

H&I July 2022 Minutes

Chair -	x		
Vice Chair -		NW Washington Service Committee	
Secretary -	x	Pierce County	x
Blue Mountain		Seattle	x
Central	x	South King County	
Chelan & Douglas Counties	x	South Puget Sound	x
Everett	x	SW Washington	x
Grays Harbor		The Lewis County	
Greater Cascade Loop		Tri-Cities	
Jefferson County LSC		West Puget Sound	x
Lower Columbia Basin	WSR	x	
Northern Idaho			
NE Washington (NEWANA)	x	DOC Facility Coordinator?	
North Olympic Area			
Northeast Oregon Area	x		

Introductions and Attendance: 15 people hybrid

Summary/approval of last quarter minutes

Reports: Submit to the Secretary

- How to submit electronic **area H&I reports**
- How to submit electronic **LITERATURE ORDERS** fulfilled by RSC H&I budget

Elections:

- DOC Facilities Coordinator

Old Business:

- 10/21 areas came hybrid last quarter! Chair has Lit available to anyone in need
- getting back into prisons/jails after covid, volunteer clearance requirements
- smaller areas- unity issues, priorities within service structure @ ASC
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New Business/Open Forum:

- **Group inventory in October - look at NAWs for templates.**
- Prisons/Jails- South Puget Sound - continuously sending emails to jails monthly. Most jails have tele-health. Asking to speak with a peer coordinator. Send a zoom link to the jail. Local jails.
- Behind the walls/working the steps- prisoners write a letter and they send assignments to inmates and then step work. Each person has a pen name and is anonymous. Men and women. Requirements: ork the steps and over 1 year clean.
- **Hybrid-yes for October.**

Meeting Close/Circle: 11:15

RSC officer report:

Hello Friends,

We had 15 recovering addicts (and one toddler) in attendance today, split between in-person and online. We did vote to continue meeting hybrid in October. 10 areas were represented.

Our group atmosphere is supportive and unified, which is such a relief coming out of the pandemic. It is a joy to see H&I projects thriving throughout the region and it is inspiring to hear about the many panels being conducted to further our primary purpose for the addicts unable to get to regularly scheduled NA meetings.

We discussed challenges and successes in re-gaining clearance into jails and prisons. One member is a professional with DSHS and had helpful "insider" information around how each facility has received the technology to conduct telehealth appointments for inmates. Given that, it was suggested to recommend the facility simply use the existing telehealth tech system to support online H&I presentations until in-person options become available again. The group was excited about this development!

The chair of Working Steps for Recovery, Behind the Walls reported on updates to that program and how recovering addict step mentors are supporting inmates seeking recovery via "snail mail". There is always a need for more members willing to be of service in this way- please seek out the flyer to be available soon on the WNIRNA page or send an email to get involved.

Our group decided to conduct the first group inventory in over 3 years at our October 2022 meeting. We are looking forward to celebrating our strengths and identifying areas of growth and next step projects to support each other in continuing to carry the message to the addict who still suffers.

Thank you for this opportunity to be of service to NA.

With humility and deep gratitude,

Ashley W.