



Self Management and Recovery Training

A Not-For-Profit, Volunteer-Driven Organization

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MEETING ATTENDANCE VERIFICATION

Dear _____, (*referring professional*)

I attended a SMART Recovery® meeting on _____

at _____

During the meeting I: (*Check relevant items*)

- described my personal addiction history*
- worked on my cost-benefit analysis (Point 1)*
- worked on how to cope with cravings (Point 2)*
- worked on my irrational thoughts (Point 3)*
- worked on balancing my life better (Point 4)*
- provided feedback or perspectives to other participants*
- did not participate out loud much, but thought a lot*

What I most got out of this meeting was:

Sincerely,

Attendance at the location and time listed above is verified by:

_____ Date _____
SMART Recovery® Facilitator

SMART Recovery® Four Point Program SM

- Building and Maintaining Motivation to Abstain
- Coping with Urges
- Problem Solving
- Lifestyle Balance

SMART Recovery®

- Teaches self-reliance rather than reliance on a higher power
- Views addiction as a complex maladaptive behavior rather than as a disease
- Encourages you to recover and move on with your life
- Does not use the labels "alcoholic" or "addict"
- Does not have sponsors
- Holds meetings which are actual discussions rather than a series of monologues
- Advocates appropriate use of prescribed medications and psychological treatments
- Evolves as scientific knowledge evolves

SMART Recovery® is recognized by The American Academy of Family Physicians, The American Society of Addiction Medicine (ASAM), The Center for Health Care Evaluation, The American Council on Alcoholism (ACA), The National Institute on Drug Abuse (NIDA) and The National Institute on Alcohol Abuse and Alcoholism (NIAAA). NIDA and NIAAA are part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services.