SMART Recovery®

Life Beyond Addiction
Self-Management And Recovery Training

(But it’s more than just an acronym!)
A fresh approach to addiction recovery

A transformative method that helps individuals move from a life of addictive substances and negative behaviors to a life of positive self-regard and willingness to change.
How It Works

• Mutual support meetings (online and in-person)
• Online community with meetings, 24x7 chat, message boards
• Practical toolbox and other helpful resources
• Participants design and implement their own recovery plan

All this together creates a more **balanced**, **purposeful**, **fulfilling**, and **meaningful life**
Established in 1994
A 501(c)3 organization
Volunteer-driven organization
Less than 20 employees
Over 3,500 Face-to-Face mutual-support groups and over 250 monthly online meetings
Converted 600+ meetings to online during COVID-19
SMART Recovery is a Good Fit For...

• Every Kind of Individual
• Family & Friends
• Community Centers
• Jails and Correctional Facilities
• Schools and Universities
• Treatment Centers
• Recovery Professionals
• **We are evidence-based**
  - Created by addiction recovery professionals and peers working together
  - Based on CBT (cognitive behavioral therapy) and MI (motivational interviewing) techniques

• **We are stigma-free and self-empowering**
  - Addiction is a behavior that can be corrected, not a condition that defines a person’s identity
  - We discourage labels like *addict*, *alcoholic*, and *clean*
  - Research shows labels undermine motivation
• We support medication assisted recovery
  o Prescribed medication can be critical to recovery and decrease overdose deaths

• We support a secular approach
  o The use of religious or spiritual beliefs and practices in recovery is a personal choice, but not part of the SMART Recovery program

• We are self-empowering
  o Participants are in charge of their own recovery and seek mutual support resources as they choose
Cognitive Behavioral Therapy (CBT) and Rational Emotive Behavioral Therapy (REBT) are based on one simple principle ... 

What we believe & how we think leads to how we feel and how we respond to life’s situations.
SMART Recovery’s 4-Point Program®

01 —— 02 —— 03 —— 04
Build and maintain motivation.  Cope with urges.  Manage thoughts, feelings and behaviors.  Live a balanced life.

• All are important to overcome any form of addictive behavior, it is also a way of organizing recovery information.
• Discussions focus on these 4-Points; and the SMART Handbook is organized in this way.
Point 1 - Maintaining Motivation to Abstain

Relevant Tools

• Stages of Change
  o Precontemplation, Contemplation, Determination, Action, Maintenance
  o What do you want? What are you going to do about it? How do you feel about what you’re doing?

• Change Plan Worksheet

• Cost/Benefit Analysis (CBA)
  o Short- and long-term benefits and consequences

• Hierarchy of Values (HOV)
  o What is most important to you?
Point 2 – Coping with Urges

Relevant Tools

• Learn to understand Rational and Irrational Thinking, responses, triggers, and Urge Coping Strategies
  o Use Urge Logs

• Disputing Irrational Beliefs (DIBs)

Point 3 – Managing Thoughts, Feelings, & Behaviors

Relevant Tools

• Unconditional Self-Acceptance (USA)
• The damage of “MUSTING”
  o Word exchanges
• Helpful and unhelpful beliefs and responses
  o Think – Feel - Act
• Relapse danger signals – prevention – Urge/Trigger Logs
Point 4 – Living a Balanced Lifestyle

Relevant Tools

• What is a “balanced” life? Why is it important?
• Adding meaning to life, not just “stuff”
• Hierarchy of Values (HOV)
• Self-Care/Wellness
  o Adjusting to change
• Tools for life, not just recovery
• Vital Absorbing Creative Interest (VACI)
• Lifestyle Balance Pie Assessment
• Turnkey, meeting-ready SMART Recovery meeting format
• Used for discussion meetings in a recovery support or treatment environment
• Follows a flexible, robust 12-week approach that gives meeting participants proven life skills and helps them define their power to change behaviors that aren’t working for them.
• Proven to enhance social re-entry and reduce reconviction in judicial/correctional environment
• **Recovery Tools & Insights**
  - Toolbox, blogs, podcasts, videos, and more can be found on our website

• **Bookshop**
  - SMART Recovery literature pertaining to our tools, life skills and guidelines that are available for purchase. Facilitators enjoy a discount for handbooks purchased from the store.

• **Meeting Verifications**
  - Many meetings offer online verifications for attendance. This is advantageous for requirements of court/probation programs.
For more information, visit:

www.smartrecovery.org