

# 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.



WELCOME

One Day  
at a Time

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**8 MONTHS**

**One Day  
at a Time**

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1 YEAR

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**2 YEARS**

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