

National Psychiatric Care Sacramento

Thursdays 7:00-8:00 PM

Coordinator: Danielle C (916) 996-1824

NPCS is 16 bed co-ed crisis residential facility serving adults with mental health issues and accompanying substance abuse challenges. Facility provides person-centered treatment with an emphasis on relapse prevention and long-term recovery. Volunteers can be male or female with one-year clean time. Meeting is standard chairperson and sharing format. Standard H&I dress code applies.

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: Vacant Position

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.

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 CSPSac

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: Lee K (916) 903-3667

Meeting Coordinator: Vacant

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 are the same as Folsom Prison.

Fair Oaks Recovery

Tuesdays 6:30-7:30 PM

Coordinator: Irene M (530) 919-1626

Fair Oaks Recovery is a co-ed facility is a structured treatment facility that doesn't go to outside meetings. The residents are accepted in several ways from a voluntary basis. Private pay and insurance referred. The meeting follows a standard chair format with a 6-month volunteer clean time requirement. Standard H&I dress code applies Meeting is standard chairperson and sharing format. There is a one-year clean time requirement for volunteers. Standard H&I dress code. Masks are currently required.

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." 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



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.

Akua mind body

Coed facility- Mondays 6:30-7:30pm
 Coordinator: Anastasia (916) 613-3220

Akua mind body is a 35 bed facility that has both detox and residential beds. Clients are admitted on a voluntary only basis. Masks are currently required.

Alpha Oaks

Monday 7:00-8:00 PM
 Coordinator: Caroline O (916) 459-8300

Cornerstone is a residential facility for women located in Carmichael. This is a 1-3 month program housing up to 11 women. Cornerstone is a structured treatment facility that doesn't go to outside meetings. The residents are accepted in several 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. Masks are currently required

Mather Community Campus

Mondays and Thursdays 7:00-8:00 pm
 Coordinator: April W (916) 342-5539

Mather Community Campus focuses on helping formerly homeless individuals and families rebuild their lives through intensive employment and rapid housing services. The 12-month co-ed program provides transitional housing, case management, employment readiness and life skills workshops, educational and job referrals.

Center Point

Criminal Justice Recovery Facility

Saturdays 7:00 – 8:15 PM
 Coordinator: Rob G (916) 459-7649

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

Cornerstone

Wednesday 7:00-8:00 PM
 Coordinator: April W (916) 342-5539

Cornerstone is a residential facility for women located in Carmichael. This is a 1-3 month program housing up to 11 women. Cornerstone is a structured treatment facility that doesn't go to outside meetings. The residents are accepted in several 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.

Our H&I committee meeting is held the third Monday of each month at 7pm on zoom:

**ID: 5779611818
 Password: 1953**