

FOR IMMEDIATE RELEASE

SMART Recovery® Addiction Recovery Program Selected as Beneficiary of Foundation Beyond Belief “Big Bang” Funding

MENTOR, OHIO – On December 16th, 2009, SMART Recovery (Self-Management and Recovery Training) an international non-profit which offers free, science-based, self-empowering support groups for abstaining from any addiction received notice that the organization was selected as the premiere “Big Bang” beneficiary of Foundation Beyond Belief. The Foundation’s Big Bang category is designed for organizations with annual budgets of less than one million dollars.

Foundation Beyond Belief is a new non-profit charitable and educational foundation created (1) to focus, encourage and demonstrate humanistic generosity, and (2) to support a nationwide education and support program for non-theistic parents. Each quarter Foundation Beyond Belief will feature organizations that support educational needs in the following areas: Health, Human Rights, Education, Environment, Poverty, Peace, Children, Animals and Big Bang. Visit <http://foundationbeyondbelief.org>.

SMART Recovery provides addiction recovery support via over 500 weekly face-to-face support groups (in 10 countries), daily on-line meetings, and an online message board and chat room. The SMART Recovery program helps empower participants to achieve their abstinence goals. Although the majority of SMART Recovery participants have religious beliefs, the SMART Recovery program works equally well for theistic and non-theistic participants.

The SMART Recovery 4-Point Program® consists of:

#1: Enhancing and maintaining motivation to abstain

#2: Coping with urges

#3: Managing thoughts, feelings and behavior (emotional self-management and problem-solving)

#4: Balancing momentary and enduring satisfactions (lifestyle balance)

The program is based on scientifically-proven treatments for overcoming addiction. Currently the program uses techniques drawn primarily from cognitive behavior therapy and motivational interviewing. The SMART Recovery program is under continuous revision, and evolves as scientific knowledge about addiction treatment and recovery evolves. The program is reviewed by both practicing addiction treatment professionals, who volunteer as advisors to the organization, and the International Advisory Council, which includes many of the world’s leading addiction scientists.

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