

Heroin Anonymous

Phoenix, AZ

Hospitals and Institutions

Committee

Guidelines and Information

May 25, 2008

INTRODUCTION

This packet is divided into five sections. These are suggested guidelines for Hospitals and Institutions Committees. We recommend that you first thoroughly read these guidelines. Each group may need to revise these guidelines to make them more suitable for their particular district or area.

Part I contains general information about the purpose of an H & Institutions Committee, a description of the function and process of the H&I committee, use of the H&I income, and its organization under the traditions.

Part II contains descriptions of elected positions on the committee.

Part III contains general guidelines for the H&I committee, including: business meeting format, election procedure, establishing a quorum, and conduct. Also contains information on contacting facilities, sample letter for contacting facilities, and a contact report form.

Part IV contains qualifications for H&I meeting Chairpersons and meeting leaders, formats and readings for H&I facility meetings.

Part I

General Information

Purpose of a Hospital and Institutional Committee

The sole purpose of a Hospital and Institutional Committee is to carry the message of Heroin Anonymous to those in Hospitals and Institutions. Institutions served may include, but are not limited to; correctional facilities, sanitariums, detox units, juvenile detention centers, half-way houses and shelters; either governmental or private. Confinement may be voluntary or involuntary.

The 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." H.A. H&I meetings are held at the invitation of the hospital or institution, ever mindful of the admonition "Cooperation not Affiliation!"

Why a Committee?

The Committee guarantees continuity of H.A. meetings. Members come and go, but the committee continues. Trust in our actions and movements, comes from years of repetitive action by groups who know and conform to the established guidelines. No one individual can make this possible; only the continuity of a committee structure can. Problems which arise at an institution are resolved within the framework of the committee. H&I Committee members may seek advice and assistance for problems encountered in their particular facility with the knowledge that the combined committee experience will have faced and solved similar problems in the past.

Many institutions have stringent rules and regulations covering problems ranging from those of a simple custodial nature to the tighter security measures encountered in correctional facilities.

The H&I Committee of each H.A. district is responsible for establishing guidelines and policy using normal voting procedures (the H&I group conscience).

What are Hospital and Institutional Meetings?

There is a distinct difference between H&I meetings and regular H.A. meetings. H&I meetings are often restricted to patients or residents only, and not open to the community as a whole. These meetings are brought into facilities by local H.A. members through the H&I Committee. H&I meetings are basically beginners meetings; with the chairperson of each meeting providing the speakers. They are not usually listed in the meeting list, and they do not observe the 7th Tradition. Certain facilities may require H&I participant to be subject to sobriety requirements, dress and conduct codes.

Open H&I Meetings

In some cases, a hospital or institution may request the H&I meeting be open to the H.A. community as a whole. This type of "Open" meeting may or may not be listed in meeting list but, as with all H&I meetings, the 7th Tradition is not observed. In addition, free books and literature are limited to clients of the institution only.

In contrast, a regular H.A. meeting is completely responsible for its own affairs and observes all the traditions.

The H&I Income

The H&I basket should be passed at all non H&I meetings. ****INSERT DIALOGUE FOR HA BASKET PASSING*** It is important that all funds collected for H&I actually go to H&I. The regular (non-H&I) meeting G.S.R. should bring both the H&I donation and the 7th Tradition to the Monthly Intergroup Business meeting after noting the amount collected in each. The money is then deposited by the Treasurer in the Intergroup Bank Account. The funds remain separated on paper, and dispersed to H&I by the Treasurer. At the end of the year, the amount collected is divided by twelve. This figure becomes the monthly budget for H&I. *In addition, H&I meetings are always a sub-committee of the H.A. Intergroup Service Committee, and in keeping with the Ninth Tradition “are directly responsible to those they serve.”*

Working within the Traditions and our Singleness of Purpose in Heroin Anonymous

Adapted from Heroin Anonymous Workshop on Singleness of Purpose – May 24, 2008

Heroin Anonymous is a “we” program, not an “I” program. When “we” place the good of H.A. ahead of our own personal agendas, we are promoting unity. We need to identify ourselves as “Heroin Addicts” leaving our “other” problems at the door. This means we do not identify ourselves as addicts or alcoholics. We have the 12 Traditions that help keep our fellowship strong. It is important that these Traditions be observed. We understand that some facilities are not familiar with H.A.’s Traditions, and may unknowingly break them. It is our duty to help these facilities have a better understanding of our traditions. We suggest providing a copy of the Twelve Traditions of Heroin Anonymous explaining what we can and cannot do. Also it is imperative that we be knowledgeable of each facility’s rules and regulations, and respect these when conducting a meeting at their facility. Remember that this is a program of attraction; you may be the only example of H.A. that a patient or inmate may ever see.

Part II – Elected Positions

H&I Chairperson

Suggested Sobriety Requirement: 2 Year Continuous

Continuous Committee Service Prior to Position: 1 Year

Suggested Term of Commitment: 1 Year

Position filled via: Election

Duties and Responsibilities:

- A. Coordinate and direct all committee activities.
- B. Attend all business meetings that are related to Institutional work.
- C. Keep informed on all matters affecting the committee.
- D. Supply and discuss with new Meeting Chairperson not in compliance with attendance requirements prior to the next committee business meeting.
- E. Notify any Meeting Chairperson not in compliance with attendance requirements prior to the next committee business meeting.
- F. Should the need arise, direct the removal of a Meeting Chairperson or Co-Chair. This action requires a simple majority vote of the full H&I Committee.
- G. Temporarily fill any open Meeting Chairperson position by appointment. At the next regularly scheduled committee business meeting, the position will be filled in the normal manner.

H&I Co-Chairperson

Suggested Sobriety Requirement: 1 Year Continuous

Continuous committee Service Prior to Position: 6 Months

Suggested Term of Commitment: 1 Year

Position filled via: Election

Duties and Responsibilities:

- A. Attend all meetings that are related to Institutional work.
- B. Work closely with the Director in any capacity as delegated by the Director.
- C. Assume the Director's responsibilities in his or her absence.

Secretary

Suggested Sobriety Requirement: 6 Months Continuous

Continuous Committee Service Prior to Position: 3 Months

Suggested Term of Commitment: 1 Year

Position filled via: Election

Duties and Responsibilities

- A. Keep minutes and attendance records of H&I business meetings, and supply them to members.
- B. Handle mailing of literature and announcements.

Treasurer

Suggested Sobriety Requirement: 1 Year Continuous

Continuous committee Service Prior to Position: 6 Months

Suggested Term of Commitment: 1 Year

Position filled via: Election

Duties and Responsibilities:

- A. Account for all monies of the committee.
- B. Maintain a post office box.
- C. literature, expenses of printing and other appropriate incidentals.
- D. To be gainfully employed and/or financially stable.

Chips and Literature Person

Suggested Sobriety Requirement: 6 months Continuous

Continuous Committee Service Prior to Position: 3 months

Suggested Term of Commitment: 1 year

Position Filled via: Election

Duties and Responsibilities:

- A. Obtain and keep on hand a sufficient inventory of soft literature and key chains from World Services.
- B. Distribute literature at the monthly committee business meeting.
- C. At his or her discretion appoint an assistant literature person.

Institutional Public Information

Continuous Committee Service Prior to Position: 6 Months.

Suggested Term of Commitment: 1 Year

Position filled via: Election

Duties and Responsibilities:

Contact institutions to establish new meetings and liaison with present ones. Should be presently involved in the committee and sufficiently knowledgeable to impart any information necessary about the committee and its “services.”

- A. Set up an appointment and visit the institution to determine needs.
- B. Report all contacts at the monthly committee business meeting.
- C. The individuals should be well versed in H.A. Traditions and Singleness of Purpose in order to communicate effectively with the public about H.A.
- D. At his or her discretion, appoint an assistant I.P.I Chairperson.

Hospital Public Information

Suggested sobriety requirement: 1 Year Continuous

Continuous committee Service Prior to Position: 6 Months

Suggested Term of Commitment: 1 Year

Position filled via: Election

Duties and Responsibilities:

Contact hospitals and halfway houses to establish new meetings and liaison with present ones. (See: Institutional Public Information for more information)

- A. Set up appointments and visit hospitals or halfway houses to determine needs.
- B. Other duties are the same as institutional Public Information
- C. At his or her discretion, appoint an assistant H.P.I. Chairperson.
- D. Maintains contact w/ facility to ensure meeting is taking place and attended by the meeting chairperson
- E. Ensures that meetings are in good standing with the facility.
- F. Reports “dark” unattended meetings to H&I Committee at the regular business meeting.

Part III – H&I Committee Guidelines

Hospitals and Institutions Committee Suggested Business Meeting Format

INSERT HA BUSINESS MEETING OPENING STATEMENT

The primary 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 and operates under the Twelve Traditions of H.A. in all of our affairs.

INSERT HA BUSINESS MEETING FORMAT

Membership Qualifications

It is suggested that a member of Heroin Anonymous who wishes to qualify for committee membership be sober a minimum of three months. Longer terms of sobriety may be required by some hospitals or institutions. (compliance with the rules of individual institutions should always be adhered to.) It is suggested that only H&I members be permitted to Chair or Co-Chair H&I meetings. Any member of H.A , invited guest, or interested party may attend the monthly H&I business meeting.

Conduct

A member of the H&I committee may be subject to removal by and H&I Committee simple majority vote if any of the following occurs:

1. Upon the loss of the member's sobriety. Sobriety requirements will have to be reestablished for reinstatement.
2. Refusal to abide by the rules and regulations of the institution being served.
3. Refusal to abide by the H&I Committee guidelines.
4. While attending an H&I meeting, a member solicits, recommends, or advises any person at the facility to any other facility or professional treatment.

Any committee member who has been suspended has the right to appeal such suspension at the next regularly scheduled H&I business meeting. In addition, the Chairperson or Co-Chairperson of each meeting is required to attend the monthly H&I business meeting at least once every three months. Failure to do so can result in replacement of the chair and or co-chairperson by the committee. This action does not exclude the member from other committee participation.

The Monthly Business Meeting

Regular H&I business meetings should be held once a month. Special and /or emergency meetings may be called by the H&I Chairperson. All regular business meetings will be presided over by the H&I Chairperson, or in the absence of the H&I Chairperson, by the Co-Chairperson. A suggested meeting format is included in these Guidelines.

Voting and Quorum Procedures

A quorum should consist of two-thirds of the active voting membership. The active voting membership is comprised of those H&I members in attendance at the business meeting and those who have notified the H&I Committee Secretary prior to each meeting that they will be absent but wish to remain on the active voting roster.

Election Procedures

Opening nominations should be held annually. Committees may wish to structure the election dates of each office so all positions do not change at the same time. Thus the leadership maintains continuity. Any member of the H&I committee has one (and only one) vote in both nominations and elections. Each position on the committee is described in the sections that follow.

H&I Meeting Guidelines and Information

General Information

Because there are so many different types of facilities, there is a lot of red tape, and many rules and regulations involved. Remember that you represent Heroin Anonymous, and play a detrimental role in any future opportunity for our fellowship to carry the message into that facility. Please dress and conduct yourself appropriately. Because we are invite guests in these facilities, it is important that as representatives of Heroin Anonymous, we follow all the rules, regulations and policies of the institution we have been invited into.

1. An H.A. meeting conducted under this committee should at all times be under the direct supervision of a member of the H&I Committee.
2. Sobriety requirements of each facility are to be upheld.
3. No member of H.A. on parole or probation may attend an H&I meeting in a correctional facility without advance clearance by the administration of the institution.
4. The meeting chairperson will be responsible for advising speakers in advance regarding policies of the institution and the H&I Committee.
5. H.A. personal stories, principles or general information are to be the main topics of any meeting conducted within any institution. Sharing should be confined to those who identify as Heroin Addicts who have the desire to stop suffering from Heroin Addiction. We do not recommend prolonged Drug-a-Logs.
6. Use of profanity is not recommended.
7. No speaker, or H&I Committee member may go to an H&I meeting to visit a relative or friend who is a client or inmate at the facility.
8. No visitors from outside the fellowship of Heroin Anonymous are permitted to accompany H&I members to H&I meetings at any time, for any reason.

H&I meetings in Correctional Facilities

Chairpersons of H&I Meetings in Correctional facilities must have a minimum of **24 months continuous sobriety** except where otherwise required by the institution. In addition they **must not have served a term of probation or parole for a minimum of 12 months prior to the date of application, and a minimum of 24 months have passed since their last period of incarceration in any federal, state, county, or city jail on a felony charge, and 12 months on a misdemeanor charge.** They are responsible for the conduct of any speakers taken into the facility and the H&I Committee. In some cases, the chairperson may be required to obtain advance clearance for speakers. Speakers should have **a minimum of 12 months sobriety,**

except where otherwise required by the Institution. Many state and Federal Penitentiaries may require that H&I meeting chair and co-chairpersons complete orientation and agree to and FBI background check.

In general, the following guidelines must be observed in all prisons:

- A. Never touch an Inmate.
- B. Never give anything to, or take anything from an inmate without the approval of the institution, including books, chips, literature, etc.
- C. Never agree to contact anyone on behalf of an inmate.
- D. Do not reveal your address or other personal information to an inmate.
- E. No weapons of any kind are allowed on prison grounds. This includes the parking lot. For example, a knife in a car glove box could be a violation of prison rules.

General Information for Contacting Facilities

There are many ways to go about contacting facilities. Here are some suggestions that have proven to be most helpful in starting an H&I meeting in a facility.

- 1) Target local areas.
- 2) Determine contact person at facility
- 3) Contact facility person via phone or letter. (see sample letter)
- 4) Determine facility's needs; explain what H.A. is and how H.A. H&I meetings work.
- 5) Make an appointment with the contact person to visit there facility and explain our traditions; what H.A. can or cannot do. Discuss meeting format, literature and directories.
- 6) Establish a date and time for H&I meeting. If necessary, set date for a test H&I meeting.
- 7) Please remember that we represent H.A. and our singleness of purpose, keeping in mind Tradition Three: "The only requirement for H.A membership is a desire to stop suffering from heroin addiction."

Dear _____,

We represent the Hospital and Institution Committee of Heroin Anonymous, a 12-step program of recovery from the suffering of Heroin Addiction.

The function of our committee is to carry the message of recovery to those still suffering from Heroin addiction, who may not be able to attend Heroin Anonymous meetings outside of the institution in which they presently reside. Many of our members have begun their recovery within an institution.

We are contacting you on behalf of the Committee to introduce you to our Committee and to make our services available to you and your institution. We would be happy to talk with you personally and discuss your present needs and how we may best be of service.

Please feel free to contact us at () _____ at your earliest convenience. Please note that we are a fully self-supporting non-profit organization requiring no fees or dues, and that all our members participate voluntarily.

We look forward to hearing from you,

Sincerely,

Chairperson
Hospitals and Institutions Committee

Part IV – Qualifications and Guidelines for H&I meeting Chairpersons

Qualifications for H&I meeting Chairpersons

Suggested Sobriety Requirement: 1 Year (unless otherwise specified by facility)

Continuous Committee Service Prior to Position, Familiarity with these guidelines.

Position filled via: Voluntary basis, filled at the H&I committee business meeting.

Restrictions: A member who is on probation or parole may not chair an H&I meeting in correctional facility unless official clearance is obtained in advance.

Duties and Responsibilities:

- A. Coordinates the activities of, and attends the scheduled H&I meeting. If unable to attend, arrangements must be made through the H&I Committee members for another established Chairperson to take the meeting.
- B. Notify the committee of any problems encountered at the H&I meeting, or any change in the Chair or Meeting leader's address or telephone number.
- C. Attend the regular monthly H&I Committee business meeting a minimum of once every three months.
- D. Review meeting and institutional requirements prior to the scheduled H&I meeting.
- E. Acts as a liaison between the H&I Committee and their assigned facility.
- F. Assures attendance requirements are met by others, (if any) assigned to the meeting.

Qualifications of the H&I Meeting Leader

Suggested Sobriety Requirement: 6 Months (unless otherwise specified by facility)

Continuous Committee Service Prior to Position: None

Position filled via: Voluntary basis, filled at Committee business meeting.

Duties and Responsibilities:

- A. Attend the scheduled H&I meeting. If unable to attend, arrangements must be made through the meeting chairperson for another established committee member to assist with the H&I meeting.
- B. Provide assistance to the meeting chairperson on items B through E of the Chairperson position described above.

General Guidelines for Heroin Anonymous H&I meetings

1. We need to identify ourselves as “Heroin Addicts”.
2. Our sharing should be based on offering our experience, strength, and hope to the still suffering heroin addict.
3. Never give medical or legal advice or recommend other facilities to patients.
4. Do not talk down to the group.
5. Do not use profanity, you may be stopped by the meeting chairperson if you do so.
6. Do not bring visitors – people from outside the fellowship of Heroin Anonymous, or H.A. members not on the panel at the facility.
7. Do not bring anything in or take anything out. This includes written or verbal messages for an inmate or patient.
8. Do not promise inmates or patients jobs or aid of any kind.
9. do 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.
10. **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 the Hospital Liasion or the Institutional Liasion 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.

In closing

Our 12th step states; “having had a spiritual awakening as a result of these steps, we tried to carry this message to Heroin Addicts, and to practice these principles in all our affairs.” The 12th step is not always easy, but we feel that it has added something to our lives that is beyond explanation. May you God be with you as you carry the message of recovery from the suffering of Heroin Addiction.

Hospitals & Institutions Meeting Formats and Readings

H&I Speaker Meeting Format

Welcome to the _____ *H&I* meeting of Heroin Anonymous. My name is _____ and I am a heroin addict. Before we begin, please turn off all pagers and cell phones. Please help me open this meeting with a moment of silent meditation 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 stop using heroin. 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.

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

It is a custom here in the valley to read a portion of Chapter Five from the Big Book of Alcoholics Anonymous entitled "How It Works." Today I've asked _____ to read this for us. Today our speaker is _____ who will share their experience strength and hope with us. (speaker will speak for approximately 45 minutes).

5 minutes before end of meeting – We would like to thank _____ for sharing their experience strength and hope with us today.

Is there anyone who has a desire to use?

If anyone raises their hand - "Someone will speak to you after the meeting."

Is there anyone who does not have a sponsor?

If anyone raises their hand - "Someone will speak to you after the meeting."

We will now close with a moment of silent meditation and ask that _____ lead us in the Lord's Prayer

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old Ideas and the result was nil until we let go absolutely.

Remember that we deal with Heroin – cunning, baffling, powerful! Without help it is too much for us. But there is one who has all power – that One is God. May you find Him now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took which are suggested as a program of recovery.

1. We admitted that we were powerless over heroin and that our life 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. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.

HOW IT WORKS (CONTINUED)

8. Made a list of all people 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 say that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the heroin addict, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a) That we were addicts and could not manage our own lives.
- b) That probably no human power could have relieved our addiction
- c) That God could and would if He were sought

The 12 Traditions of Heroin Anonymous

1. Our common welfare should come first: personal recovery depends upon H.A. unity.”
2. For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is the desire to stop suffering from Heroin Addiction.
4. Each group should be autonomous, except in matters affecting H.A. as a whole.
5. Each group has but one primary purpose – to carry it’s message to the heroin addict who still suffers.
6. 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.”
7. Every H.A group ought to be fully self-supporting, declining outside contributions.
8. Heroin Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. H.A. as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Heroin Anonymous has no opinion on outside issues; hence the H.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

WHO IS A HEROIN ADDICT

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We are men and women of all walks of life. At one time in our life we may been curious about using heroin. For some of us, we instantly fell in love with this drug and for others its attraction was gradual. Whatever the case may be, we began to think more and more about how we could get more. Sometimes we convinced ourselves that certain bills didn't need to be paid. We began to think more and more about how we could get more. Sometimes we convinced ourselves that certain bills didn't need to be paid. We began to plot ways to steal money and other items so we could use again. At some point it was no longer recreational but rather an absolute necessity.

“I only use on weekends” or

“I can stop anytime I want to” or

“I just need to try harder not to use” or

“ At least I don't slam it, I only snort or smoke it” or

“With this baby inside of me I promised I would stop but found I couldn't.”

At times we mixed heroin with alcohol or other drugs and found that the relief was minimal. We became determined to get the same high we did in the beginning. Seeing someone die from an overdose wasn't enough to stop us. Some of us took pride in being able to control certain areas of our lives and were completely confused as to why we could not control our heroin usage. After getting clean for various periods of time, we convinced ourselves we could use again without losing control, but we found ourselves ending up where we were before and often worse. Regardless of how many times we failed at trying to stop, we continued to try to control that which was out of our control. Nothing mattered more to us than getting that next paper, that next line, that next gram. No matter how much we suffered or how lost we felt, we continued to use.

WHO IS A HEROIN ADDICT (CONTINUED)

We no longer cared what it took to cop one more time. We began doing things we thought we would never do and were left feeling ashamed of ourselves. Sometimes the dope man would be late and we would panic. When we got sick, we would do anything to get straight.

In spite of the broken hearts, going to jail, losing our job, failed relationships, loved ones threatening to leave, or surviving an overdose, we kept on using. We went to great lengths trying to hide our usage from others.

Being completely consumed with using we felt hopeless, we lost our dignity and our dreams. We were disgusted with ourselves, and we felt alone. Sometimes we wished to die so we could stop suffering.

At some point we had a moment of clarity. We realized we were no longer controlling our usage, but rather it was controlling us. We thought it would be impossible to live life without heroin and life would be boring. We could not see the light at the end of the tunnel because we could not even see the tunnel. We were completely hopeless.

We discovered that we were unable to stop using on our own. If our ideas on how to stop using had worked, we would have stopped a long time ago. We had to admit to ourselves that we were heroin addicts and that we needed help.

Like so many who have had these experiences, we have found hope and a better way of life. we no longer have to suffer from this horrible addiction. We no longer worry about the policeman we see in our rear view mirror. We are no longer afraid to answer the door, nor are we afraid to go somewhere for fear of who we may see. We have found freedom. We are heroin addicts who simply wish to share with you our experience on how we have to experience the self-loathing, the shame, or the despair anymore. Our suffering has come to an end because we are now free men and women.

WHAT IS HEROIN ANONYMOUS

Copyright 2004 Heroin Anonymous World Services, Inc.

Heroin Anonymous is a non-profit fellowship of men and women who have found a solution to heroin addiction. This is a program of complete abstinence from all drugs. We are recovered heroin addicts who meet regularly to help each other stay sober.

The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for H.A. 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 achieve sobriety.

Heroin anonymous is concerned solely with the personal recovery and continued sobriety of heroin addicts who turn to our Fellowship for help. We do not provide drug education, therapy, medical or psychiatric treatment, chemical dependency treatment, drug addiction research, or propaganda of any form.

Our members consist of individuals who have found a better way of life. We have recovered from our heroin addiction and simply wish to offer help to all of those who suffer. We are fully self-supporting, we accept voluntary contributions from our members for our expenses, and we respectfully decline outside contributions.

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 (which we are not affiliated), which involves one heroin addict helping another to achieve freedom from their heroin addiction.

We find that individuals who have recovered from their heroin addiction can offer understanding, compassion, relatedness, fellowship, and direction where other methods may have failed. In our Fellowship you will see one heroin addict helping another, freely passing on their experience to the next person who is desperately searching for an answer to their own heroin addiction.