



## Crystal Meth Anonymous Hospitals and Institutions (H&I) Meeting Packet

*Crystal Meth Anonymous is a fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth.*

*The Fellowship of Crystal Meth Anonymous works a Twelve Step program of recovery. We have not felt the need to elaborate in great detail a specific CMA approach to the Twelve Steps: too many other excellent outlines already exist for following these spiritual principles. But our experience has shown that without the Steps we could not stay sober.*

*CMA General Service Conference 2008*

### Introduction to H&I CMA Meetings

The primary purpose of the Hospitals & Institutions Advisory 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 is limited or restricted. We use conference approved literature and provide this literature to those attending our meetings.

### Starting a Regular CMA Meeting Inside a Facility

If your facility permits this, you may be able to start your own CMA meeting. Everything you need is included in this kit. Starting a Crystal Meth Anonymous meeting is surprisingly simple, and it may be one of the most exciting things you ever do in recovery. One thing we can tell you for certain is that we don't get sober alone.

By reaching out to help—and get support from—other addicts, you are making an enormous difference in not just your own recovery, but possibly in the lives of countless addicts. More good news: Thousands of addicts have gone before you, and we're more than happy to help. We've gathered here some ideas to help you get started, some answers to questions you may have, and some suggestions based on our experience.

At its most basic, a meeting is a group of two or more recovering addicts who meet to help one another stay clean and to carry the message of recovery to each other and, most importantly, the newcomer. This is the primary purpose of the meeting.



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The most basic meeting is a group sharing meeting, where, after some initial readings, members take turns sharing their experience of working the Twelve Steps, discussing issues in their recovery, and describing what has worked to help them stay clean. Some meetings choose to focus the sharing by keeping a list of topics or reading a step or bit of recovery literature and asking people to share on that topic. You may let people share randomly as they are moved to.

The Chair is responsible for the overall running of the meeting. The Chair selects the format each week. Important notes are:

1. The Chair calls the meeting to order and may go over how the meeting is to be conducted.
2. The Chair reads from the meeting script and runs the meeting through the readings and closes the meeting. The Chair selects two or three people to read, and introduces the Speaker. A different Speaker is chosen to qualify each week.
3. After the Speaker shares, the Chair resumes direction of the meeting.
4. The Chair asks participants to limit sharing to three to five minutes. If someone needs to share longer, then this is permitted, but always be mindful of time. The Chair should gently interrupt and refocus if a share strays into a glorification of using, or goes on too long
5. Chips, medallions and books are available for purchase from [www.crystalmeth.org](http://www.crystalmeth.org). CMA Literature and free Chip Bookmarks are available as a free PDF download. This literature may be copied and distributed at your H&I meeting. Please check with the facility to determine what you are permitted to bring to the meetings and distribute to patients and/or inmates.



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### Choosing a Meeting Type

Here you will find a selection of meeting formats. The readings are suggested; however, you may choose to have readings or have no readings at all. We do, however, suggest that the Twelve Steps be read at every meeting because these are the basis of the program that changes our lives. Truly, the meeting is the means through which the Twelve Steps are introduced to a suffering addict.

Choose one of these formats prior to the meeting:

- **Speaker Meeting:** One member shares their experience, strength, and hope with the Twelve Steps of recovery, followed by open sharing if there is time. To avoid war stories and glorifying drug use / criminal behavior, we suggest that the speaker follows this simple format and shares about:
  - What it was like: How did you get into drugs and what was life like as an addict?
  - What happened: Focus on the consequences of your using; how did you end up in jail/treatment?
  - What it's like now: What is your life like in recovery? How does the program help you stay sober?  
What are you looking forward to in the future if you stay sober?
- **Topic/Discussion:** The meeting facilitator chooses a recovery principle (e.g., "Honesty," "Hope," "Faith," "Courage," "Integrity," "Willingness," "Humility," "Serenity," "Acceptance," "Surrender," "Spiritual Awareness," "Fellowship," "Brotherly Love," "Service,"), and the floor is open to sharing on that topic.



## Crystal Meth Anonymous Hospitals and Institutions (H&I) Meeting Script

Hello, welcome to this meeting of Crystal Meth Anonymous. My name is \_\_\_\_\_ and I'm an addict. Please help me open this meeting with the serenity prayer.

*"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."*

Crystal Meth Anonymous is a fellowship of people for whom all drugs, especially crystal meth, have become a problem. The only requirement for membership is a desire to stay clean and lead a sober life. The fellowship advocates complete abstinence from crystal meth, alcohol, medications not taken as prescribed, as well as all other mind-altering substances. There are no dues or membership lists—each group is expected to be self-supporting through its own contributions. The Twelve Steps of CMA are suggested to provide us with a plan with which to build a sober, better life. We believe that if we work these simple steps, we will live a life free of active crystal meth addiction.

This is not meant to embarrass anyone, but so that we may get to know you better, would those of you here for the first time please raise your hand and tell us who you are?"

I have asked \_\_\_\_\_ to read ***"What Is CMA?"***

I have asked \_\_\_\_\_ to read ***"Are You a Tweaker?"***

I have asked \_\_\_\_\_ to read ***"The 12 Steps: A Plan of Action."***

The format for today's meeting is (Speaker/Discussion or Topic/Discussion).

(For speaker) I have asked \_\_\_\_\_ to share their story.

(For topic) I have asked \_\_\_\_\_ to share on a topic.

The meeting is now open for discussion.

We have come to the end of our meeting, I have asked \_\_\_\_\_ to read ***"I Can Stay Sober."***



# What is CMA?

CMA has a simple message:

Recovery from meth addiction *is* possible.

You never have to use again.

And you don't have to recover alone.

**We** are Crystal Meth Anonymous. Together we practice the Twelve Steps as a new way to live, free from crystal meth use.

The only requirement for membership is a desire to stop using. There are no dues or fees. We share our experience, strength, and hope to help each other stay clean and sober, one day at a time. Through our actions and service, we carry the message of recovery to the addict who still suffers.

Our fellowship advocates complete abstinence from crystal meth and all other mind-altering substances, including alcohol, marijuana, inhalants, and any medication not taken as prescribed.

We suggest laying a solid foundation with

- Meetings and fellowship
- Sponsorship and step work
- Service and commitments

Remaining anonymous gives every member the same opportunity to recover. We are simply addicts helping other addicts.

If you think you have a problem with crystal meth, you're in the right place. You always have a seat here. Welcome home.

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# Are You A Tweaker?

It doesn't matter what you call it. It doesn't matter how you did it. It brought us to our knees because, without exception, that's what it does.

Is speed a problem in your life? Are you an addict? Only you can answer those questions.

For most of us who have admitted defeat, the answer is very clear. Yes, we had a problem with speed, and no, we couldn't fix the problem by ourselves. We had to admit defeat to win. Speed was our master.

We couldn't control our drug use. What started out as weekend or occasional use became daily use, and we soon found ourselves beyond human aid. We truly suffered from a lack of power to fix our problem.

Some of us used speed as a tool to work harder and longer, but we couldn't keep a job. Others picked at their faces and arms for hours and hours or pulled out their hair. Some of us had uncontrollable sexual desires. Others endlessly tinkered with projects, accomplishing nothing, but found ourselves so busy we couldn't get to work on time.

We deluded ourselves into thinking that staying up for nights on end was OK, that our tweaking was under control, and that we could quit if we wanted to, or that we couldn't afford to quit, or that our using didn't affect our lives.

Maybe we saw a friend go to jail, or lose their apartment, or lose their job, or lose the trust of their family, or die, but our clouded minds wouldn't admit we were next.

Most of us saw no way out, believing that we would use until the day we died.

Almost universally, if we had an honest moment, we found that our drug use made seemingly insurmountable problems in our lives.

The only way out was if we had the courage to admit that speed, our one-time friend, was killing us.

It doesn't matter how you got here. The courts sent some of us, others came for family or friends, and some of us came to CMA on our own. The question is, if you want help and are willing to go to any lengths to change your life.

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CMA General Services, 4470 W Sunset Blvd Ste 107 PMB 555, Los Angeles CA 90027-6302



## The Twelve Steps: A Plan of Action

We come to CMA because of our common problem. We stay because of our common solution. To find long-term freedom from the grip of addiction, we work 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.

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## The Twelve Steps: A Plan of Action

Crystal meth seemed like the answer to our problems. Not anymore. We realize our drug use was killing us. Once we started, we couldn't stop. Today, to stay clean and sober, we don't pick up—no matter what.

When we take action, we choose faith over fear and progress over perfection. As we work the Steps, we put spiritual principles into motion.

Surrender is an action . . . it brings freedom.

Humility is an action . . . it brings perspective.

Gratitude is an action . . . it brings contentment.

This is the gift of recovery: We awaken, our lives improve, and we gradually move from self to service. We act as messengers to others who are suffering—messengers of hope and healing, of connection, compassion, and yes, even joy.

### *CMA Conference Approved Literature*

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# I Can Stay Sober

I can stay sober.  
I don't have to relapse.  
I never need to go back out there;  
I can stay here—there is a solution.  
I can stay here and stop running;  
I can stay here and start saying yes to life.  
I can find a Higher Power to rely on.  
I can find some peace and find out who I really am.  
I can make a decision and make some changes.  
I can make some new friends—  
And make amends to my old ones.  
A lot of addicts will go back to using, but I don't have to. Not if I get a sponsor and get to work.  
Take a deep breath . . .  
If I can accept the truth and put away my fantasy,  
If I can ask for a little help,  
If I can take these suggested steps,  
One day at a time, I will be free.

(Groups may change this reading to the “We” version at their discretion.)

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# The Twelve Traditions of Crystal Meth Anonymous

The Twelve Traditions guide the group just as the Twelve Steps guide the individual.

1. Our common welfare should come first; personal recovery depends on CMA unity.
2. For our group purpose, there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CMA membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or CMA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every CMA group ought to be fully self-supporting, declining outside contributions.
8. Crystal Meth Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CMA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Crystal Meth Anonymous has no opinion on outside issues; hence, the CMA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, films, and other public media.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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# Today I Can

Let's not forget what we can do this day:

## **Today I Can . . .**

Draw on the power of honesty. I embrace change and redefine myself. Word by word, deed by deed—I strive to reflect the truth.

## **Today I Can . . .**

Put down my old habits. Selfishness and hardness give way to an instinct for service. Gratitude now is my rule.

## **Today I Can . . .**

Appreciate the richness of life by welcoming, sharing, and laughing with another addict. Turning Godward, I find progress and peace.

## **Today I Can . . .**

Take in a new reality—that in this struggle, I am not alone. Many have walked this path before, and I have fellows at my side. **Today . . . Together . . .**

## **We Can Live in Hope!**

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# There Is Hope

When we came to CMA, we found other crystal meth addicts who recovered from a hopeless state of mind, body, and spirit. They showed us how to live useful and rewarding lives by embracing a simple program of action.

Through the Steps, we let go of our denial and learned to be honest with ourselves. We developed a relationship with a Higher Power of our *own* conception. We opened up to another addict about our past and asked our Higher Power to remove our character defects.

We cleaned up the wreckage from the tornado of our old life and embarked upon a new course. We found freedom from fear; love replaced our selfishness.

The truth of our new lives is: We now handle difficulties that once compelled us to use crystal meth. We help others in ways we could never do for ourselves. By finding a spiritual basis on which to live, we can *become* the miracle of recovery that is happening in the rooms of CMA. We lead incredible lives and give hope to the still-suffering addict that recovery from crystal meth is truly possible.

## **CMA Interim Approved Literature**

*The General Service Committee has approved this literature to be used widely by the fellowship and encourages feedback and comment so that it may be considered in the future for approval by the General Service Conference.*

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## For More Information

The CMA H&I Advisory Committee is available to provide more information about CMA and our fellowship. In many cases we also may be able to send literature at no charge to inmates and those in institutions who are unable to get to a CMA meeting. Please note that requests for literature should come from the recipient. Due to the nature of mail flow to and from facilities, and because this is a volunteer-supported service, literature may take 8-12 weeks to arrive.

For further information or direction on how to get in touch with a local CMA Fellowship in your area, please contact CMA at the following:

**Web address: [www.crystalmeth.org](http://www.crystalmeth.org)**

Click on Contact in the top menu.

Select Hospitals & Institutions; a contact form will show up.

**CMA National Helpline: 855.METH.FREE (855.638.4373)**

**Mailing address:**

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