



Life
Beyond
Addiction



Self-Management And Recovery Trainig

(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



- 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





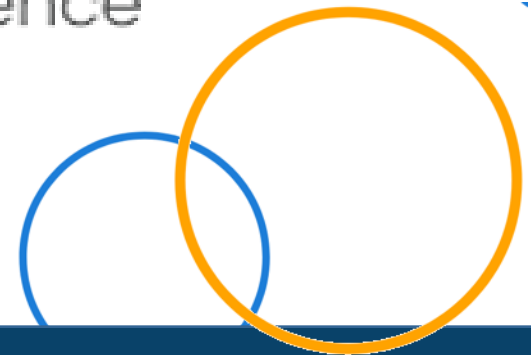
National Institute on Alcohol
Abuse and Alcoholism



National Institute
on Drug Abuse



NICE National Institute for
Health and Care Excellence



- Every Kind of Individual
- Family & Friends
- Community Centers
- Jails and Correctional Facilities
- Schools and Universities
- Treatment Centers
- Recovery Professionals



- **We are evidence-based**

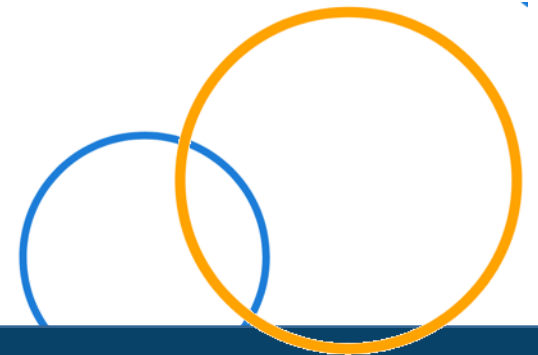
- Created by addiction recovery professionals and peers working together
- Based on CBT (cognitive behavioral therapy) and MI (motivational interviewing) techniques

- **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

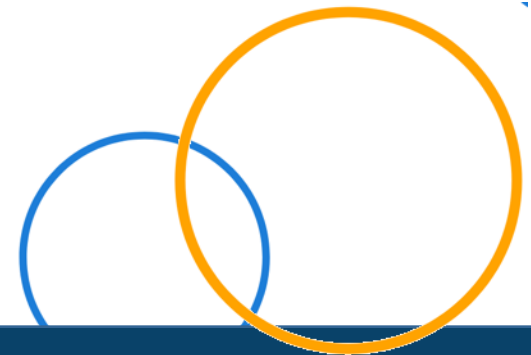


- **We support medication assisted recovery**
 - Prescribed medication can be critical to recovery and decrease overdose deaths
- **We support a secular approach**
 - The use of religious or spiritual beliefs and practices in recovery is a personal choice, but not part of the SMART Recovery program
- **We are self-empowering**
 - 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.



01 —

Build and maintain
motivation.

02 —

Cope with urges.

03 —

Manage thoughts,
feelings and
behaviors.

04 —

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.

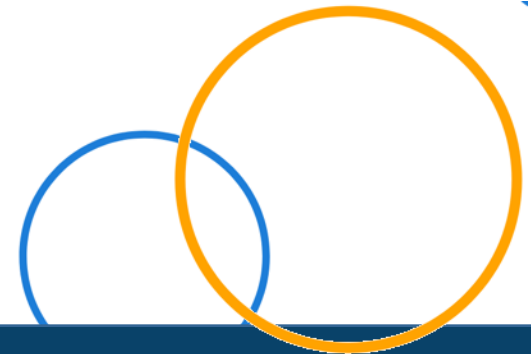
Relevant Tools

- Stages of Change
 - Precontemplation, Contemplation, Determination, Action, Maintenance
 - 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)
 - Short- and long-term benefits and consequences
- Hierarchy of Values (HOV)
 - What is most important to you?



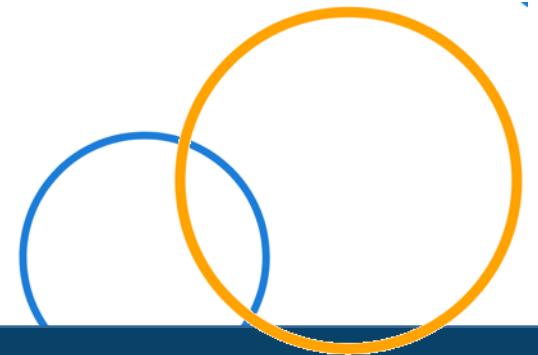
Relevant Tools

- Learn to understand Rational and Irrational Thinking, responses, triggers, and Urge Coping Strategies
 - Use Urge Logs
- Disputing Irrational Beliefs (DIBs)
- Delay. Deny. Escape. Attack/Avoid/Accept. Distract. Substitute. (DEADS)



Relevant Tools

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

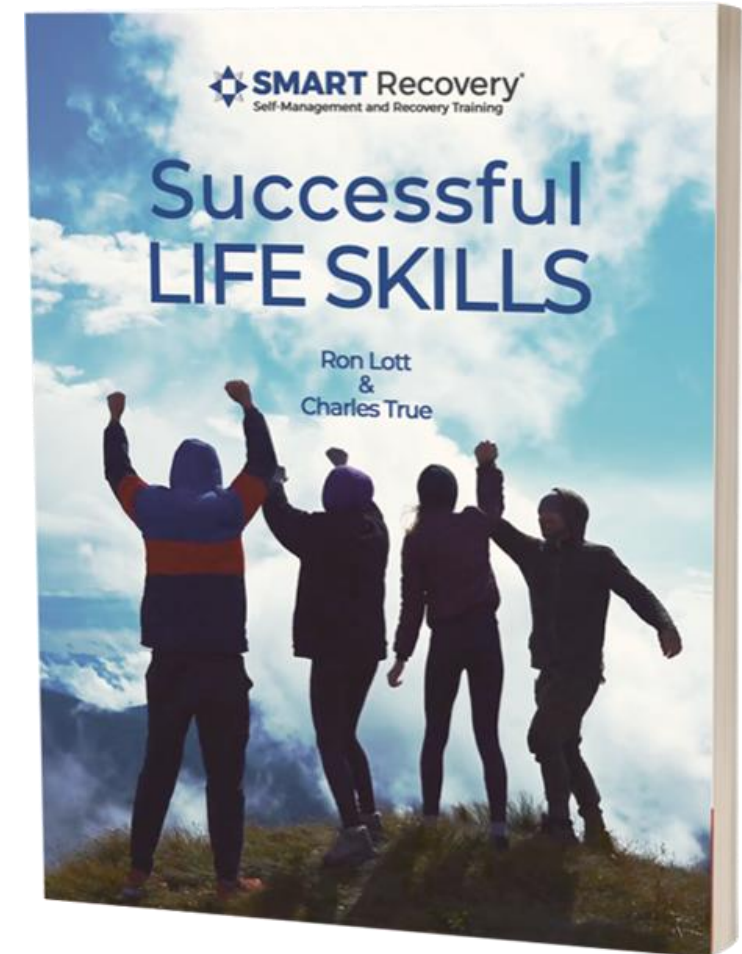


Relevant Tools

- What is a “balanced” life? Why is it important?
- Adding meaning to life, not just “stuff”
- Hierarchy of Values (HOV)
- Self-Care/Wellness
 - 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**

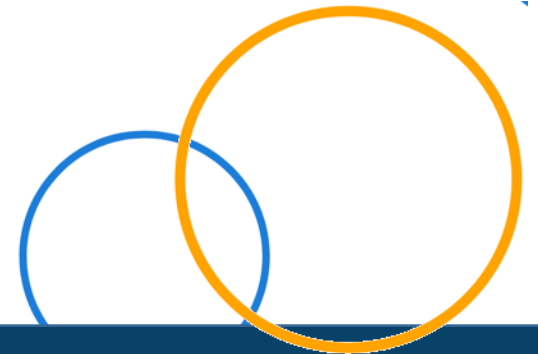
- Toolbox, blogs, podcasts, videos, and more can be found on our website

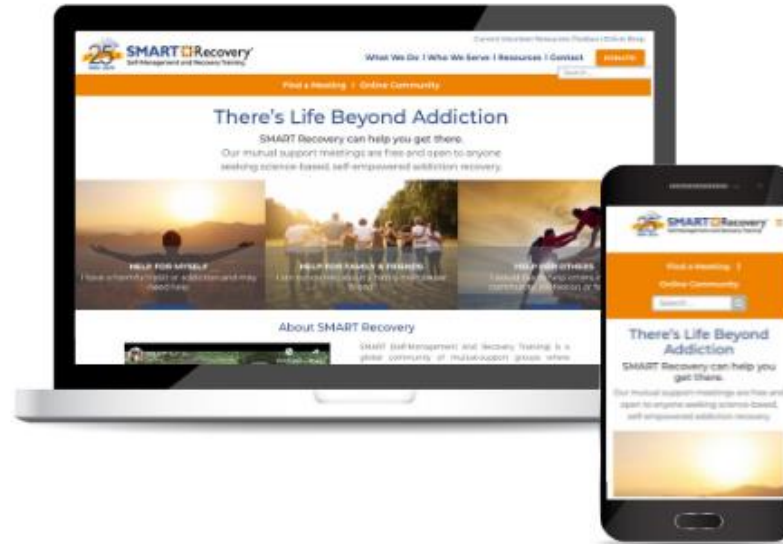
- **Bookshop**

- 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