



A periodic newsletter of
the H&I Committee of CoDA

In an effort to stay connected and support the Fellowship, CoDA's Hospitals and Institutions Committee is using this periodic newsletter to communicate what it is working on and to share ways you can help the codependent who still suffers within institutions.

What H&I has done:

Since January 1, 2014, H&I Committee members have handled 487 letters from individuals in 66 different institutions as well as 25 email inquiries from individuals and institutions. We have responded to them all. Requests for information about codependence have come from residents at the rate of 5 to 7 new institutions (rehab, rescue missions, safe houses, VA and

State hospitals as well as prisons and jails) per month.

We have sent 272 Co-Dependents Anonymous books, 128 12 Steps and 12 Traditions Workbooks in English and 70 in Spanish, and filled 60 requests for other CoDA literature (including 4 libraries – a set of 19 books given to an institution for their sharing libraries).

Did you know . . .

that inmates are appreciative of our Books for Inmates and Institution Program and responses from the H&I committee? Here are excerpts from a couple of letters from one inmate:

... I just had to write and share the praise of God, and to thank you all, so much, who put out your time, ... supportive mail ... materials & shipping costs, ... efforts and mindful energies, to share these wonderful tools, ... for real change to happen, in not just my own life ... but for others as well This class is helping me to ... accept and allow for constructive changes ... to lead me in successful living, crime free, confident & caring for others with acceptable boundaries, as not to hinder God's will for me. Amen! ... I've obtained great Life Skills! This program really WORKS!! Thank you!

A follow-up note: So with what I've learned & now apply & have used in real unrehearsed situations, steps #3, 5, 4, & 6, so far have really helped me to stop ... real issues of co-dependency with other inmates, ... because I let the "or else" happen & it was explosively painful for 32 minutes when I found the courage to say "No ... I'm believing you can find your help & resource through [established procedures]" ... so I don't feel obligated anymore, "... you have options ... Please use them..." Well, ... she no longer pursues me for selfish dependency. ... thanking God, I don't dread going to my cell room any more. ... Thank you God & CoDA class – and we are only half way through! WOW! A woman in CA

Opportunities for service:

This spring we initiated an **Inmate Sponsorship Program** that permits codependents to sponsor inmates through the mail. Sponsorship is done using the CoDA P. O. Box in Phoenix, AZ, to protect anonymity. Letters from the inmates are scanned or forwarded by the Fellowship Service Worker to the Sponsor. We ask that sponsors meet several requirements in order to safely guide their inmate sponsees. For more information, please contact the Inmate Sponsorship Coordinator at InmateSponsorship@codas.org.

Questions or inquires to the Hospitals & Institutions Committee of CoDA, Inc. maybe directed to Hosp@CoDA.org