

## THE TWELVE STEPS OF CRYSTAL METH ANONYMOUS\*

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.

The Twelve Steps of Alcoholics Anonymous. 1. We admitted we were powerless over alcohol, 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 ourselves, to God, 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. 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 other alcoholics and to practice these principles in all our affairs.

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### CMA Conference Approved Literature

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# SERVICE IN CMA WHAT IS H&I?

Crystal Meth Anonymous

WHAT HAPPENS AT A HOSPITALS AND  
INSTITUTIONS MEETING? HOW DO I GET INVOLVED?  
HOW AM I TRAINED?



## **OUR PURPOSE**

The primary purpose of the Hospitals & Institutions Committee is to carry the Crystal Meth Anonymous message of recovery to individuals who are confined, restricted, or otherwise unable to attend a Twelve Step CMA meeting.

Many times, an H&I meeting is the first introduction to Crystal Meth Anonymous that many inmates, clients, or patients receive. Therefore, it is important that our message of recovery through the Twelve Steps be informative, clear, concise, positive, and solution oriented.

## **What is an H&I meeting?**

An H&I meeting is a Twelve Step recovery meeting that takes place inside jails, treatment centers, hospitals, recovery homes, sober living environments or any other institution or facility where access to CMA meetings, for those inside, is limited or restricted. We use conference approved literature and provide this literature to those attending our meetings.

## **What happens at an H&I meeting?**

There are many formats that can be used at an H&I meeting such as: Topic & Discussion and Question & Answer, just to name a few. Ideally, a panel should consist of two crystal meth addicts sharing their personal experience with recovery and staying sober through the Twelve Steps. Bringing recovery to confined addicts must be of paramount importance, so there may be times where a panel will be facilitated by only one member. In many ways, H&I meetings resemble regular CMA meetings including the celebration of milestones in sobriety.

## **Why should I volunteer?**

Many crystal meth addicts encounter an enhanced quality of recovery through their participation in H&I sharing. Many describe it as being an incredible experience knowing they have made a difference. Our identity, as recovering crystal meth addicts, provides us with a unique perspective to carry the message of recovery to other crystal meth addicts. Other benefits of H&I service include:

- Helps us to maintain our recovery.
- Helps another to find recovery.
- It challenges and improves us.
- Helps us to stay connected.
- Provides hope for the newcomer.

## **How do I get involved?**

It is easy to become a member of your local H&I committee. If your District has an existing H&I committee, simply attend the next scheduled business meeting and complete an information form. By doing this, you will be placed on the volunteer list. If your District is new or not well developed, please contact World H&I for instructions on how to start a meeting. There are sobriety requirements to serve on certain panels.

Also, there are clearance requirements for certain facilities such as prison. Not every facility has strict requirements. Details will be explained at the business meeting. If you have a desire to serve we can find a place for you.

## **How am I trained?**

First, we want to assure you that you will not be expected to facilitate an H&I meeting alone or without any guidance or assistance on your first several panels. When you attend the business meeting, we will arrange for an orientation and you will be paired with an experienced H&I panel leader. In this way, you will be able to learn and get comfortable with H&I service. After a period of time, you will then be able to carry out the responsibilities of a panel leader. Panel leaders are sometimes expected to work alone. H&I panels will optimally consist of two members. Often there will be more than two members present, but you should be prepared to lead the panel by yourself when necessary. Panels are vital in carrying the message so be prepared to do whatever you need to do to make the panel a success. Panels should be supplied with all of the necessary tools and information to carry the CMA message of recovery.

## **We are guests...**

Always remember that we are guests of any facility where our meetings are held. As such, we must be respectful, act responsibly, and comply with all regulations. Additional training and orientation will be provided for certain facilities with stricter requirements.