



# Crystal Meth Anonymous Hospitals and Institutions (H&I) Meeting Packet

*Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth.*

*The Fellowship of Crystal Meth Anonymous works a Twelve Step program of recovery. We have not felt the need to elaborate in great detail a specific CMA approach to the Twelve Steps: too many other excellent outlines already exist for following these spiritual principles. But our experience has shown that without the Steps we could not stay sober.*

*CMA World Conference 2008*

## **Introduction to H&I CMA Meetings**

We suggest the reader seek guidance from their local H&I Committee to help them decide on the method that is right for their area. If you are not sure of your local Committee members and/or would like assistance from CMA General Services, please contact World CMA H&I Committee at [handi@cmagso.net](mailto:handi@cmagso.net). We also request you advise CMA General Services of new H&I meetings once they are established, so they can be added to our database.

This document contains a meeting format template, plus readings for a CMA H&I meeting. Please note that meetings do not need to use all of the readings - they are provided so that you may select two or three for your meeting. In addition, please keep in mind this is a general guideline and provides a broad outline. H&I Committees should feel free to adapt this format to their local customs.

The Chair is responsible for the overall running of the meeting. The Chair selects the Speaker each week. Important notes are:

1. The Chair calls the meeting to order and may go over how the meeting is to be conducted.
2. The Chair reads from the meeting script and runs the meeting through the readings and closes the meeting. The Chair selects two or three people to read, and introduces the Speaker. A different Speaker is chosen to qualify each week.
3. The Speaker generally shares for pre-determined amount of time.
4. After the Speaker shares, the Chair resumes direction of the meeting.
5. The Chair asks participants to limit sharing to three to five minutes. If someone needs to share longer, then this is permitted, but always be mindful of time. The Chair should gently interrupt and refocus if a share strays into a glorification of using, or goes on too long.

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6. A meeting may have the following commitments, which offer opportunities for service. These are suggested, but new meetings with few members can get by in the beginning with just a Chair.
  - A. Two Chairs who alternate. This allows a variety and gives each Chair a break. Chairs are expected to book Speakers for meetings during their weeks of service and obtain the necessary facility clearance(s).
  - B. A Greeter at the door who welcomes everyone to the meeting. The Greeter can connect a new person with someone who knows the ropes, so that newcomers don't feel so "new". Attending a first meeting was a scary experience for some of us, and many recovering addicts have said what brought them back was something as simple as a warm smile from someone who made them feel welcome at the meeting.
  - C. A Cleanup and/or Setup Person who is in charge of making sure the room is setup and left the way it was found (or better) before the meeting started.
7. Chips, medallions and books are available for purchase from [www.crystalmeth.org](http://www.crystalmeth.org). CMA Literature is available as a free PDF download. This literature may be copied and distributed by CMA meetings, Intergroups, or other CMA Service Entities. Please check with the facility to determine what you are permitted to bring to the meetings and distribute to patients and/or inmates.
8. Several other meeting formats have developed over time, including a Book Study, Ticket Shares, Q&A, Round Robin, and meetings focused on particular themes.
  - A. Book Study - a person reads from CMA's "*Crystal Clear Stories of Hope*" or the Big Book of Alcoholics Anonymous, or the AA Twelve and Twelve for a few minutes and then shares their experience with the passage read. The group shares afterward on the passage as well.
  - B. Ticket Share - attendees are given a numbered ticket as they arrive. After the speaker is finished, tickets are drawn, and the number pulled determines who shares.
  - C. Q&A - a list of questions pertaining to recovery is kept, and tickets used as above to see who would answer the questions.
  - D. Round Robin - in this meeting chairs are placed in a circular format, and everyone in the circle takes a turn for a brief share.

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## Crystal Meth Anonymous Hospitals and Institutions (H&I) Chairperson Script Template

**Good morning/afternoon/evening, and welcome to the \_\_\_\_\_ H&I meeting of Crystal Meth Anonymous, my name is \_\_\_\_\_ and I am a crystal meth addict.**

**Please join me in a moment of silence followed by the Serenity Prayer [pause]**

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

**I have shared that I am a crystal meth addict, are there any other crystal meth addicts present? [pause] Welcome! If you are seeking recovery, you are in the right place. Thank you for being here to celebrate your recovery with us.**

**The Twelve Steps of CMA are suggested to provide us with a plan with which to build a sober, better life. We believe that if we work these simple steps we will live a life free of active crystal meth addiction. The CMA fellowship advocates complete abstinence from crystal meth, and any medication not taken as prescribed, plus all other mind-altering substances including alcohol.**

*[Optional] Would those of in their first thirty days of recovery please raise your hand and tell us who you are? This is not meant to embarrass you but so that we can get to know you.*

- 30 to 60 days
- 60 to 90 days
- 90 days to 6 months
- 6 months to 9 months
- 9 months to 1 year
- 1 to 2 years
- 2 to 5 years
- 5 to 10 years
- 10 to 15 years
- 15 to 20 years
- 20 years or more

***Congratulations everyone!***

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**The format of this meeting is as follows: we will hear selected readings; the Speaker will share his/her experience, strength and hope for \_\_\_\_ minutes; the meeting will then be open for general participation.**

**The readings used at this meeting are adapted from the "Big Book" of *Alcoholics Anonymous* and the writings of Crystal Meth Anonymous.**

**I have asked \_\_\_\_\_ to read, "Are You a Tweaker?"**

**I have asked \_\_\_\_\_ to read, "The Twelve Steps."**

**Please help me to welcome our speaker, \_\_\_\_\_.**

*[Speaker shares his/her experience, strength, and hope about recovery. The meeting continues as below after the speaker has shared.]*

**The meeting is now open for those of you who have questions for our speaker or general participation. During general participation, please limit your share to 3-5 minutes so that all who need to may have time to share.**

**When sharing, we need to be careful in describing drug effects, as some of us may be triggered, and the desire to use may be heightened. Please remember the recovery of others and avoid glorifying drugs and/or drug driven sex. We realize that this is part of many of our stories and needs discussion, however I will interrupt and refocus if this gets out of hand.**

*[Optional] [10 minutes before the end of the meeting] It's now time for burning desires. A burning desire is for anyone who feels that if they don't get a chance to share, they may use drugs. Does anyone have a burning desire? [Allow for all burning desires, if any]*

- **I would like to thank all of those who participate each week in making this meeting a success.**
- **I would also like to thank [name of facility] for inviting CMA into this facility.**

**Let us again thank our Speaker \_\_\_\_\_ for sharing today. Thank you!**

**If you have any questions that went unanswered, please introduce yourself to someone after the meeting, as we are here to help. For those of you that are preparing to leave this facility, and are interested in what we have to offer, please don't hesitate to obtain a schedule of our meetings or a phone list, and contact members who have been around for a while, they would be**

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**honored to share their experience, strength, and hope with you.**

**In the spirit of the Twelfth Tradition, which states "Anonymity is the spiritual foundation of all of our traditions, ever reminding us to place principles before personalities," we ask that who you see hear and what you hear here; when you leave here, please let it stay here.**

**I have asked \_\_\_\_\_ to read** [one of the following readings: "Today I Can", "I Can Stay Sober", "The Promises" from page 83-84 of the Big Book of *Alcoholic Anonymous*, or "There is a Solution" from page 25 of the Big Book of *Alcoholic Anonymous*]

**After a moment of silence, would \_\_\_\_\_ please close the meeting with the Serenity Prayer?**

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

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## ARE YOU A TWEEKER?

It doesn't matter what you call it. It doesn't matter how you did it. It brought us to our knees, because without exception, that's what it does.

Is speed a problem in your life? Are you an addict? Only you can answer those questions. For most of us who have admitted defeat, the answer is very clear. Yes, we had a problem with speed, and no, we couldn't fix the problem by ourselves. We had to admit defeat to win. Speed was our master.

We couldn't control our drug use. What started out as weekend or occasional use became daily use, and we soon found ourselves beyond human aid. We truly suffered from a lack of power to fix our problem.

Some of us used speed as a tool to work harder and longer, but we couldn't keep a job. Others picked at their faces and arms for hours and hours or pulled out their hair. Some of us had uncontrollable sexual desire. Others endlessly tinkered with projects, accomplishing nothing, but found ourselves so busy we couldn't get to work on time.

We deluded ourselves into thinking that staying up for nights on end was OK, that our tweaking was under control, and that we could quit if we wanted to, or that we couldn't afford to quit, or that or using didn't affect our lives.

Maybe we saw a friend go to jail, or lose their apartment, or lose their job, or lose the trust of their family, or die, but our clouded minds wouldn't admit we were next.

Most of us saw no way out, believing that we would use until the day we died.

Almost universally, if we had an honest moment, we found that our drug use made seemingly insurmountable problems in our lives.

The only way out was if we had the courage to admit that speed, our one time friend, was killing us.

It doesn't matter how you got here. The courts sent some of us, others came for family or friends, and some of us came to CMA on our own. The question is, if you want help and are willing to go to any lengths to change your life.

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## THE TWELVE STEPS

1. We admitted that we were powerless over crystal meth and 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 a God of our understanding.
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 God 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 a God of our understanding praying only for the knowledge of God's will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs.

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## TODAY I CAN

Let's not forget what we *can* do this day:

Today I can draw on the power of honesty. I embrace change and redefine myself. Word by word, deed by deed—I strive to reflect the truth.

Today I can put down my old habits. Selfishness and hardness give way to an instinct for service. Gratitude now is my rule.

Today I can appreciate the richness of life by welcoming, sharing and laughing with another addict. Turning Godward, I find progress and peace.

Today I can take in a new reality—that in this struggle I am not alone. Many have walked this path before, and I have fellows at my side.

Today...together...**we** can live in hope.

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## **I CAN STAY SOBER**

*I can stay sober.*

*I don't have to relapse.*

*I never need to go back out there;*

*I can stay here—there is a solution.*

*I can stay here and stop running;*

*I can stay here and start saying yes to life.*

*I can find a Higher Power to rely on.*

*I can find some peace and find out who I really am.*

*I can make a decision and make some changes.*

*I can make some new friends—*

*And make amends to my old ones.*

*A lot of addicts will go back to using, but I don't have to.*

*Not if I get a sponsor and get to work.*

*Take a deep breath...*

*If I can accept the truth and put away my fantasy,*

*If I can ask for a little help,*

*If I can take these suggested steps,*

*One day at a time, I will be free.*

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## THE TWELVE TRADITIONS\*

1. Our common welfare should come first; personal recovery depends upon CMA unity.
2. For our group purpose there is but one ultimate authority – a loving God as expressed in our group conscience. Our leaders are but trusted servants they do not govern.
3. The only requirement for CMA membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or CMA as a whole.
5. Each group has but one primary purpose to carry its message to the addict who still suffers.
6. A CMA group ought never endorse, finance or lend the CMA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every CMA group ought to be fully self-supporting, declining outside contributions.
8. Crystal Meth Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. CMA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Crystal Meth Anonymous has no opinion on outside issues; hence the CMA 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, films and other public media.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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