Crystal Meth Anonymous
Hospitals & Institutions Bookmarks as Milestones

The H&I Advisory Committee has created these bookmarks to be used as an alternative to the plastic token to help members of Crystal Meth Anonymous who are involved in the local H&I to provide a means of celebrating various lengths of recovery to those attending meetings.

Plastic tokens cannot be used in correctional facilities. However some treatment centers may allow them. Therefore, it is recommended that lengths of sobriety be recognized with a paper token.

Additionally, offering plastic tokens at an H&I meeting may not be financially possible.

Milestones offered:

- Newcomer (0-29 days) then monthly through 11 months; one year, 18 months, and years 2 - 5.

Here are some suggestions on how these may be used:

- Printed on white paper with black ink. (Least costly way to use this tool)

- Print on colored paper (or cardstock) in color similar to the corresponding chip (ex. white paper for 30 days, green paper for 60 days, red paper for 90 days, etc.)

- Encourage the milestone taker to attend a local meeting when they are able and present their bookmark for an actual chip.

- Used as a signature card for persons who need meeting attendance verification.
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.
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.
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.
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.
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.
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.

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.
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.
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.
One Day at a Time
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.
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.
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.
One Day at a Time
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.
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.
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.
One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org

One Day
2 YEARS

Helpline (855) 638-4373
www.crystalmeth.org
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.
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.
4 YEARS

One Day at a Time

www.crystalmeth.org

Helpline (855) 638-4373
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.
One Day at a Time

5 YEARS

www.crystalmeth.org

Helpline (855) 638-4373
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.