



American River Area of Narcotics Anonymous Hospitals & Institutions Facilities Guide

Purpose of this Guide

This guide provides information on all of the H & I meetings supported by the American River Area of Narcotics Anonymous. You'll find a brief description of each facility we serve and learn when meetings are held, what requirements must be met to enter, and who coordinates each meeting. If you're interested in volunteering, please contact the facility coordinator directly.

DOs & DON'Ts of H&I Service

DO

- Emphasize that NA recovery is available to all addicts regardless of drugs used.
- Make directories of outside meetings available to residents.
- Start and end on time!
- Obey the dress code & exercise common sense.
- Adhere to each facility's rules and security regulations.
- Involve residents with the meeting, especially those in long term facilities.

DON'T

- Emphasize "using days" while sharing an NA message of recovery.
- Use profanity.
- Break another person's anonymity.
- Debate any issues involving facility rules, regulations, or other programs.
- Get involved in discussions on outside issues, including opinions regarding psych meds.
- Take messages or carry letters in or out of the facility.
- Discuss any inmate's case or their guilt or innocence.

Updated November 1st
2015

New Start 1 & 2

New Start 1 Wednesday 7:00-8:30 PM
Coordinator: Tom G. 916-821-7717

New Start 2 Thursday 7:00-8:00 PM
Coordinator: Tom G. 916-821-7717

New Start is a 3 to 6 month co-ed residential program located off Norwood & I-80, sponsored by Loaves & Fishes. New Start is a clean and sober living environment with a 30 day black-out period. The residents are accepted in a number of ways from a voluntary basis to court ordered. Meetings are a standard chairperson open discussion format with a 1 year volunteer clean time requirement. Standard H&I dress code applies. Attendance at most meetings is approximately 20 to 25 residents.

Center Point

Criminal Justice Recovery Facility

Saturday & Sunday 7:00 – 8:00 PM
Coordinator: Karen 916-230-2294

Center Point is a 6 month female lock down facility for parolees located in Fair Oaks. Meetings are a standard chairperson format with a 6 month volunteer clean time requirement. Standard H&I dress code applies.

Options for Recovery

Wednesday 7:00-8:00 PM
Coordinator: Olive 916-912-3088

Options is a residential facility for women and children located in North Sacramento. This is a 3 to 6 month program housing up to 26 women and 10 children. Options is a structured treatment facility, allowing residents to seek recovery outside the facility with support and pre-approved passes. The residents are accepted in a number of ways from a voluntary basis to court ordered. The meeting follows a standard chair format with a 6 month volunteer clean time requirement. Standard H&I dress code applies.

Pathways Detox Facility

Wednesdays 7:00-8:00 pm
Coordinator: Karson 916-534-9999

Pathways is a co-ed detox facility that accepts most insurances. There are up to 8 clients at the facility that are treated for up to 7 days. Clean time requirement for volunteers is one year and standard dress code applies.

A House North

A House North Wednesday 7:00 -8:30 PM
Coordinator: Christine 916-704-4644

A House North is Co-ed a 90 day behavior modification program with a 30 day black out period. We have a 6 month clean time requirement for volunteers. Standard H&I dress code applies.

STAR Program

Friday 1:00–2:00 PM
Coordinator: Karen 916-230-2294

STAR is a minimum level custody program with co-ed parolees in an educational classroom parole office setting. Students are required to come to the STATR program as a condition of their parole as a result of not following conditions of parole. The meetings is a standard speaker/discussion. Speakers are required to sign a guest speaker guideline form. Since we are a standardized classroom there is the requirement of separation of church and state. The promotion of any form of religion is prohibited, also the use of profanity is not permitted. Appropriate dress is required, denim is ok. Secretary 1 year clean time requirement. Speakers can still be on parole.

C & S Recovery Center

Sunday 7:00-8:00
Coordinator: Ana 916-613-3220

CSRC is a co-ed 1 to 6 month behavior modification program with a 6 day black out period. We have a 6 month clean time requirement for volunteers. Standard H&I dress code applies.

Cedar Point Retreat

Tuesday 7:00-8:00
Coordinator: Melody 916-532-6313

Cedar Point Retreat is a co-ed detox facility that accepts most insurances. There is a maximum of six patients there at a time. Treatment time varies from 3-7 days depending on need. Clean time requirement for secretaries is one year and chairpersons are 6 months. Standard dress code does apply.

Crestwood

Wednesday 7:00-7:30 PM
Coordinator: Deedra 9166-320-4473

Crestwood is a co-ed lockdown mental health facility. There is a one year clean time requirement for volunteers. Volunteers may be male or female. Standard H&I dress code required.

Heritage Oaks

Tuesday 7:00-8:00 PM
Thursday 7:00-8:00 PM
Coordinator: Robert G. 916-459-7649

Heritage Oaks is a co-ed lockdown acute psychiatric hospital offering co-occurring psychiatric treatment and chemical dependency treatment. Meeting is standard chairperson and sharing format. There is a one year clean time requirement for volunteers. Standard H&I dress code.

Folsom State Prison (FSP)

2nd & 4th Sundays of the month, 3 one hour meetings
9:30-10:30, 11:00-Noon & 12:30-1:30
Every Wednesday of the month 6:30-8:30 PM
Facility Coordinator: Steve 916-806-6411
Meeting Coordinator: Robert C. 916-821-7002

FSP Houses medium security general population level II inmates. Volunteers can be both male and female. The meeting is a standard format and is run by the inmates. It includes readings, share and discussion. There are 3 meetings on Wednesday nights in which one is a Spanish speaking meeting.

Folsom Womens Prison (FWF)

Wednesday 6:30:-8:00 PM
Facility Coordinator: Steve 916-806-6411
Meeting Coordinator: Delita 916-825-2181

FWF opened January 2013, 806 bed medium and minimum security facility. Volunteers can be both male and female. The meeting is a standard format and is run by the inmates. It includes readings, share and discussion.

Note to Volunteers: An 11 page application is to be filled out and submitted. Listing arrest history is standard procedure. If you have an extensive arrest history we will ask volunteers to write a reference letter and at times obtain their DOJ to be attached to the application.

Dress Code: It is always best to wear black clothing. No blue or green. No denim or blue jeans. We avoid color or clothing worn by inmates. No hats, shorts, sandals, halter tops, tank tops, no logos on shirts. Best not to have any wire in Bra's. No revealing clothing or opened towed shoes. The only items allowed in are your ID and car keys.

California State Prison Sacramento CPSac

Monday B & C yard 5:00-7:00 PM
Tuesday B & C yard 5:00-7:00 PM
Wednesday C & Minimum Yard
Thursday B & C yard 5:00-7:00 PM
Friday B & C yard 5:00-7:00 PM
Saturday B & C yard 5:00-7:00 PM
Sunday B & C yard 5:00-7:00 PM
Facility Coordinator: Steve 916-806-6411
Meeting Coordinator: Dave 916-802-7425

This is a level IV maximum security facility. Also housing inmates requiring specialized mental health programming as well as high risk medical concerns. Volunteers can be both male and female. The meeting is a standard format and is run by the inmates. It includes readings, share and discussion. The application and dress code is the same as Folsom Prison.

Valley Recovery Center Fair Oaks

Monday 8:00-9:00
Coordinator: Dean 916-257-6410

This is a private residential addiction treatment center that accepts most insurances. It's a Co-Ed facility housing 30 to 40 residents. Clients are there for 30-90 days. There is a one year clean time requirement for secretaries and a 6 month requirement for speakers. Standard H&I dress code applies, no tank tops, contact coordinator for details.

Our H&I committee meeting is held the third Monday of each month at the Heritage Oaks Hospital 4250 Auburn Blvd Sacramento CA 95841 at 7pm. Please join us if you are interested in becoming a volunteer to carry the message of recovery into one of our facilities.

Why Get Involved?

Hospitals and Institutions service offers addicts an opportunity to demonstrate gratitude, fulfill responsibility, and share the NA message without expectations. It is also an effective tool that helps us stay clean, and keeps us coming back. The H & I message is the same as the NA message: "That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."¹ The gift we share is hope and freedom from active addiction through the program of Narcotics Anonymous. Any NA member who wants to carry this message is encouraged to get involved with H & I service. There are many ways to serve in Narcotics Anonymous, and many of us have found H & I service to be the most rewarding aspect of our recovery.