

## **Sample Format for an H&I Presentation**

*My name is \_\_\_\_\_, and I am an addict. Welcome to this H&I presentation of Narcotics Anonymous. H&I stands for Hospitals and Institutions. We are part of a subcommittee of Narcotics Anonymous that brings the message of NA into facilities where there are people who cannot access regular meetings. We go to rehabs, detox centers, jails, and prisons to present what NA is, how it works, and how it has worked for us. We are not therapists, counselors, doctors, cops, or lawyers. We are addicts who have found a new way of life in recovery.*

*Let's open this meeting with a moment of silence, followed by the serenity prayer.*

*We have a couple readings we like to read to get started. Will someone please read: Who Is an Addict; What is the NA Program; Why Are We Here; How It Works.*

*In Narcotics Anonymous we are not concerned with the types or amounts of drugs you used. We focus on the ways addiction and recovery affect our lives. NA Meetings are not classes or group therapy sessions. We do not teach lessons or provide counseling. We simply share our personal experiences with addiction and recovery.*

*Now we will begin the presentation portion of this meeting. We will be facilitating a (see list below for meeting presentation types) meeting.*

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### **Types of presentations**

Speaker presentation: In a speaker meeting, one or more NA members share their experience, strength, and hope. Speakers should mention some basic symptoms and characteristics of the disease then share how NA has brought about recovery. A narrative of events accomplishes little, but a sharing of feelings, self-image, turning points, new awareness, etc., carries a message of recovery.

Topics Discussion: Meetings, Steps, Sponsorship, Home Groups, Anonymity - or any other principle, Other recovery related topics.

Literature Discussion: Choose an I.P. or excerpt from a book. Have the group read it, then the panel discusses it.

Regardless of the meeting type, the chairperson should call on speakers one at a time, rather than letting the discussion go spontaneously. This will allow for more control in keeping the meeting recovery oriented. Make sure to end on time.

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*That's about all the time we have. Thank you everyone for attending! Let's close by gathering in a circle and saying the "We" version of the serenity prayer.*