



inside OUT

Cognitive-Based Program

- Trains counselors in SMART Recovery
- Developed with NIDA support
- Training done through independent study
- Male and Female versions
- Also for non-substance abuse problems
- Teaches offenders the Four-Point Programs

SMART Recovery[®]

A primary goal of the SMART Recovery[®] program is to prevent **recidivism**.

SMART Recovery[®] attempts to achieve this goal through a carefully designed, scientifically-based program. InsideOut can help your facility quickly start to deliver a high-quality, engaging substance abuse treatment program. The program includes:

Component	Description	Use
Insideout Facilitator Manual	Comprehensive guide for training correctional facility substance abuse counselors in the components of the Four-Point Program(sm).	Self-guided training and protocols for conducting 36 InsideOut meetings and Continuing Education Credits (CEU) form.
InsideOut Facilitator Videotape	Five segments explain the Four-Point Program(sm), and show footage of SMART Recovery [®] meetings with male and female offenders. Reviews important SMART Recovery [®] techniques.	Self-guided training videotape
InsideOut Participant Workbook	Describes SMART Recovery [®] principles and provides exercises and homework assignments corresponding to each group topic.	Handouts and homework for Insideout meetings
InsideOut Participant videotape (Male & Female)	Three segments explain SMART Recovery [®] principles, CBT, and preparation for release from the correctional system . Footage of SMART Recovery [®] meetings and interviews is used to illustrate techniques.	Motivational videotapes for InsideOut (separate male/female tapes)

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