



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)

Inflexion
 320 Needham Street
 Suite 100
 Newton. MA 02464
 1-800-848-3895
www.inflexion.com

Contact:

Lisa Morrison
Inflexxion, Inc.
320 Needham Street, Suite 100
Newton, MA 02464
Phone: (617) 332-6028 · Fax: (617) 332-1820
E-Mail: lmorrison@inflexxion.com

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FOR IMMEDIATE RELEASE TO: Correctional Facilities, Judges, Drug Court Professionals, Elected Officials, Recovery Professionals, Departments of Psychology, Health & Psychology Editors

Inflexxion **and** SMART Recovery sign a partnership agreement.

(Inflexxion, Inc. Newton, MA) Inflexxion has developed SMART Recovery®'s official correctional program, InsideOut, based on the principles of SMART Recovery. A primary goal of the InsideOut program is to prevent recidivism. InsideOut attempts to achieve this goal through a carefully designed, scientifically-based program based on the principles of SMART Recovery. InsideOut can help correctional facilities quickly start to deliver a high quality, engaging substance abuse treatment program. The program includes a facilitator manual, participant manual (with handouts and homework), a facilitator videotape and both male and female participant videotapes. InsideOut is a product of a multi-year grant from the National Institute on Drug Abuse (NIDA).

SMART Recovery is an abstinence-based, not-for-profit organization with a sensible self-help program for people having problems with drinking and using. It includes many ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. SMART Recovery is not a spin-off from Alcoholics Anonymous. No one will label participants as "alcoholic" or addicts. They are neither diseased nor powerless, and if they do not believe in a religion or spirituality, that's fine, too. SMART Recovery® teaches common sense self-help procedures designed to empower individuals to abstain and to develop a more positive lifestyle. When they succeed at following SMART Recovery's approach, they graduate from the program or may stay around to help others. In addition to the InsideOut program for correctional facilities, SMART Recovery® offers a network of self-help meetings to the public.

Inflexxion develops technologies that bring time-effective behavioral health interventions that change lives, conserve costs, and represent its founder's, Dr. Simon Budman, life work. Using interactive multimedia and Internet technologies that guarantee user involvement, Inflexxion brings efficiencies and new treatment options to all aspects of health. Inflexxion blends the unique skills of clinical psychologists, multimedia designers, scientists and educators in developing health solutions through multimedia technology. A majority of product development funding comes through the National Institutes of Health (NIH) Small Business Innovative Research (SBIR) Program. All products are clinically tested in carefully designed field trials. For further information, call Lisa Morrison at 617-332-6028.