

Training Requirements & Prerequisites

Requirements

- Basic computer skills and a computer with high-speed internet access, speakers and microphone (*NOTE: An inexpensive headset usually works best for the voice meetings. While a microphone is necessary in order to utilize the voice function of the meeting room, it is not a “must” as the meeting room also has text capabilities*).
- A valid email address that you check frequently.

Objective

To provide our training participants with the necessary knowledge of SMART Recovery and the SMART Recovery 4-Point Program[®], allowing them to proceed capably and comfortably in their upcoming role as SMART Recovery[®] meeting Facilitator or Volunteer.

Curriculum

Over the course of the month in which the training session takes place, participants will perform a variety of pre-work and self-study tasks, then completing the training exercise and quiz for each training segment. Upon completion of the self-study coursework, attendance at two live meetings in our voice meeting room will wrap up and complete the training session.

NOTE: Training sessions typically takes place over a 7 - 8 week period of time.

If you have any questions, please contact us at:
training@smartrecovery.org

Computer Requirements

- **For PC computers:**
 - ✓ Windows XP (or better)
- **For Macintosh computers:**
 - ✓ OS X 10.6 (or above)
- **For all computers:**
 - ✓ 2 GB of RAM (or more) and 1 GB of free disk space
 - ✓ Broadband internet connection (DSL or cable recommended)
 - ✓ Web browser (Mozilla Firefox is highly recommended)
 - ✓ Sound card with speakers and microphone (NOTE: Most computers have built-in microphones and speakers, but you will get much better audio quality if you use a headset or handset.)
 - ✓ Printer
 - ✓ JavaScript must be enabled
 - ✓ Cookies enabled
 - ✓ Pop-up blocker is turned off

Browser Requirements

- Moodle works best with Mozilla Firefox (4.0 or newer). Other browsers such as Internet Explorer (8.0 or newer), Safari (3.0 or newer), or Chrome (5.0 or newer) may be used, but they may not support all functionalities in Moodle, such as online quizzes and the HTML editor.
- All browsers should have JavaScript, Cookies, and Pop-ups enabled (do not block pop-ups).

Software Recommendations

- ✓ Adobe Acrobat Reader (<http://get.adobe.com/reader/>).
- ✓ Adobe Flash (<http://get.adobe.com/flashplayer/>).
- ✓ Adobe Shockwave (<http://get.adobe.com/shockwave/>).
- ✓ Media Players (Real Player, Quick Time, Windows Media Player).
- ✓ Word Processing, Spread Sheet, Presentation (MS Office, OpenOffice).

Other Requirements

- An active email account that you check regularly.

Required Skills

- Comfortable using all of the software and hardware noted above.
- Able to send and receive email.
- Able to read, understand and follow written directions.
- Able to schedule your time to complete the training in the allotted time.