



# sacramento fellowship 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 Sacramento Fellowship 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 excessive 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.

Sacramento Fellowship  
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## SACRAMENTO COUNTY JAILS

### Main Jail – 3 meetings

Monday, 8:00-9:30 pm for Men

Monday, 8:30-9:30 pm for Women

Coordinator: Michael – (916) 821-2951

Thursday, 9:30-11 am Women's Book Study

Coordinator: Beth – (916) 973-8045

### RCCC – 2 meetings

Wednesday, 8:30-10:00 pm for Women

Coordinator: Anita – (916) 410-0371

Thursday, 8:00-9:30 pm for Men

Coordinator: Mike – (916) 613-2781

The Sacramento County Sheriff's Department operates two locked down facilities: the main jail downtown and Rio Consumes Correctional Center (RCCC) in Elk Grove. Volunteers typically commit to one meeting a month and act as both secretary and chairperson. Getting clearance requires submitting an application without any omissions. Requirements for clearance include:

- No convictions for crimes of moral turpitude (murder, child molest, rape, smuggling drugs into a correctional facility, or crimes against a law enforcement officer)
- 18 months clean time
- No probation or parole within 18 months (RCCC may waive this requirement with a letter of support from a PO)
- No active warrants or court activity as a suspect within the previous 18 months

Jail administration has final approval on all volunteers and can refuse clearance without explanation. Once cleared, volunteers attend an orientation outlining the facility's rules and regulations. With the exception of the book study, meetings use a speaker/discussion format. Use good judgment in your attire—don't wear anything could be seen as gang related or revealing.

If you're interested in getting cleared as a volunteer, contact one of the coordinators.

## YOLO COUNTY JAIL

Monday 7:30-9:30 pm – 2 meetings

Coordinator: Tom (530) 669-5528

This locked down facility in Woodland houses both men and women. Volunteers serve in pairs and lead back-to-back speaker-discussion meetings. The facility has a strict dress code: no jeans, hats, low-cut blouses or short skirts. Plan to wear "business casual." Getting clearance requires submitting an application with no omissions which reflects:

- No convictions for crimes of moral turpitude (murder, child molest, rape, smuggling drugs into a correctional facility, or crimes against a law enforcement officer)
- 1 year clean time
- No probation, parole, or cases pending

Jail administration has final approval on all volunteers and can refuse clearance without explanation. Contact the coordinator to apply for clearance.

## YOLO COUNTY JUVENILE DETENTION FACILITY

Sunday 6:15-8:30 pm – 2 meetings

Coordinator: Glenn - (916) 505-7585

This Juvenile Detention Facility in Woodland detains minors who have been charged with a violation of the law or who have violated conditions of probation. We bring weekly meetings into this locked-down facility. The meetings use a speaker-discussion format in two back-to-back meetings. Volunteers must be over 18 years old and clean for at least one year. It's critical that we comply with the facility's rules which forbid hugging or physical contact of any kind, profanity, or disclosure of contact information. This facility also has a strict dress code: revealing clothing, dangling earrings, t-shirts displaying "drug culture," blue or red attire, and open toed shoes are all prohibited.

Volunteers must have been off probation and parole for at least 12 months and must pass a background check. Contact the facilitator if you're interested in getting clearance to carry the message here.

## SACRAMENTO COUNTY MENTAL HEALTH

Wednesday, 7:00-8:00 pm  
Coordinator: Pam – (916) 928-9374

Sacramento County Mental Health (SCMH) is the county's locked down psychiatric facility located on Stockton Blvd. near the UCD Medical Center. Clients may be heavily sedated and may occasionally be disruptive. Volunteers need to be especially patient, warm, and loving. Meetings are informal and use speaker-discussion format. One year clean is strongly suggested, but the coordinator does have some discretion. Volunteers commit to serving as secretary for one or two Wednesdays each month or can go in with the coordinator or a secretary as the scheduled chair person. There is no dress code—wear casual attire in good taste. This facility has no specific clearance requirements, just contact the coordinator.

## THE EFFORT DETOX

Thursday, 7:00-8:00 pm  
Coordinator: Leo – (916) 541-9389

This facility provides a 7- to 14-day residential, medically-monitored detoxification. Volunteers have the opportunity to carry the message to a new group of clients every week and direct them to meetings where they can get further help. There are no specific clearance requirements, though it's suggested that secretaries have at least one year clean. Volunteers often commit to one Thursday a month or can make arrangements with the coordinator to chair this meeting on occasion.

## JOB CORPS VOCATIONAL TRAINING CENTER

Tuesday, 6:00-7:00 pm  
Coordinator: Rodney -- (916) 868-3092

This is a federally funded co-ed vocational training program for young adults from 16 to 24. It is located on Meadowview Rd. between I-5 and US99. Youth in the program are drug tested when they first enter the training program. They continue to be randomly tested and if they test positive, they are required to attend the in-house H & I meetings. This is NOT a locked-down facility, but residents have limited access to outside meetings. Meetings use a speaker-discussion format. There is no dress code, but avoid anything that might be considered gang related or offensive. This facility has no specific clearance requirements. Clean time requirement is at the Coordinator's discretion. If you would be interested in sharing at the job corps meeting, please contact the Coordinator above.

*\*new coordinator needed! Interested in this or other H & I service? Come to the H & I task group meeting held on the 3<sup>rd</sup> Monday of each month at 2791 24<sup>th</sup> Street, room 11. in*

## YOLO WAYFARER CENTER & WALTER'S HOUSE

Tuesday, 7:30-8:30 pm at the shelter  
Friday, 6:00-7:30 pm at Walter's House  
Coordinator: Phil – (530) 554-0950

This non-profit, faith-based center supports a shelter as well as a residential treatment facility known as Walter's House. We provide meetings in both. Dress is casual, but use good judgment. There are no formal clearance procedures or clean time requirements. Volunteers should contact the Coordinator to chair a meeting or take on a monthly commitment.

## CACHE CREEK LODGE

Saturday, 8:00-9:30 pm  
Coordinator: Jeff – (916) 470-8154

This facility provides short- and long-term residential substance abuse treatment and outpatient programs. The meeting uses a speaker-discussion format. This facility has no specific clearance requirements. Clean time requirement is at the Coordinator's discretion. Volunteers should contact the Coordinator to chair a meeting or take on a monthly commitment.

## ST. JOHN'S SHELTER FOR WOMEN & CHILDREN

Thursday, 7:30-8:30 pm  
Coordinator: Kathy (916) 470-1630

St. John's Shelter accommodates up to 100 women and children at a time. They provide a range of services designed to transition families from homelessness to self-sufficiency. This is not a locked-down facility, but residents have limited access to outside meetings. Dress is casual, but use good judgment. There are no formal clearance procedures or clean time requirements. Volunteers should contact the Coordinator to chair a meeting or take on a monthly commitment.

## 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."<sup>1</sup> 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.*

from "Hospitals and Institutions Service and the NA Member"  
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<sup>1</sup> Basic Text, p. 65