

SMART Recovery

A Peer Based Mutual Aid Program

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Mission

- ▶ To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

Training Goals

- ▶ SMART Introduction
 - Mission
 - History
 - 4 Point Program: Influenced by Evidence Based Methods
- ▶ How to Start SMART Meetings
 - Publications
 - Training
 - Consultation

Why More than One Peer Support?

- ▶ Motivational Enhancement – Involved in Choice, Autonomy.
- ▶ Some populations have had many past failures with established peer support programs.
- ▶ Respects and the beliefs and point of view of the client.
- ▶ Respects client rights

Why SMART

- ▶ Good Match with Current Practices
 - Cognitive Behavioral Strategies
 - Stages of Change Model
- ▶ Organizational Support
 - Administrative Office
 - Standardized Materials
 - Standardized Meeting Formats
 - Training and Coaching Opportunities

SMART History

- ▶ Started in 1994
 - Small group of persons wanting to achieve sobriety – wanting choice for themselves and/or their clients.
- ▶ Organizational Structure
 - Not for Profit Corporation
 - Board of Directors
 - ▶ Volunteer Regional Member Representative
 - ▶ Volunteer Meeting Facilitators and Hosts

International Advisory Council

- ▶ Aaron Beck, M.D.
- ▶ Carlo DiClemente, Ph.D.
- ▶ Frederick Glaser, M.D.
- ▶ Reid Hester, Ph.D.
- ▶ Harald Klingemann, Ph.D.
- ▶ Richard Longabaugh, Ed.D.
- ▶ Alan Marlatt, Ph.D.
- ▶ Barbara McCrady, Ph.D.
- ▶ Maxie C. Maultsby, Jr., M.D.
- ▶ Peter Monti, Ph.D.
- ▶ Stanton Peele, Ph.D.
- ▶ Linda Sobell, Ph.D., ABPP
- ▶ Mark Sobell, Ph.D., ABPP
- ▶ William White, M.A.

Meetings

- ▶ Arizona
 - Tucson, Phoenix, Arizona Department of Corrections
- ▶ U.S.A.
 - 450 Face to Face Meetings
 - 16 Online Meetings
 - Message Boards and Chat Rooms
- ▶ SMART International
 - Canada
 - United Kingdom
 - Australia
 - Sweden, Uzbekistan, New Zealand, Iran, Vietnam

Evidence Based Principles

- ▶ Transtheoretical Model – Stages of Change.
- ▶ Cognitive Behavioral
 - REBT
 - Thought Stopping
- ▶ Motivational Enhancement
 - Directive but not confrontational



Four Point Program

- ▶ Building Motivation
- ▶ Coping With Urges
- ▶ Problem Solving
- ▶ Lifestyle Balance

Building Motivation

- ▶ Cost/Benefit Analysis
 - Motivational Enhancement
 - Allow Persons to Weigh Positives and Negatives and Commit to Choice
 - Clarifies Reason I Use
 - ▶ or Not Use
 - Identifies Relapse Risk Factors



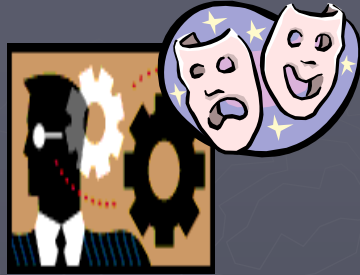
Coping With Urges

- ▶ DISARM
 - Destructive
 - Self Talk
 - Awareness and
 - Refusal
 - Method

Problem Solving

▶ ABC Model

- Activating Event
- Belief
- Consequence
- Dispute
- Effect



- ### ▶ Change Your Thinking Instead of Requiring the Everyone Else to Change

Lifestyle Balance

▶ Learn to manage your life

- Work
- Relationships
 - ▶ Family
 - ▶ Friends
- Relaxation
- Life Philosophy

Meeting Types

- ### ▶ Facilitator Meeting: Led by someone who knows the four points.
- ### ▶ Host Meetings
- Book Study – read, talk, share...
 - Rational Discussion – open discussion in which persons present concerns or successes and members provide feedback.

How to Start SMART





New Meetings

- ▶ Find someone who connects with our method and is willing to start a meeting (you?).
 - Someone in Recovery
 - A concerned persons not in Recovery
 - No professional treatment knowledge needed.

New Meetings

- ▶ Let SMART Recovery Central Office know what you are doing
 - May be others in your area that are planning to start a meeting also.

New Meetings

- ▶ Find a meeting space, Advertise, and Show Up Consistently

Publications

- ▶ Facilitators Guide **FREE**
- ▶ Library of PDF documents **FREE**
- ▶ Handbook for Members **Not FREE**



Training

- ▶ **Free** Online Training Program
- ▶ **Free** Online Tutorial Presentations
- ▶ **Free** Online Tool Training
- ▶ **Free** Face to Face Training and Coaching for Persons in Recovery who want to start a meeting.
- ▶ Training for Professionals (**Not Free**)

Questions