

# Mendocino County Area Narcotics Anonymous

## H&I Do:'s & Dont's

### **DO:'S**

- Do: Make directories of outside meetings available to residents.
- Do: Clarify the rules with whomever you bring into the facility.
- Do: Start and end on time!
- Do: Emphasize that NA recovery is available to all addicts regardless of drug(s) used.
- Do: Clearly state that Narcotics Anonymous is separate from the facility and from other fellowships.
- Do: Involve residents with the meeting, especially those in long term facilities (readings, etc.).
- Do: Obey the dress code, exercise common sense.
- Do: Screen all panel members, speakers, and chairperson(s).
- Do: Attempt to get all agreements in writing.
- Do: Adhere to the security regulations at all times.
- Do: Ensure that a clear NA message of recovery is carried by all panel members.

### **DON'TS!**

- Don't: Attend H&I facilities alone.
- Don't: Emphasize using days while sharing an NA message of recovery.
- Don't: Give anyone within the facility your address or telephone number.
- Don't: Use excessive profanity.
- Don't: Break another person's anonymity.
- Don't: Debate any issues involving facility rules, regulations, programs, or other fellowships.
- Don't: Get involved in discussions on outside issues, remember why we are there.
- Don't: Discuss conditions within the facility.
- Don't: Discuss facility staff members with inmate(s).
- Don't: Wear flashy jewelry and Don't: carry excessive cash.
- Don't: Show favoritism to any resident(s).
- Don't: Take messages or carry letters in or out of the facility.
- Don't: Bring an NA member who has friends and/or family in the facility.
- Don't: Ask what type of crime an inmate has been convicted of, or discuss guilt or innocence.
- Don't: Accept money or gifts from or give money or gifts to any inmate.