (name of institution). This volunteer has ___ years of recovery in the fellowship of Heroin Anonymous. This volunteer has gone through the orientation and meets all of the requirements of Heroin Anonymous for participating in institutional meetings. This volunteer has been informed of all of the rules and regulations set forth by (name of institution). If you have any further questions or concerns, please contact us.

Applicant Signature

H.A. Jail & Prison Liaison



Corrections Meeting Format

Welcome to the _____ Corrections meeting of Heroin Anonymous. My name is _____ and I am a Heroin Addict. Before we begin, let's open this meeting with a moment of silence followed by the *Serenity Prayer*.

Heroin Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from heroin addiction. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for membership, we are self-supporting through our own contributions. H.A. is not allied with any sect, denomination, politics, organization or institution, does not wish to engage with any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts to achieve sobriety.

This is an open meeting of Heroin Anonymous. Everyone is welcome. In keeping with our primary purpose, we ask that all who participate confine their discussion to their problems relating to their recovery.

We will now go around the room and introduce ourselves, starting at my left.

Is there anyone who has less than 30 days of sobriety? If so, please let us know so we can become better acquainted with you after the meeting.

I have asked _____ to read "*A Way Out*".

I have asked _____ to read the Tradition of The Month.

If you do not have a homegroup and would like to join the _____ group, please see me or any of our other homegroup members after the meeting. Would all home group members please raise their hands?

I have asked _____ to read the *Secretary Announcements*.

Are there any other H.A. related announcements?

If anyone wants to participate in our H.A. Get Connected Pen-pal program, there are some forms on the back table, fill it out and bring it back to the meeting next week.

We will now read a portion out of the Big Book. This meeting format is called a "Big Book Lead." After the lead reads and then shares on the topic, we will go around in a circle and share on the topic. If you are sharing too much of your case details or problems outside your sobriety, the chairperson will ask you to stop so that others can share.

Before we close, does anyone need a sponsor? We are more than willing to help anyone get through the 12 steps right away.

We will now close with a prayer of choice.



What is the H.A. Get Connected Program?

Get Connected through the Heroin Anonymous Responders Program (H.A.R.P.) is designed to help the currently incarcerated addict find a solution to their heroin addiction. H.A.R.P. 's primary purpose is to connect the incarcerated heroin addict to a recovering Heroin Anonymous (H.A.) member within the community who becomes that inmate's H.A. Responder.

H.A. Responders are recovered heroin addicts who voluntarily correspond with inmates by sharing the solution of H.A. 's twelve steps as a means to end the suffering of heroin addiction. H.A. Responders are people who are uniquely useful in helping addicts, as they have recovered from a hopeless state of mind and body through a spiritual program of action, known as the twelve steps of H.A. Their experiences in addiction and recovery equip them to help those still suffering from addiction when no one else can. Upon the inmate's release, the H.A. Responder assists in connecting them to a local H.A. group. Formerly incarcerated individuals who attend a meeting upon release are more likely to stay sober than those who do not.

If you are interested in the Get Connected program through H.A.R.P., please contact an "Outreach Coordinator" for more information. We suggest you reach out to us through our Get Connected form. We will assist your facility in enrolling inmates into the program through obtaining contact information and connecting the inmate with an H.A. Responder. For more information about the Heroin Anonymous program, please visit our website at <https://heroinanonymous.org>.



Heroin Anonymous Responders Program Getting Started

Get Connected through the Heroin Anonymous Responders Program (H.A.R.P) is designed to help the currently incarcerated addict find a solution to their heroin addiction. H.A.R.P. 's primary purpose is to connect the incarcerated heroin addict to a recovering Heroin Anonymous (H.A.) member within the community who becomes that inmate's H.A. Responder. H.A. Responders are recovered heroin addicts who voluntarily correspond with inmates by sharing the solution of H.A. 's twelve steps as a means to end the suffering of heroin addiction. H.A. Responders are people who are uniquely useful in helping addicts, as they have recovered from a hopeless state of mind and body through a spiritual program of action, known as the twelve steps of H.A. Their experiences in addiction and recovery equip them to help those still suffering from addiction when no one else can. Upon the inmate's release, the H.A. Responder assists in connecting them to a local H.A. group. Formerly incarcerated individuals who attend a meeting upon release are more likely to stay sober than those who do not.

Suggested Steps for Establishing a Local H.A.R.P.

1. Create a H.A.R.P. committee within the local Hospitals & Institutions, or H.A. Corrections Committee and elect an "Outreach Coordinator."
2. The "Outreach Coordinator" is responsible for contacting each state and federal prison to provide information about H.A.R.P. and to obtain contact information for the prison's volunteer/program coordinator.
3. The information collected can be organized in a spreadsheet which includes the following information: prison name, program/volunteer coordinator name, contact phone number and email, and the status of the outreach process. (See example below.)
4. Provide the volunteer/program coordinator with relevant H.A. literature and H.A.R.P. information regarding our program's purpose.
5. We suggest that the "Outreach Coordinator" follows up with the facilities volunteer/program coordinator every few weeks until H.A.R.P. has been established, and afterwards to create a working alliance between H.A. and the prison moving forward.
6. We suggest reaching out to local advocates and professionals to obtain letters of support to use as a letter of reference or referral for the H.A. group in your area.



HEROIN ANONYMOUS

Heroin Anonymous (H.A.) is a fellowship of men and women who have found a better way of life, free from heroin addiction. Our fellowship is based on a twelve-step program of recovery. If you wish to join us, we are here to share what we have found. We are here to assist the next person seeking help with their own addiction.

As newcomers, we often feel lost and don't know how to live sober and are uncertain about what we should or should not do in order to recover. We are confused, scared, and typically have doubts about being able to stay sober. All of us who have recovered have experienced what you are going through at this time. Fortunately, there are others in Heroin Anonymous who can relate to your experience and are eager to help you find a new way of living. What we found that was most helpful, was to be guided by people who are grounded in the 12 Steps. These people can offer guidance, support, and direction so that you can learn how to cope with daily life and assist you in developing a life of freedom from heroin addiction.

TWELVE STEPS OF HEROIN ANONYMOUS

1. We admitted we were powerless over heroin - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We're entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. 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.



Heroin Anonymous Responders
 Get Connected Program
 24 W Camelback Rd
 PO Box 587, Suite A
 Phoenix, AZ 85013

Dear H.A. Friend,

Thank you for your interest in the **GET CONNECTED PROGRAM**. This service is provided by the H & I Committee of Heroin Anonymous. The program is intended for incarcerated heroin addicts who would like recovery and seek to **GET CONNECTED** to fellow addicts in the community who have recovered.

If you have decided you want recovery from heroin addiction and are willing to go to any length to get it, we will be here for you. This service is not intended for any use other than to **GET CONNECTED** to members in recovery. **This service does not provide letters of reference to parole boards, lawyers or court officials.**

Our **H.A. Responders** are willing to correspond with you through letters, sharing their experience, strength, and hope as it relates to their own recovery process through the **TWELVE STEPS**. If you have a willingness to **GET CONNECTED** to one of these members of Heroin Anonymous, please fill out the form below and return it to the above address. Members are randomly selected from local H.A. regions.

Yours sincerely,
 H.A. Responders

-
- I am interested in sharing the process of recovery with a fellow heroin addict by participating in the **H.A. GET CONNECTED** pen pal program.

Estimated Release Date:	
Housing Unit:	<ul style="list-style-type: none"> • Male • Female
Name (First and Last)	
Inmate Number	
Facility Name	
Street Address	
City, State, Postal Code	
Language (if other than English)	
Gender Identity:	