

LOS ANGELES HOSPITAL & INSTITUTIONAL COMMITTEE (LAHIC)

YOU ARE CONFIRMED AS A SPEAKER ON A PANEL WHICH IS GOING TO:

Facility \_\_\_\_\_

Date \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

PLEASE MEET THE PANEL AT THE FOLLOWING LOCATION:

Place \_\_\_\_\_

IF YOU HAVE ANY PROBLEMS OR QUESTIONS CALL:

Panel Leader \_\_\_\_\_

Phone \_\_\_\_\_ (home) \_\_\_\_\_ (work)

If you can't reach me, call the Panel Chairperson, Area Supervisor, Assistant Panel Board Chairperson, or Panel Board Chairperson. (Refer to the LAHIC Meeting Directory for the phone numbers.)

As a speaker on this panel, you are a representative of LAHIC and a guest of the facility you will be visiting. As such, you must abide by the following rules:

- 1) YOU MUST identify as an Alcoholic. DO NOT give a prolonged drunk-a- log. Make sure you talk about recovery and living sober with the program and the twelve steps.
- 2) Panel Leaders and Speakers SHALL NOT criticize institution personnel, facilities, policies or practices. This includes opinions on medications.
- 3) DO NOT talk down to the group or use profane or vulgar language.
- 4) DO NOT take anything in or bring anything out with you.
- 5) DO NOT exchange phone numbers or addresses with people at the facility, promise to write to them, or agree to meet them when they leave.
- 6) Women MUST NOT wear short or slit skirts, low-cut tops, or tight-fitting clothing.
- 7) You must have at least six months sobriety to speak at a hospital and at least one year to speak at a psychiatric hospital or penal institution.
- 8) DO NOT go on a panel to an institution if you know or correspond with someone there.

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