



PANEL RULES

There are a few simple instructions that all panel speakers and leaders must adhere to:

1. Please identify as an alcoholic.
2. DO NOT give a prolonged drunk-a-log. Please share about recovery and living sober.
3. DO NOT criticize the institution, personnel, facilities, policies or practices.
4. DO NOT give opinions on medication.
5. DO NOT talk down to the group, use profane or vulgar language.
6. Please abide by facility rules. This includes phone number exchange protocol.
7. COVID vaccination, masks and distancing are currently required on all panels. (No handshakes or hugs.)
8. Please dress appropriately for your panel. Business casual attire is suggested. Please DO NOT wear any revealing clothing, shorts, or sandals.
9. DO NOT bring any guests to the panel or use your phone during the panel.
10. LA H&I has a zero tolerance policy for sexual harassment of any kind. This includes inappropriate conversations or behavior with facility staff or clients/inmates, or sexually suggestive sharing while speaking on a panel.
11. DO NOT give referrals to any outside institution (rehab, sober living, etc.)

JAIL PANELS ONLY: (IMPORTANT!)

12. All literature is temporarily prohibited in LA County Jails.
13. DO NOT exchange phone numbers or messages with any inmate.
14. Leave your cell phone in the car or check it into a locker.