SMART Recovery®
Self-Management and Recovery Training

An Introduction to the Benefits of Mutual Support and SMART Recovery

Drug & Alcohol Awareness Seminar

May 18, 2016

Why Mutual Support?

For more than 250 years, Americans with alcohol and other drug problems have banded together for mutual support in recovery.

(Recovery Circles within Native Tribes, Slaying the Dragon, by William White)

Why Mutual Support?

Mutual support groups (a.k.a. self-help, mutual-aid or mutual-help groups):

- based on the belief that change can result from a group of people sharing common problems, experiences and feelings
- offer free meetings and online services
- generally don’t limit who can attend a meeting

Participants are encouraged to identify with the emotions of the other members and use this commonality to motivate them to change their behavior.

Why Mutual Support?

Mutual support meetings are particularly beneficial for individuals with addictions because they:

- Contain members who have transformed their lives using the group's key ideas and methods.
- Provide the opportunity to enhance self-esteem.
- Provide daily prescriptions for recovery maintenance.
- Create a social "linkage."

Why Mutual Support?

Mutual support groups have an extensive body of research that supports their effectiveness.

Results:

- ☑ enhances long-term recovery outcomes
- ☑ reduces continuing care costs
- ☑ reduces post-treatment health care costs

It’s helpful to link individuals to recovery support groups prior to linking to treatment.

The Recovery Bill of Rights, Faces and Voices of Recovery

http://goo.gl/IApTOJ

- Preamble: We must accord dignity to people with addiction and recognize that there is no one path to recovery
- Point 2 (of 11): We have the right—as do our families and friends—to know about the many pathways to recovery

Let's review a few mutual support group options…

Women for Sobriety

Established in 1976

First national self-help program for women with problems of addiction

First and only self-help program accounting for the special problems women have in recovery:

- the need for feelings of self-value and self-worth
- the need to eliminate feelings of guilt and humiliation

Purpose is to help all women with addiction through the discovery of self, gained by sharing experiences, hopes and encouragement with other women in similar circumstances.

Women for Sobriety® (WFS)

Offers face-to-face and online meetings and message boards (women must be sober in order to attend)

Non-judgmental atmosphere

Coping tools using original WFS literature and the monthly *Sobering Thoughts* newsletter

“New Life” Acceptance Program / 13 Affirmations
http://goo.gl/NUOiko

Each woman’s personal spiritual journey is welcome

LifeRing®

Established in 1999

An abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs

Peer-to-peer support to encourage personal growth and continued learning through personal empowerment

Based on developing, refining, and sharing personal strategies for continued abstinence and crafting a rewarding life in recovery

LifeRing

LifeRing offers face-to-face meetings in the U.S., Canada, and a growing number of other countries

Additionally, there are vibrant on-line communities; on-line meetings, and on-line sobriety resources

Meetings are friendly, confidential, non-judgmental gatherings of peers; conversation and discussion among participants are encouraged

SMART Recovery®

Established in 1994

SMART = **S**elf **M**anagement **A**nd **R**ecovery **T**raining

Free, abstinence-based program

Open to those who have chosen to abstain or are considering abstinence from any substance or activity addiction

Emphasis on self-empowerment

Labels are discouraged, i.e., “alcoholic” or “addict”

Participants learn tools for recovery based on the latest scientific research

SMART Recovery's Purpose, Mission and Vision

Purpose: To help individuals gain independence from addictive behavior and lead meaningful and satisfying lives. To support the availability of choices in recovery.

Mission: To offer no-fee, self-empowering, science-based, face-to-face and online support groups for abstaining from any substance or activity addiction.

Vision: Think SMART Worldwide!

SMART Recovery® Purposes & Methods Statement

1. We help individuals gain independence from addictive behavior.

2. We Support:

- enhancing and maintaining motivation
- coping with urges
- managing thoughts, feelings, and behaviors
- living a balanced life

(The SMART Recovery 4-Point Program)

3. Our efforts are based on scientific knowledge, and evolve as scientific knowledge evolves.

4. Individuals who have gained independence from addictive behavior are invited to stay involved with us to enhance their gains and help others.

SMART Recovery®

Specific Tools Used in the Program Include:

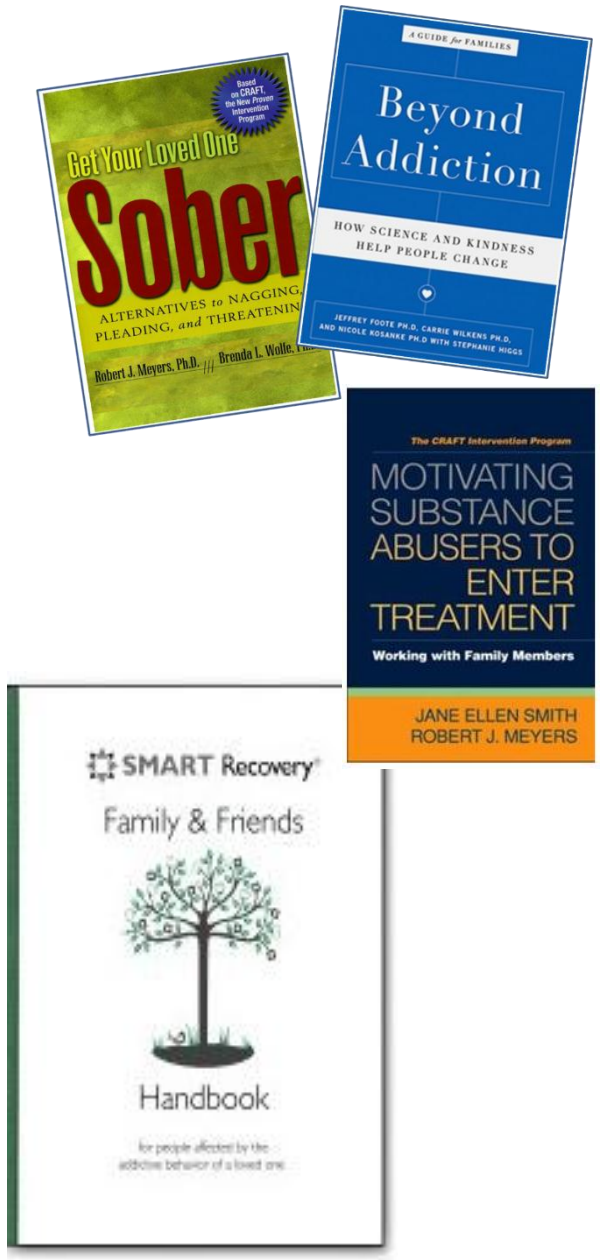
- Stages of Change
- Change Plan Worksheet
- Cost-Benefit Analysis
- Hierarchy of Values
- ABCs of REBT for Urge Coping
- DISARM (Destructive Irrational Self-talk Awareness & Refusal Method)
- Role-playing and Rehearsing
- Brainstorming
- ABCs of REBT for Emotional Upsets
- USA (Unconditional Self-Acceptance)
- VACI (Vital Absorbing Creative Interests)

SMART Family & Friends Program

- Online meetings began in 2010
- Based on SMART tools and CRAFT Strategies
- Family & Friends Handbook published 2012
- Face-to-Face Meetings began in 2012
- Well received and attended
- 30+ F2F meetings for F&F in North America
- 3 weekly online meetings

Family & Friends combines - -

- SMART's 4 Point program –cognitive skills used for emotional self-management , problem solving, and
- CRAFT (Community Reinforcement and Family Training) – respectful, collaborative, non-confrontational
- CRAFT effectiveness (2x as effective as Johnson Interventions – compared to al-anon as a control group only, al-anon is not designed to help engage people into treatment)
- Books: GYLOS and Beyond Addiction (Motivating Substance Abusers to Enter Treatment is also available for health care professionals) and SMART Family & Friends Handbook



SMART Recovery

Products & Services Include:

- Face-to-face meetings around the world
- Daily online meetings (35 per week)
- Active online message boards
- 24/7 chat room
- Quarterly newsletter (available on website)
- Online Facilitator training (approx. 30 hours)
- Online Host training (approx. 4 hours)
- SMART Recovery Handbook
- Family & Friends meetings (community and online) and Handbook
- Online Teen & Youth meeting and Teen Handbook
- Numerous other publications available on website

What to do next?

- ***Learn more*** about options for you and/or your loved one
- Get involved with SMART Recovery and/or our ***Family & Friends*** meetings and program
- See how **Mutual Support** can bring you to new levels of well-being
- ***Consider volunteering*** for SMART Recovery

www.smartrecovery.org

PH: 440/951-5357 Email: information@smartrecovery.org or email Shari via sallwood@smartrecovery.org

Cigna BEHAVIORAL HEALTH Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact me:

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