



SMART Recovery®

**Life
Beyond
Addiction**



Self-Management And Recovery Training

(But it's more than just an acronym!)

A fresh approach to addiction recovery

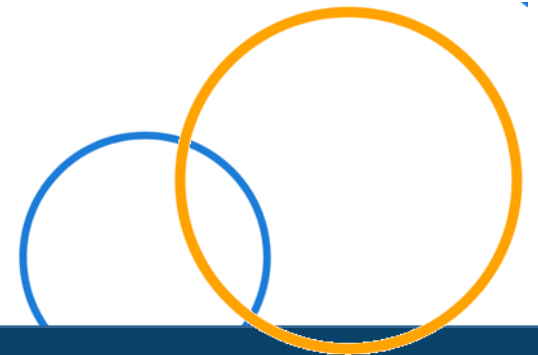
A transformative method that helps individuals move from a life of addictive substances and negative behaviors to a life of positive self-regard and willingness to change



- Mutual support meetings (online and in-person)
- Practical toolbox and other helpful resources
- Participants design and implement their own recovery plan
- Creates a more **balanced, purposeful, fulfilling, and meaningful life**



- Established in 1994
- A 501(c)3 organization
- Volunteer-driven organization
- Less than 20 employees
- 900 Face-to-Face mutual-support groups and over 600 monthly online meetings
- Converted 600+ meetings to online during COVID-19



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; the Handbook is organized as such



National Institute on Alcohol Abuse and Alcoholism



National Institute on Drug Abuse



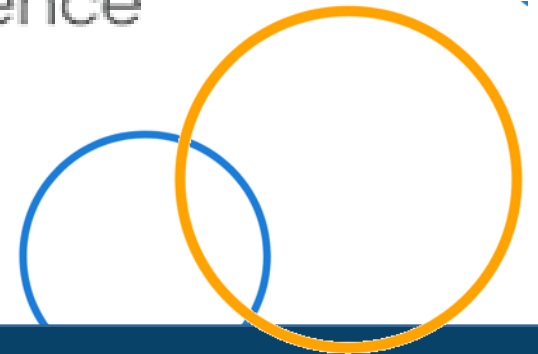
NDCI
NATIONAL DRUG COURT INSTITUTE



NADCP
National Association of Drug Court Professionals



NICE National Institute for Health and Care Excellence





“Best Hospitals for
Psychiatry Host and Support”



Australian Government

National Health and Medical Research Council

- **Evidence-informed**

- Created by addiction recovery professionals and those with lived experience
- Based on CBT (cognitive behavioral therapy) and MI (motivational interviewing) techniques

- **Self-Empowering**

- Attendees decide on their own recovery plan
- We believe you are the expert of you
- Focus is on reducing or resolving negative behaviors



- **MAT-Friendly**

- Supports the scientifically informed use of psychological treatment and legally prescribed psychiatric and addiction medication

- **1st Amendment Adherence**

- Courts have consistently ruled that alternatives to 12-step recovery must be offered under the 1st Amendment

- **Self-Empowering**

- We help each person find his/her own power and best path to recovery



- **The Disease Model**

- Approximately 40% of SMART participants surveyed believe their addictive behavior is a disease; 40% don't believe it is
- **Both groups found the program helpful in combating their addictive behavior**

- **Spirituality:**

- The use of religious or spiritual beliefs and practices in recovery is a personal choice, but not part of the SMART Recovery program

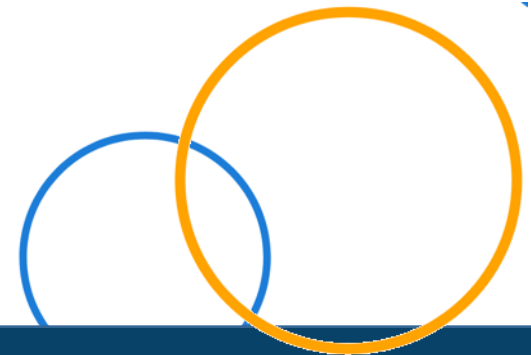


- **Medication**

- We support the scientifically-informed use of psychological treatment and legally prescribed psychiatric and addiction medication.

- **Personal Labels**

- SMART does not promote the use of labels; but accepts one's use of labels as a personal choice.



Our facilitators are trained in Motivational Interviewing

- Use open-ended questions
 - “What happens when you behave that way?”
 - “What was that like for you?”
- Provide affirmations
 - “We are impressed by how you handled that urge”



- Use reflective listening
 - “I get the sense you feel there are things standing in the way of changes you want/need to make”
- Provide summary statements
 - “What steps might you take to start initiating the change you want to make?”

YOU are the key component in finding the answers you seek



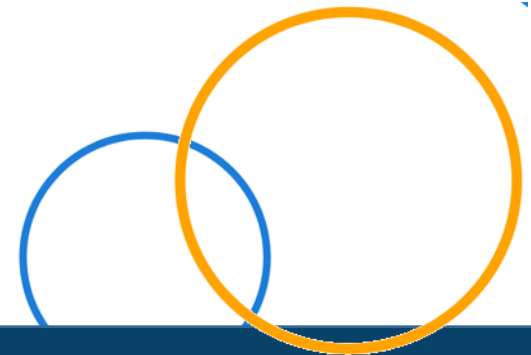
- Use of “I” statements
- Labels are **OPTIONAL**
- Discourage use of **ABSOLUTE** statements
 - Have to, can’t, must
- War stories, “drunk-o-logs”, or glorification of past behavior can be counter-productive



**SMART Recovery is about PROGRESSION,
using past experiences as a learning tool**

- 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.



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



Confrontation is the biggest motivation killer

- Focus on positive communication
 - Stop blaming nagging, and begging
 - Be brief and positive/PIUS
 - Refer to specific behaviors
 - Label your feelings
 - Offer an understanding statement
 - Accept partial responsibility
 - Offer to help



- Combines SMART with the Community Reinforcement And Family Training (CRAFT) program – Dr. Robert Meyers
 - Improve the quality of your life
 - Make recovery more attractive to your loved one than addiction
 - Respectful, collaborative, non-confrontational



**Focuses on the issues of the significant other,
even if their loved one is not interested in recovery**

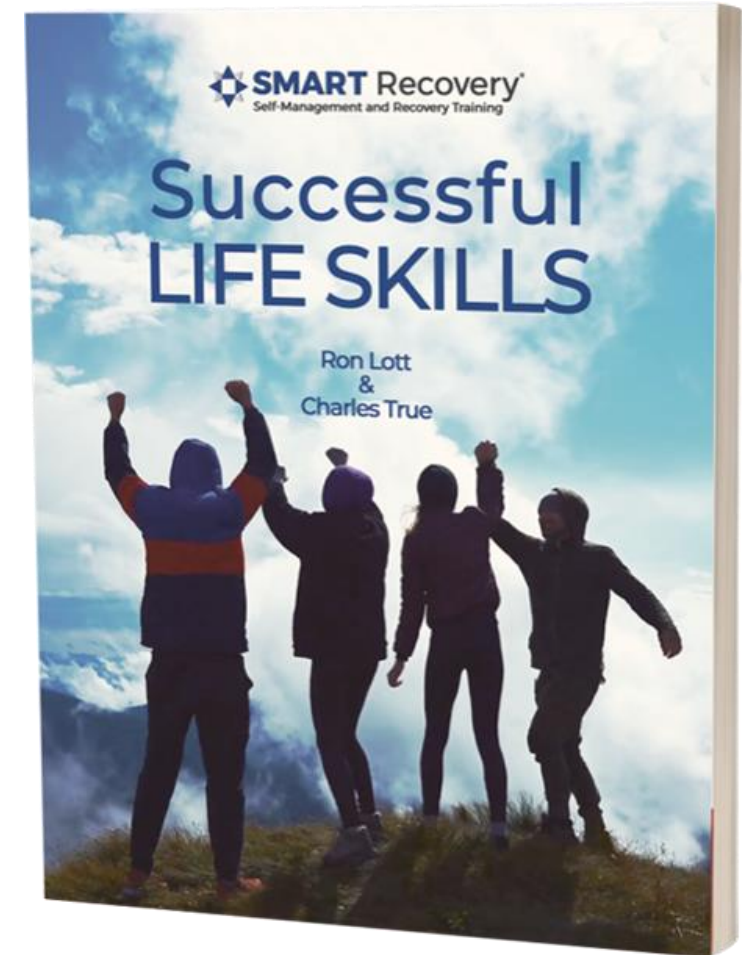
- Religion-neutral
- Tools for all stages of recovery
- Topic-based meetings, which encourage discussion with peers
- Run by qualified SMART facilitators
- Learning to maintain your recovery by figuring out what's important to you, setting goals, and finding healthy interests



Partnerships available for those in educational or support setting (high school, university, recovery community organization)



- 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 provides proven **life skills** and helps define the power to change negative behaviors
- Proven to enhance social re-entry and reduce reconviction in judicial/correctional environment



SMART also works in combination with many other recovery programs including:

- Refuge Recovery
- 12-Step Recovery
- Celebrate Recovery
- Dharma Recovery

Approximately 40% of all SMART participants practice another form of recovery in conjunction with their SMART program.

"When I realized that I could use something like SMART's worksheets at the same time I was working the 12-Steps, it took my recovery to a better place"- Luke F.



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- **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

