

WHY SMART?



SMART Recovery is leading the future of recovery. Here's how:

The power of choice. No single solution will work for everyone, and the availability of multiple options for recovery support makes a critical difference in successful outcomes. SMART is the leading self-empowering program for addiction recovery support.

SMART Recovery works for any addictive or negative behavior. In a SMART meeting, participants with various behaviors come together to model and learn new skills for recovery and master their own integrity and willingness to change.

Our meetings are non-judgmental and stigma-free. SMART views addiction as a behavior that can be corrected, not a condition that defines a person's identity. We discourage the use of labels such as "addict" or "alcoholic." Research has shown that labels undermine motivation for many people.

Similarly, we don't label those who have relapsed as "failures." Almost everyone relapses while trying to recover. We treat these as opportunities for learning how to strengthen recovery efforts and identify what worked during the time before the relapse.

We help people before they hit "rock bottom." We want to help people before their addiction has grown so severe that it is life-threatening. SMART Recovery for Family & Friends offers support for those with a loved one struggling with addiction.

At SMART meetings, participants learn skills for coping with the anger, frustration, and anxiety that many experience. They also learn skills for improving communication, developing compassionate boundaries, and other ways to help their loved ones recover.

SMART welcomes medication-assisted treatment (MAT). SMART recognizes that prescribed medication can be critical for a person's recovery. For those with opioid addiction, medicines such as methadone and buprenorphine protect people from fatal overdoses while they recover.

Learn More

SMART Recovery provides a path to Life Beyond Addiction. Visit www.smartrecovery.org to learn more.

WHAT WE DO

- Recovery Meetings:
In-Person and Online
- Facilitator Training

WHO WE SERVE

- Individuals
- Family & Friends
- Treatment Professionals
- Courts & Corrections Officials
- Young Adults
- Veterans & First Responders
- Volunteers

CONTACT US

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SMART
Recovery

Life beyond addiction