



**Hospitals and Institutions Subcommittee
Washington Northern Idaho Region
of Narcotics Anonymous
Meeting Agenda**



Open with a moment of silence and the Serenity Prayer

12 Traditions

12 Concepts

Vision of NA Service

| | |
|---------------------------|---|
| Chair - | x |
| Vice Chair - | x |
| Secretary - | x |
| Blue Mountain | |
| Central | x |
| Chelan & Douglas Counties | x |
| Everett | x |
| Grays Harbor | |
| Greater Cascade Loop | |
| Jefferson County LSC | |
| Lower Columbia Basin | |
| Northern Idaho | |
| NE Washington (NEWANA) | x |
| North Olympic Area | |
| Northeast Oregon Area | x |

| | |
|---------------------------------|---|
| | |
| NW Washington Service Committee | |
| Pierce County | |
| Seattle | x |
| South King County | x |
| South Puget Sound | x |
| SW Washington | x |
| The Lewis County | |
| Tri-Cities | x |
| West Puget Sound | x |
| WSR | x |
| | |
| DOC Facility Coordinator? | |
| | |
| | |

Introductions and Attendance:

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:

- **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: work the steps and over 1 year clean.
- **Hybrid-yes for October.**

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.

New Business/Open Forum: (Inventory) Tao

- **January 2019 was the last inventory. Goals were to make a guideline change “how to be a mentor” (not sure-chair), adding minutes to website (yes), creating a google group and utilizing google docs (yes docs created but not group-chair), suggests a goggle drive, FAQ sheets for new H&I chairs (unsure), Admin call (start again-immediately) add to guideline, Update guidelines to incorporate CBDM (approve in July), members read CBDM, secretary will send out from toolbox *add to FAQ sheet* (unsure), presentation CBDM (unsure), and “welcome to WnIR H & I” packets add to FAQ**
- **Today’s inventory -**
 - 4. have training for new members. Shadow someone. Communication/accessibility. Sharing all documents (ie contact list) to everyone. LEARNING DAYS**

7. Direct Access

8. Contact with areas. Current chair called phone line numbers for each area. How often should the committee (chair or vice chair) do check-in calls?

**DOC Coordinator-talk in January 2023 (Next region January 12 @ 7pm)
WSR-**

Goals - 1. Learning days, 2. having training and shadow, 3. Direct access sharing documents 4. check in calls 5. DOC coor 6. WSR

Learning Days:

**Gather information from WSLD - WSR chair, H & I Chair (report back in January)
Regional H&I host a separate learning days or event - Summer 2023 (chair)**

Training New Members/Shadowing:

Develop/Implement for training new members - April 2023

Check-in with new members after regional subcommittee - (vice chair) January 2023

- **Agenda tracking inventory every month.**

Email from Theo:

REGIONAL SUBCOMMITTEE INVENTORY OCT 2022

TO-DO LIST FROM JAN 2019 INVENTORY THAT NEEDS TO BE ADDRESSED (Secretary has the original information/summary of the 2019 Inventory).

Guidelines:

- o Add section "How to be a Mentor".**
- o Add section about handing "Welcome to WNIR H&I Packets" and FAQ sheet to new members.**
- o Incorporate CBDM into guidelines.**
- o When we will complete:**

At the April subcommittee meeting, create bullet list of needed guideline changes.

Between the April and July subcommittee meetings, interested members will meet and draft proposed guideline changes.

At July RSC on Saturday afternoon, we will submit proposed set of guidelines for the RSC to approve.

Create a "Welcome to WNIR H&I Packets" and FAQ sheet. Include link to na.org/toolbox for CBDM. Put on

January subcommittee agenda to start discussion.

Admin call: hold monthly starting in November 2022.

Google Drive & Google Groups: Do we want to utilize one of these, or another platform for document management of minutes, contact list, and documents? Put on January subcommittee agenda to start discussion.

Presentation on CBDM give to the subcommittee by one of the delegates. The subcommittee may choose to

hold this presentation at the upcoming Learning Days Event. Put on January subcommittee agenda to start discussion.

GOALS FROM OCTOBER 2022 INVENTORY

Gather information from WSLD.

- o Who will carry out: WSR and H&I chairs.**
- o When: January 2023.**

Regional H&I host a sperate Learning Days or event.

- o Who will carry out: H&I chair will coordinate and start process.**
- o When: Summer of 2023.**

Develop and Implement training for new members.

- o Who will carry out: Admin.**

o When: April 2023

Check-in with new members after each regional subcommittee.

o Who will carry out: vice-chair.

o When: Starting January 2023

REGIONAL SUBCOMMITTEE INVENTORY OCT 2022

H&I Service Inventory 10/8/22

Scale:

1. Not at all
2. Needs improvement
3. Adequate
4. Outstanding
5. Excellent

Please provide a number to each question. "Service Body" refers to the WNIR H&I subcommittee.

The number will be totaled, and the service body will see where the largest need for improvement is (lowest number indicates the highest need).

1. _____ The service body communicates information effectively and regularly between the regional H&I service body and the Area Service body.
2. _____ The service body responds to the needs of those they serve.
3. _____ The service body has sufficient funds to meet the service needs.
4. _____ Trusted servants of the service body have mentoring and training; they feel valued and supported.
5. _____ The service body focuses on unity and effectively carries the message of recovery through its services.
6. _____ Trusted servant positions are filled with qualified members by matching talent to task.
7. _____ Trusted servant leaders have a term of service which includes mentoring another trusted servant.
8. _____ Open trusted servant positions within the service body are filled within 90 days with a qualified member.
9. _____ The service body uses consensus-based decision making

REGIONAL SUBCOMMITTEE INVENTORY



