

## WELCOME TO OUR “GET SMART **FAST**” DISTANCE TRAINING PROGRAM

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### REQUIREMENTS

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- A SMART Recovery<sup>®</sup> Online (SROL) username;
  - Basic computer skills and a computer with high-speed internet access, speakers and microphone (*TIP: An inexpensive headset usually works best for the voice meetings.*)
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### OBJECTIVE

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To provide training participants with the necessary knowledge of SMART Recovery<sup>®</sup> and the SMART Recovery 4-Point Program<sup>®</sup>, allowing them to proceed capably and comfortably in their upcoming roles as SMART Recovery<sup>®</sup> meeting Facilitators and/or Volunteers.

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### CURRICULUM

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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, post their “homework” assignments, and complete a quiz on each of the training segments. Upon completion of the “study” portion of the training, attendance at two “live” meetings in our voice Distance Training Meeting Room on the SMART Recovery<sup>®</sup> Online Message Board will complete the training session.

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### PREREQUISITES

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- 1) **ATTEND TWO (or more) SMART RECOVERY<sup>®</sup> MEETINGS**, being either face-to-face, online, or a combination thereof. (*Please make note of the meeting dates and Facilitator name, as you will be asked for this information on the Final Exam given at the end of the training.*)
  - For face-to-face meetings available in your area, [click here](#).
  - For the SMART online meetings schedule, [click here](#).
- 2) **Check the operability of your speakers and microphone.** For Windows users, go to your Control Panel. Under *Sounds, Speech and Audio*, select *Sounds & Audio Devices*, then select “Voice”. Under “Voice Recording”, click “Test Hardware” and the “Sound Hardware Test Wizard” opens which will allow you to test both your microphone and speakers.

If you have any questions, please feel free to contact:

[Jim \(GJBXVI\) Braastad](#),  
Distance Training Program Coordinator

**THANK YOU FOR YOUR INTEREST IN OUR DISTANCE TRAINING PROGRAM!**