

H&I meetings can carry the NA message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I is an important service in our public relations efforts to inform the public and the potential member about our program. When addicts seeking recovery know who we are and where to find our meetings, our efforts have been successful. H&I meetings and presentations, except for those in long-term facilities, are intended to introduce attendees to some of the basics of the NA program.

This resource consists of three sections: *Corrections*, *Treatment*, and *Committees*. The *Corrections* section offers guidance for taking NA meetings into correctional facilities (jails and prisons). The *Treatment* section offers guidance for servants taking NA meetings into treatment centers. The *Committees* section explains the basic structure and function of an H&I committee and provides best practices for service committees looking to start H&I service.



H&I BASICS Committees

Like so many service efforts in Narcotics Anonymous, H&I service works best when it is a “we” endeavor, not a “me” endeavor. Our Ninth Tradition states that “NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.” Committees provide a structure that helps promote collaboration and continuity of services. While NA groups carry the message to addicts who can get to their meetings, H&I committees carry the message to those who cannot attend community meetings. Committees coordinate coverage of facilities, including treatment centers; provide logistical support to panel leaders; and help solve problems. Our experience is that these committees give life to our Fellowship, encouraging the development of responsible trusted servants.

SPIRITUAL PRINCIPLES

Unity

Tradition One reminds us of the importance of NA unity: Our common welfare must come first. Having unified H&I committees helps trusted servants carry a clear, consistent message of Narcotics Anonymous to addicts in facilities including treatment centers. Committees limit the issues that may arise when a member takes on the responsibility alone with the desire to serve but without adequate guidelines or support. Guidelines and shared practices ensure that the quality of service remains the same even when trusted servant positions rotate.

Commitment

When NA panels come to facilities, we are the face of Narcotics Anonymous. We may be the first contact many people have with NA. For NA to carry the message successfully, we need to build a sound reputation within and amongst facilities. The Corrections and Treatment sections go into more detail about approaches for building these relationships.

The importance of showing up for commitments cannot be overstated. A prudent practice for committees is to initiate contact with a facility only if fully prepared to support H&I service there. Overcommitment is a risk many H&I committees face when they are eager to serve but do not take a realistic inventory of volunteer availability. Our primary purpose is not best served when we allow ourselves to become overcommitted. The quality of meetings is more important than their quantity.

Emergencies happen, even for the most reliable of trusted servants. Fortunately, having a robust H&I committee ensures that every trusted servant is connected to a support network so we can fulfill our obligations to facilities without overburdening the individual.

Attraction to Service

Just as H&I panels serve to attract suffering addicts to the NA program, H&I committees strive to attract local Fellowship members to H&I service. New members stepping up to serve are what keeps the program growing and evolving. A diverse committee is a strong committee because it reflects our message that any addict can get clean and lose the desire to use.

In some NA communities, it can be challenging to fill H&I committees with qualified and dedicated members. Rather than relying on pressure or guilt, we make service appealing when we share the benefits serving has

given us. Serving on an H&I committee strengthens personal recovery by surrounding us with other addicts who have the willingness to do what it takes to stay clean. It encourages us to learn to work with others toward a common purpose. A committee that runs smoothly and that members visibly enjoy participating in will naturally attract more people to serve.

FUNCTIONS OF AN H&I COMMITTEE

- Initiates, coordinates, and conducts all local NA H&I services within the area.
- Provides a monthly forum to pool experiences for discussion of local H&I issues.
- Prepares H&I policies and guidelines for approval by the subcommittee itself and/or the ASC.
- Serves as a communications link between local H&I meetings/presentations and H&I subcommittees at the area and regional levels.
- Selects the members who are to conduct the H&I meetings.
- Serves as a distribution point for literature for the meetings and reports these transactions to the ASC.
- In cooperation with PR, makes all initial contact with facilities.
- Conducts learning days, workshops, and orientations on relevant topics.

H&I COMMITTEES AND THE SERVICE STRUCTURE

Most H&I committees are subcommittees of an area, regional, or (more rarely) zonal service committee, and as such they are directly accountable to that committee in all matters. This guide tends to focus on the area H&I subcommittee, since the direct coordination and effort for most H&I service is performed at the area level.

Areas can differ in how they organize their local services. In some NA communities, H&I exists as a subcommittee under the umbrella of Public Relations (PR), often along with phonelines and other public-facing services. In other places, the H&I subcommittee is completely independent from PR and directly responsible to the area service committee. In areas where H&I and PR operate separately, it is important for these two committees to maintain regular communication to help make sure resources are being used effectively to best carry the message. Working together, H&I and PR can support each other in getting NA resources into the community and branching out to new locations around the area.

Regional H&I subcommittees exist primarily to lend assistance to area H&I subcommittees, rather than to dictate or try to control their actions. The regional subcommittee can be a forum for areas to ask questions and hear others' experiences with various situations in H&I service.

Regional subcommittees are accountable to their RSC in the same way area subcommittees are accountable to their ASC. It is recommended to submit budgets, guideline revisions, and reports of the subcommittee's work for approval to the appropriate service committee on a regular basis.



Reprinted from *Reaching Out*, April 2015

COMMITTEE LEADERSHIP

Although our leaders do not govern in Narcotics Anonymous, they do bring important personal qualities to their roles as trusted servants. Most H&I committees elect their own members to fulfill leadership commitments. For these positions, it is important to identify members who have demonstrated reliability, patience, and the ability to facilitate meetings and discussion.

Leadership Positions

Typically, an H&I subcommittee will have a chair, a vice chair, and a secretary. The exact duties of these positions depend on an individual committee's guidelines and the number of trusted servants available to fill them. For instance, some committees may assign the vice chair the job of obtaining literature from the area, region, or world for distribution at H&I facilities. Other committees might have a separate literature coordinator position dedicated to acquiring literature and bringing it to the H&I subcommittee meeting for panel leaders to pick up. Below are some recommended guidelines for officer roles on an H&I subcommittee:

Chair

- Suggested minimum cleantime varies by community, but a minimum of two (2) years is recommended, with at least 1–2 years of experience in H&I service.
- Suggested minimum term of two (2) years.
- Prepares an agenda for each subcommittee meeting.
- Keeps order in the meeting and keeps discussion on topic.
- Ensures that the Traditions are upheld in all matters.
- Maintains a link of communication between the H&I subcommittee and the area service committee, including giving a monthly report to the ASC.
- Attends each meeting of the regional H&I subcommittee and brings a report of its activities back to the area H&I subcommittee.
- Works with the panel coordinator(s) to draft all correspondence to facilities served by the subcommittee.
- Maintains referral information such as meeting schedules so that panel leaders or the facility can refer addicts leaving an H&I setting to a meeting or helpline number.
- Provides training for new H&I trusted servants and ensures that guidelines are upheld.
- May have other responsibilities, depending on the local H&I guidelines.

Vice Chair

- Suggested minimum cleantime varies by community, but a minimum of one (1) to two (2) years is recommended, ideally with at least one year of experience in H&I service.
- Suggested minimum term of one (1) to two (2) years.
- Helps chairperson keep proceedings orderly.
- Acts as chairperson in the case of chairperson's absence.
- If the office of chairperson becomes vacant, serves as the chair until confirmed by the ASC or until a new chair is elected.
- Provides training for new H&I trusted servants and ensures that guidelines are upheld.
- May have other responsibilities depending on the local H&I guidelines.

Secretary

- Suggested minimum cleantime varies by community, but a minimum of one (1) to two (2) years is recommended, ideally with at least six (6) months of experience in H&I service.
- Suggested minimum term of one (1) year.
- Takes an accurate set of minutes at each monthly meeting and distributes them to subcommittee members prior to the next meeting.
- Keeps an updated volunteer list of members who would like to go to H&I meetings.
- Maintains an ongoing file of all correspondence and minutes.
- May have other responsibilities depending on the local H&I guidelines.

Literature Coordinator

- Suggested minimum cleantime varies by community, but a minimum of one (1) to two (2) years is recommended, ideally with at least one year of experience in H&I service.
- Suggested minimum term of one (1) to two (2) years.
- Responsible for distributing NA-approved literature and any other items the subcommittee uses in carrying the message, such as copies of *Reaching Out*, to the panel leaders.
- To assure accountability, keeps a complete record of all transactions and reports them at the regular subcommittee meetings.
- Keeps track of the amount of literature being distributed so the panel leaders' literature requests remain prudent and the subcommittee can fairly distribute the literature without exceeding its budget. Regular audits ensure that the literature outlays are reasonable and accounted for.

Correctional Facility Coordinator

- Suggested minimum cleantime varies by community, but a minimum of one (1) to two (2) years is recommended, ideally with at least one year of experience in H&I service.
- Suggested minimum term of commitment of two (2) years. This is to ensure continuity of service when dealing with correctional center administration.
- Responsible for getting panel leaders and members scheduled and cleared for entry into correctional facilities.

The Panel System

Traditionally, H&I committees have used the panel system to delegate responsibilities to committed committee members. Recurring H&I meetings at a given facility may be held weekly, biweekly, or monthly depending on the facility's schedule and volunteer availability. Each meeting has a leader whose responsibility it is to assemble a panel of two to four members to carry the NA message into the facility. These panel leaders report to a panel coordinator who acts as the point person for that facility. Below are some recommended guidelines for panel roles:

Panel members

- Suggested at least six (6) months cleantime
- Panel members (sometimes called panelists or panel speakers) are the essential element of H&I service—the members who share their experience, strength, and hope at the H&I meeting. It is not important whether or not members have been in a similar facility themselves. Anyone with a clear and consistent Narcotics Anonymous message who is willing to share is well suited for H&I work.
- Committees may hold regular orientations for new panel members. Some committees ask first-time panel members to attend only as observers. (For more, see the "Guidelines and Training" section on page 23.)

Panel leaders

- Suggested minimum cleantime of one (1) year and demonstrated personal responsibility in other service commitments. Experience sharing on panels is helpful.
- Suggested term of six (6) months to one (1) year. Shorter terms of service may create confusion and challenges for the facility and the H&I committee.
- The panel leader selects members of the Fellowship to be panel members for a particular panel, often from a list maintained by the H&I committee. Panel leaders are responsible for bringing appropriate speakers with a clear NA message, so having some familiarity with a member's story before asking them to speak is encouraged. Also, panel leaders make sure their panelists are aware of H&I "Recommendations" and any facility regulations.
- It is recommended that panel leaders be selected by the H&I subcommittee at its regular service meeting and continue to attend committee meetings regularly.
- The panel leader opens the meeting and introduces the panelists, following the format the committee has developed. They are responsible for ensuring that the meeting starts and ends on time.
- Any problems can be reported to the panel coordinator and then included in the regular report to the H&I subcommittee.

Panel coordinators

- Suggested minimum cleantime of one (1) to two (2) years. Prior experience as a panel leader is helpful.
- Suggested term of one (1) to two (2) years. For panel coordinators working with correctional facilities, a longer term (2+ years) may be encouraged to ensure continuity of service when dealing with correctional center administration.
- The panel coordinator acts as the liaison between the H&I subcommittee and a given facility. A panel coordinator may be responsible for just one, several, or all the facilities their subcommittee works with, depending on the needs and conscience of the H&I subcommittee.
- Panel coordinators working with correctional facilities are responsible for getting panel leaders and members scheduled and cleared for entry into the facilities.
- Before each subcommittee meeting, the panel coordinator reaches out to all the panel leaders for their facility to ask for a report on how things are going. Often, the panel coordinator is also one of the panel leaders for the facility, which helps streamline communication with the facility.
- Panel coordinators make sure that H&I meetings are conducted in accordance with the H&I committee policies and the facility rules.
- In some areas, the responsibilities of the panel coordinator fall under the job description of one of the other members of committee leadership, such as chairperson or vice chairperson. This may work in a smaller area, but as the number of facilities you are dealing with grows, you may want to elect one or more panel coordinators to handle the job.



Reprinted from *Reaching Out*, January 2026

Rotation and Mentorship

Occasionally, trusted servants grow attached to their leadership roles and may be reluctant to turn them over to another willing and qualified addict. It can help to remember that anonymous, selfless service puts principles before personalities. Rotation of service in NA gives more addicts the opportunity to serve, helps prevent burnout, and ultimately makes for a richer, more vibrant committee.

However, committees can suffer during leadership transitions when new officers are left to pick up the pieces with no guidance. In H&I especially, having roles change hands too frequently can get in the way of building relationships with facilities. This is particularly true in correctional settings. Some institutional administrators or government regulators may prefer or even require a single contact person who doesn't change from year to year. Sometimes members who would be happy to continue leading an institutional panel are "pushed" out because of overly rigorous rotation standards, and the replacement panel leader may not be as reliable. We can lose perfectly healthy panels because we insist on a rotation that we inadequately fill.

Mentorship can help bridge the gap and strike a balance between rotation of leadership and continuity of service. When experienced H&I members mentor those who are newer to service, both members experience rewards, as many have found it gratifying to watch addicts they have mentored carrying the message in new and powerful ways. Various mentorship arrangements are possible; sponsors can mentor their sponsees in service, or a panel coordinator might mentor and train one of their panel leaders to step into the role after a few years. Committees can coordinate mentorship among committee members so that knowledge and responsibilities are passed on seamlessly to the next elected service person.

SUBCOMMITTEE MEETINGS AND COMMUNICATIONS

It is typical, though not universal, for H&I committees to meet once a month. The meeting is an opportunity for panel leaders to pick up literature to bring to their facilities, to report on how their panels are going, and to participate in any committee business such as elections. Showing up regularly to these meetings fosters unity and a sense of teamwork. Panel leaders are able to get to know one another, and those facing challenges can learn from others who share what has worked for them as trusted servants.

While meeting in person allows panel leaders to pick up literature, many H&I committees have found that having the option to join the committee meeting online allows more addicts to serve. Holding a "hybrid" H&I committee meeting increases flexibility and convenience for trusted servants, enhancing the appeal of this vital service.

Sample H&I subcommittee meeting format:

- Moment of silence for the still-suffering addict
- Opening NA prayer or reading
- Read Traditions and/or Concepts
- Take attendance
- Read and approve the minutes of the previous meeting
- Report of budget expenditures, including literature disbursements
- H&I panel coordinators report
- H&I panel leaders report
- Old business
- Elect officers (if appropriate)
- New business
- Schedule next subcommittee meeting
- Closing NA prayer or reading



Sometimes longtime panel leaders may feel like they know what they're doing and no longer see the value in attending the H&I committee meetings. This issue can be minimized by making committee attendance as interesting and informative as possible, emphasizing that these meetings are where leaders pass on experience to newer H&I members. It is the policy of some H&I committees to remove any panel leaders who fail to show up for a set number of consecutive subcommittee meetings. Other committees do not have such a policy in their guidelines. The decision is up to the committee. In making decisions like these, it can be helpful to consider the general availability of trusted servants. An area with few members willing and able to lead panels might be more lenient than one where more panel leaders are available to fill positions.

It can also be helpful for the committee to set up an online group chat or text group for communication between formal meetings. This allows panel leaders and coordinators to share any needs or announcements that come up, such as last-minute panelist requests or unexpected schedule changes.

GUIDELINES AND TRAINING

Every H&I subcommittee should develop a set of guidelines and review them annually or as needed. Changes to the guidelines are made by group conscience at the subcommittee meeting. In some places, any changes to subcommittee guidelines require approval from the ASC or RSC. Guidelines are not hard-and-fast rules, but they are important safeguards to the healthy functioning of the committee and the integrity of service. New H&I committees are encouraged to look at other H&I committees' guidelines as a starting point when developing their own.

H&I committees are also responsible for training new H&I trusted servants in carrying the message effectively. Although some H&I training may happen "on the job" as panel members watch and learn from their panel leaders, a strong committee will make sure all new trusted servants have been well prepared for their roles. Committees may wish to hold regular orientations for new panel members. It is a good idea for the panel leader to meet the panel members outside the facility ten minutes or so before the panel to go over expectations. Emphasis should be placed on what is meant by "a clear NA message (not clouded by language from other fellowships)," appearance and behavior, the importance of anonymity, and any facility rules. Panel leaders may wish to print copies of the H&I "Recommendations" for panelists to refer to.

Panel leaders need training as well. At a minimum, committees may want to provide each panel leader with a folder including a meeting format, a set of group reading cards, a phone list of members who have volunteered to share on panels, copies of the “Recommendations” to give to new panel members, and a copy of this guide. If your committee is engaged with virtual H&I service, then panel leaders can also be trained in the use of the virtual meeting platform. Similarly, a panel leader stepping into the role of panel coordinator may be given a list of staff contacts for their facility and a complete schedule of panels and panel leaders for that facility. It helps for the committee to have a group means of communication, such as an email list or group chat, to share numbers and other resources.

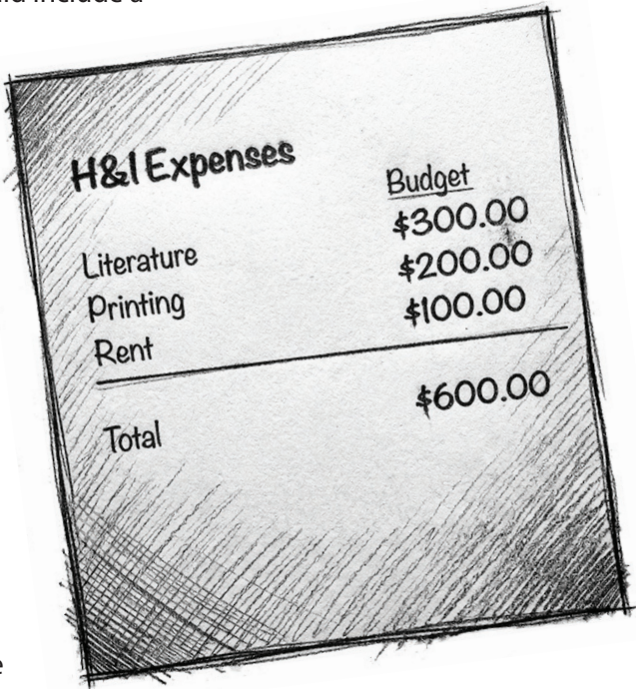
Committees may wish to hold regular orientation workshops where incoming panel leaders and panel coordinators can role-play various situations that typically arise in service. Workshops are also a good way for committees to work together to create systems for recruiting new volunteers and helping panel leaders find qualified speakers.

Committees carrying the message into to specialized facilities for particular populations of addicts can benefit from specialized training. Examples include younger or adolescent addicts, or addicts with mental health conditions. The regional H&I subcommittee meeting is a good place to connect with other areas who may have experience serving these populations. Also worthy of special attention are addicts with reading challenges. For these addicts, encountering NA literature at a meeting can be alienating and a source of shame. Committees may find it helpful to hold an orientation for panel leaders on how to reach those addicts who don’t read in order to make them feel more a part of.

BUDGETING AND REPORTING

Like all service committees, H&I subcommittees can draw up and vote on a budget on a regular basis, such as quarterly or yearly. Typically, the budget is approved first internally by the H&I committee, followed by the ASC. The chair’s monthly report to the ASC could include a statement detailing literature and administrative expenses, such as printing costs for copies of minutes, guidelines, reports, or event flyers. Other administrative expenses may include postage, rent for the committee meeting space, and/or virtual platform account fees if needed.

Committees can assess their monthly literature needs based on experience. There is no right or wrong amount to spend on literature, but being judicious about what types of literature to bring into facilities can help cut costs. The booklet *An Introductory Guide to NA* is a low-cost alternative to the Basic Text, containing the entire chapter “How It Works,” including all Twelve Steps, plus ten informational pamphlets. Together, the *Introductory Guide* and the Little White Book make it easier for H&I committees to be cost-effective in fulfilling our primary purpose. If encouraged, certain facilities may be willing to use their own budgeted funds to purchase NA literature when possible. Some correctional institutions have libraries where Basic Texts can be made available.



H&I Expenses	
	<u>Budget</u>
Literature	\$300.00
Printing	\$200.00
Rent	\$100.00
Total	\$600.00

Besides budgets and expenditures reports to the area, the committee chair will also report to the regional H&I subcommittee meeting, where they may be asked to fill out a short report form. Usually these reports are simple, asking for basic figures like the number of H&I meetings in the area, the number of panel leaders, any changes in officers or contact information, and any problems or concerns. Some area H&I subcommittees provide similar report forms for their panel leaders, while others simply ask for spoken reports at each subcommittee meeting.



Reprinted from *Reaching Out*, July 2016

MAINTAINING CONTINUITY OF SERVICE

The biggest challenge most H&I committees face is making sure there are no gaps in our efforts to carry the message of recovery. Panel leaders who find themselves unable to show up to their panel a particular week are advised to contact their panel coordinator as soon as possible so arrangements can be made. Given enough lead time, the panel coordinator may ask another panel leader for that facility to cover for or switch panel dates with the original panel leader. If need be, it is best practice for panel coordinators to be prepared to step in themselves.

When a panel leader steps away from an ongoing panel commitment without securing a replacement, that panel is considered “open.” Experienced committees try to fill open panels as quickly as possible so addicts can continue hearing our message of recovery. Some H&I committees have a policy where the panel coordinator will cover any open panels at their facility until a new panel leader is able to step into that commitment. If the panel coordinator is unable to do this, a member of the executive body may step in to help. To avoid these situations, panel leaders who plan to give up their panels can give the committee several months’ notice so they can recruit, vote in, and train a replacement panel leader.

It is not unusual to have more requests for panels than there are trusted servants available to cover them. Decisions must sometimes be made about where to allocate limited resources. A good rule of thumb is to prioritize those facilities that are more restricted—that is, where addicts are unable to get to any outside meetings. Facilities can also be prioritized according to how long they have been waiting for a panel.

If a committee finds itself needing to scale back services—for instance, bringing in panels every other week rather than weekly—it’s up to the panel coordinator to communicate clearly with the facility about the situation and be open to the facility’s suggestions. Effective committees are mindful of their membership and capacity to serve. It is usually better to start small and gradually add panels rather than having to downsize.

It may become necessary to temporarily shut down an H&I meeting/presentation for a variety of reasons, such as changes in facility policies or lack of trusted servants. If this happens, it is helpful for the H&I subcommittee to continue supplying the facility with meeting schedules and literature. In the rare event that an H&I meeting is shut down due to the negligence or misconduct of a member of the H&I subcommittee, it is important that several objective members of the subcommittee take all steps necessary, within our guidelines, to reconcile the situation and resume the meeting. Above all, we must remember that our primary purpose is to carry the message of recovery to the still-suffering addict.



WORKSHOPS & LEARNING DAYS

Area or regional H&I committees may wish to hold learning days or workshops to educate the local Fellowship about H&I service. We have learning days to keep members informed of updated H&I resources and projects, and so that we may benefit from the collective experience of other NA members. Workshops are events where specific topics or projects are worked on. Workshops are helpful when particular issues arise on a committee.

When members get involved in putting on learning days, they develop a clearer understanding of the many facets of H&I and become more confident and positive in carrying a clear, consistent NA message. Learning days and workshops give newer members the opportunity to understand H&I service as a vital and positive part of their recovery. H&I is where many members found hope and usefulness in the Fellowship, and these kinds of events give us the opportunity to pass that hope on to others.

When planning a learning day, it is a good idea to communicate with your local PR and activities subcommittees. Some H&I and PR subcommittees choose to hold joint learning days, which can draw in more interest and save resources. A willing committee member can be designated to coordinate the learning day and serve as a single point of accountability for the event. A proposed date, time, location, and budget should be determined and presented to the ASC or RSC for approval. The budget should account for room rent, printing costs, and any refreshments that will be provided. Sometimes a committee will fund a speaker's travel when they are coming from outside the area/region. Using virtual meeting technology to hold a hybrid event can also allow for a wider, more inclusive reach.

H&I learning days may focus on a specific topic, or more generally, on H&I service. A panel of speakers with questions and answers is often an effective format. You may want to invite members from outside the area or region. Having mentors at the event to answer questions and evaluate volunteers can be very useful. It is always useful to provide sign-up sheets where members can sign up to be contacted to share on panels, along with printed copies of *Reaching Out*, *Behind the Walls*, and this guide (*H&I Basics*). Learning days may be recorded for showing at future H&I committee meetings.

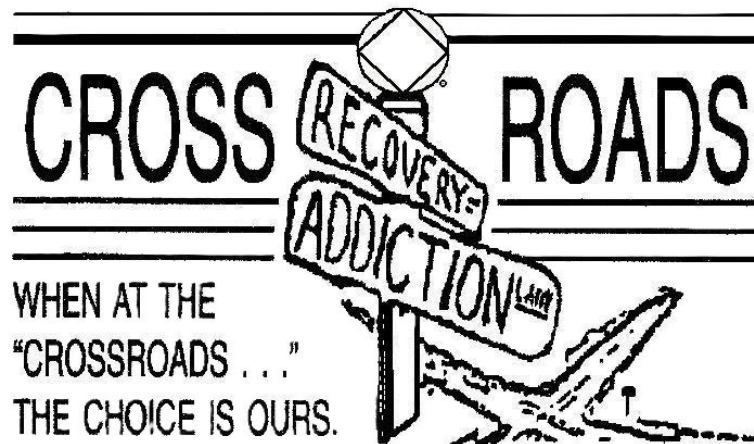
H&I SERVICE WHERE NO ASC OR H&I SUBCOMMITTEE EXISTS

In isolated or developing NA communities, often due to a meeting's geographical location or to the limited development of an NA service system, formation of and participation in an ASC with an H&I subcommittee may not yet be possible or practical.

Once an H&I meeting/presentation is started, the news can spread very quickly. Facilities hear about our H&I efforts and seek out local members, often requesting an H&I meeting or information about NA meetings. Usually, these original members in an area are very committed and try to say "yes" to all requests, so new H&I meetings are started. At this point, it may be helpful to inventory both the human and financial resources available in order to prioritize meetings and/or facilities that can be served effectively. H&I needs committed members, but literature and transportation costs should also be considered.

It is common for H&I commitments to be taken on by a few dedicated members. We have discovered that the demands of supporting one or more H&I meetings, week in and week out, can often lead to burnout. Effective delegation and planning can help ensure that the commitments are maintained and the responsibilities are shared. It is possible to do H&I work with just a few members, but in such circumstances be sure to use common sense. Here are some tips:

- Never take on an H&I commitment alone. In the absence of an area H&I subcommittee, any H&I work has to be the effort of one or more groups. Remember, I can't—we can.
- Make sure the group is ready for the responsibility. Don't be afraid to say, "We're sorry, but we're just not able to support a meeting in your facility at this time." You may also consider negotiating. For example, you could offer to bring in one meeting a month instead of two. Don't take on additional commitments until you are ready.
- Get other groups involved whenever possible, perhaps alternating weeks or months. Reach out. Sometimes members from neighboring areas or the region are able to come and help on an occasional basis.
- If possible, holding online or hybrid subcommittee meetings can allow more addicts to participate in the committee even if they are geographically remote.
- If you find that you have overcommitted and cannot consistently hold the meeting, go to the facility and let them know that you need to discontinue the meeting or decrease the schedule of meetings. NA will retain its credibility and respectability when you meet face-to-face to inform a facility's staff that you are unable to keep a commitment.
- Always be aware that H&I work is best done by area H&I subcommittees using the panel system. As soon as it is possible to form an ASC or to join one, do so.



Reprinted from *Reaching Out*, January 2026

MOVING FORWARD

Experience shows that areas with H&I meetings tend to experience greater Fellowship growth. Strong committees provide the foundation for each member of the committee to reach their potential, resulting in reliable, consistent, quality service. H&I service is the lifeblood of our Fellowship. It ensures our future and exemplifies putting our vision into action. Somewhere on the globe a group of members are coming together to fulfill our purpose—and someone will hear the words “Narcotics Anonymous” for the very first time. In order for our Fellowship to thrive, it’s important that potential members see a unified, hope-filled group of individuals with the sole purpose of communicating with them that freedom from active addiction is possible.



Reprinted from *Reaching Out*, January 2026

ADDITIONAL RESOURCES

An Introductory Guide to Narcotics Anonymous: na.org/englit or na.org/webstore

Little White Book: na.org/englit or na.org/webstore

Reaching Out: na.org/reachingout

Behind the Walls: na.org/englit or na.org/webstore