

# SMART RECOVERY FOR VETERANS & FIRST RESPONDERS (VFR)



Research documents show that an alarming number of veterans & first responders (VFR), suffer from addiction and/or mental health disorders, directly related to their service to our country and communities. The traumatic experiences can overwhelm coping skills, intrude on personal life, effect professional performance and cause mental health conditions. Many will self-medicate with alcohol and substances or engage in risky behaviors that can compound problems.

## Effects on Families

The families of VFR are at risk as well. The absence of their loved one can create excessive strain, and the homecoming may bring powerful anxieties for everyone involved. First responders compile tremendous amounts of stress due to their professional responsibilities, that they may have a hard time balancing with everyday life. These family members may be suffering from acute or post-traumatic stress disorder, social/emotional detachment issues and any number of injuries received in the line of duty. Unhealthy coping behaviors and lack of healthy support can set off a downward spiral for all involved.

## Find a Veterans & First Responders Meeting

There is hope. VFRs who have begun to address their challenges are uniquely qualified to help their fellow VFRs. In partnership with Veteran's Administration (VA) hospitals across the country, SMART meetings offer veterans the help they need in a safe and supportive environment. Veterans-specific meetings are available in our online community. Meetings are free; registration is required.

Visit [www.smartrecovery.org](http://www.smartrecovery.org) to search for local meetings and online resources.

## Let's Support More Veterans & First Responders Together

We would love to help you start SMART Recovery meetings in your facility. VFR staff are invited to join our training program and start SMART Recovery meetings at their facilities. Training can be completed online or in-person.

## Learn More

To learn more about providing SMART Recovery in your community, please visit [www.smartrecovery.org/veterans](http://www.smartrecovery.org/veterans).

## 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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[www.smartrecovery.org](http://www.smartrecovery.org)



Life beyond addiction

