

Inspirations



I can be present now and being present for the people I love is the greatest gift.

I am very grateful for SMART this morning. For the existence of such a fabulous resource and the difference it has allowed me to make.



City of the West.” And SMART has chosen it as the site of the 2015 Annual Conference, September 18 – 20.

Cincinnati is a beautiful, bustling city with a revitalized downtown and waterfront area filled with Midwest charm. It’s known for its entrepreneurial and artistic talent — and chili and ice cream. And,

The gift of being present

by Tinyclanger, SROL participant

My first grandchild was born in the early hours of this morning. Her name is Emily, and she weighed in at 6 lbs, 11 1/2 oz. Mum and baby are both well; my son was so emotional, he could barely mutter, “She’s beautiful.”

When my son phoned me in the early hours to say she was on her way, I knew I could offer to be there if he needed me. To have that to offer, rather than nothing but the worry about being drunk is special. In the past, he would not have phoned. He would have just said to me, “Mum, there would have been no point because you could not have done anything.”

People Power



**2015 Annual Conference:
Call for presentations**

by Roxanne Allen, SMART Recovery Board and Conference Team Member

In 1854, Henry Wadsworth Longfellow called Cincinnati, Ohio “The Queen

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**The SMART Recovery
4-Point Program®**

The SMART Recovery® (Self-Management And Recovery Training) program helps individuals gain independence from addictive behavior.

Our efforts are based on scientific knowledge and evolve as scientific knowledge evolves.

The program offers specific tools and techniques for each of the program points:

- Point #1:** Building and Maintaining Motivation
- Point #2:** Coping with Urges
- Point #3:** Managing Thoughts, Feelings, and Behaviors
- Point #4:** Living a Balanced Life

it's located in Ohio, home of SMART Recovery's Central Office.

We've already started putting together the conference agenda, and we're seeking presentations on these topics:

- local area developments
- program updates
- scientific research on addiction recovery

If you have a topic to share with the SMART community, please use the Call for Presentations form found here:

<https://www.surveymonkey.com/s/2015ConfPresentation>

Deadline for topic submission is May 15.

As usual, the conference will run Friday through Sunday. Friday afternoon features a local outing and casual dinner. Saturday will be a day filled with relevant and interesting presentations, followed by a formal dinner and awards ceremony. Additional presentations will be made Sunday morning before the conference ends at noon.

The complete agenda will be posted in the next edition of *News & Views*.

March: Family & Friends Month

by Kathy Lang, Friends & Family Online Facilitator

Tom Horvath, president of SMART, has designated March as Family & Friends (F&F) Month.

F&F is a growing part of SMART. In addition to F&F's popular presence on SROL, face-to-face meetings are now held in more than 25 locations worldwide, and the list is increasing.

To celebrate Family & Friends Month, SROL hosted two online events in March:

- A Q&A forum for volunteers
- A webinar with Dr. Horvath; Dr. Meyer, author of *How to Get Your Loved One Sober* and originator of CRAFT approach; and Dr. Foote, author of *Beyond Addiction*

For next year's Family & Friends Month, watch for information on SROL and in the January 2016 edition of *News & Views*.

Meet SMART Recovery's new assistant executive director

by Christi Farmer, CDCA

Hi. My name is Christi Farmer and I'm the newest addition to the SMART Central Office.

I've been blessed to work as an advocate for people with mental illness and substance addictions for the past nine years. I've seen the impact addictions have on individuals and their families, both on a personal and professional level. That's why, when a position became available to work for SMART Recovery, I jumped at the opportunity! I've been working in the Central Office since January.

After completing the Distance Training, I learned tools that I believe would have been useful in my job as a clinician when working with clients who struggled with their drug and alcohol addictions. On a personal level, I have also used the techniques to help



me better communicate with individuals who were struggling with irrational beliefs in other areas of their lives separate from addiction.

Now that I've been here a few months, I've had the opportunity to know some of the wonderful people out in the field or callers looking for support, and I'm enjoying each minute! I am impressed every day at the level of professionalism our organization shows across the world.

Knowing that so many treatment providers train to use SMART Recovery tools and techniques with their clients as well as SMART Recovery being a self-management recovery program speaks volumes about our versatility and ability to help so many people.

I'm truly amazed at the commitment and dedication of the staff, Board, and SMART volunteers across the world. It's an honor to be working together as part of the same team.

When I'm not at the SMART Central Office, I enjoy spending my time with my four kids, oftentimes attending their sporting events, or running after my two year-old grandson!

April is Volunteer Month

by Roxanne, SMART Board Member

SMART Recovery celebrates Volunteer Month every April to recognize the efforts of our many dedicated volunteers and to encourage others to give their time and talents. We rely on trained volunteers to help meet the growing demand of bringing SMART Recovery to those in need.

Volunteer training grants are available to cover the cost of the SMART Recovery Facilitator and Support Team

Distance Training (FAST) for those who qualify for financial assistance.



The grants will be available for:

- local facilitators
- online facilitators
- message board volunteers
- chat volunteers
- other volunteers who may benefit from FAST

SMART will accept applications for volunteer training grants throughout April. If you're considering volunteering at SMART, now may be your best time to get trained, get involved, and experience the rewards of helping others. We encourage you to apply as soon as possible at www.smartrecovery.org/volunteer_month.

If you facilitate a face-to-face meeting, encourage your participants to become facilitators. Pass out this *flyer* to encourage them to start additional SMART meetings in your community.

If you're interested in volunteering for our online community, read the **volunteer descriptions**.

Note: Before applying for any volunteer positions, please read the volunteer requirements. Additional

training may be required for some online positions.

For more information on Volunteer Month and becoming a SMART volunteer, visit www.smartrecovery.org/volunteer_month.

Remember to thank a volunteer today!

News from SMART Recovery Online

by Jonathan — JvB — SROL Volunteer

Things are going swimmingly at SMART Recovery Online (SROL). People continue to flock to the site to register; many stay to participate.

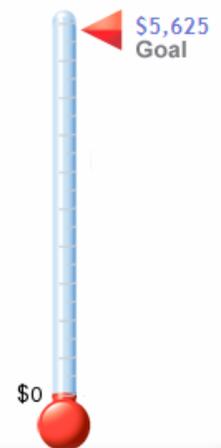
There are an average of 10 new introduction posts in the Welcome Forum every day. I know because I answer every damn one of them, as does LMR, and Message Board volunteer df2.

The Message Board moderators are doing an outstanding job at moving posts that are in the wrong forum to more appropriate forums. This is especially important for newcomers who sometimes post their introduction on another newcomer's thread. The moderators give each new participant who introduces themselves a thread of their own to ensure they get more exposure and responses. This holds true for newcomers who post their first post or thread in another forum.

Two moderators and one volunteer post standard "welcomes" to new participants. While not highly individualized, these welcomes contain a lot of crucial information about SMART and how the online community works. Each welcome covers some of the same information as the others, but in a slightly different way. The advantage to these "canned" welcomes is to provide participants with their first SMART resource to which

Volunteer Training Scholarship Fund needs you

2015 Volunteer Training Scholarship Fund



SMART Recovery relies almost entirely on volunteers to provide our online and face-to-face services. We set aside one month each year to showcase volunteer opportunities, to provide easy access to scholarships, and to engage our community in volunteer outreach.

For Volunteer Month 2015 we've set a goal of 75 new applications for FAST. To fund scholarships for these new applicants, we need to raise \$5,625.

All funds raised in April during our Volunteer Month campaign will be used to provide training scholarships.

To donate, click the button below. Your donation to help us train and increase the number of SMART volunteers, meetings, and services.

[Support Volunteer Training](#)

Thank you, SMART Recovery volunteers and supporters!

they can refer if needed. That they appear on every welcome thread makes them easy to find.

Here are the three standard welcomes:

#1. (LMR555: Message Board Liaison)

Greetings _____,

Welcome to SMART Recovery. Did you find the 24/7 chat room?

No one knows more about you, your situation, values, goals, concerns, and skills more than YOU. No one is in a better position to anticipate how change will fit into your life.

Is there a behavior that you are dealing with that definitely needs change? Or are you in a bit of contemplation about change with any of these behaviors; drinking, drugging, smoking, eating, shopping, gambling, sexual, etc. (even “cutting” or other self-harm behaviors). SMART Recovery can help you explore the possibilities of choice and change. The underlining process in any of these behaviors that can lead to addiction is what SMART Recovery focuses on.

The SMART Recovery 4-Point Program® coincides with scientific research that shows people who have recovered successfully (regardless of the method used) all have “THREE THINGS” in common:

1. A COMMITMENT TO SOBRIETY;
2. A CHANGE IN LIFESTYLE; and they
3. PREPARE AND PLAN FOR URGES.

The SMART Tools are designed to be resources for the work of contemplating and/or initiating change through choice.

Here are my offerings of suggestions that have been helpful for many SMART members aka SMARTies. As you will see, many will offer support and other suggestions. It is your choice how you use the amazing resources, just see what resonates with you.

First, the SMART Tools are science and evidence based and the SMART COMMUNITY is Supportive. SMART tools are applicable to many life issues beyond addiction. In general, they help one clarify one’s thinking so that he/she can make more rational and helpful decisions in many areas of life.

The SMART tools are located in the SMART toolbox under the Resources drop down menu at the top of this page. Here are two SMART Tools to start with, the CBA and the HOV (Cost Benefit Analysis and the Hierarchy of Values) both are thought provoking tools to see just where you are and what choices you are making.

Second, Join the SMART community by connecting on the Message Boards or in the 24/7 chat room and/or the 27 online SMART meetings weekly.

Change may feel a bit overwhelming but it really is just a process. It really comes down to one footstep at a time. Change is possible, it depends on that first footstep. Finding SMART Recovery and signing on is one of the biggest footsteps you had to make.

Best to you,
Lorrie

If you are unfamiliar with withdrawal to alcohol or drugs this website offers Withdrawal resources; common symptoms and treatments: <http://www.withdrawal.org/>.

SMART Recovery does not offer medical advice.

#2 (JvB: Message Board Moderator)

Hello _____,

I’m Jonathan. Welcome to SMART Recovery On-Line (SROL).

The SMART program uses science based methods to help you change any behavior. The content may be different, quitting alcohol/drugs vs. overeating vs. gambling vs. dealing with an addicted person. But the process of change is pretty much the same.

Learn about SMART Recovery:
Introduction to SMART Recovery

The tools, message board and everything else can seem confusing and overwhelming at first. Give yourself some time to get used to it. Look around, see what forums may interest you. This forum might be particularly helpful to you: Problem Gambling (individual forum recommendation)

Right now, you’re on the Message Board. You don’t necessarily get immediate replies here. You get responses when people see your post and have something to say in reply. To check out the chat room and on-line meetings: Go to SMART CHAT & ONLINE MEETINGS on the grey toolbar near

Articles are welcome!

If you have a story or information you would like to see published in *News & Views*, please submit it to Rosemary Hardin, Editor, rosemaryalmond@gmail.com
Unsolicited material is most welcome!

the top. Click on that. Then click on Enter Chat/Meetings Rooms. Then click on the meeting room you want to go to. Chat is open all the time. Meeting rooms are only open when there are meetings.

On-Line Meeting Schedule: [Online Meetings Calendar](#)

Here are some things to get you going:

SMART Tool chest: <http://www.smartrecovery.org/resources/toolchest.htm>

This where we keep the good stuff. Poke around and make yourself familiar with the tools.

These 3 tools are great to start with:

HOV (Hierarchy of Values):
HOV: [Hierarchy of Values Worksheet](#)

CBA (Cost Benefit Analysis): [CBA: Four Questions About My Addiction](#)

(Video of me explaining the CBA and HOV: <https://www.youtube.com/watch?v=axVUzqoRHbw>)

Change Plan Worksheet: [Change Plan Worksheet](#)

SMART Recovery on YouTube: [Smart Recovery - YouTube](#)

SMART Recovery podcasts: <http://smartrecovery.libsyn.com/>

I also recommend reading the FAQ's and FAQ LIST

Take care and enjoy your life in recovery.

Jonathan (JvB)

#3 (df2: Message Board Volunteer)

Welcome _____, There is a 24/7 chat here that many find very helpful. Glad you found your way here. This site has a lot of great information and resources to help people gain independence from addictions and addictive behavior.

There are some tools under the "Resources" tab at the top of the page

that many find very helpful. Some of those helped me a lot.

<http://www.smartrecovery.org/resources/toolchest.htm>

There is the 24/7 chat room and a schedule of online meetings that can be found at the top of the page under the "Smart Chat & Online meetings" tab.

Meeting directions

To get to the meetings on-line. At the top of the page below the blue banner there is an option [SMART CHAT & ONLINE MEETINGS] click on that and click on the bottom option if you are on a PC or Mac. It is best to go to the 24/7 chat room at least 10 minutes before the meeting starts. Most of the online meetings will fill up (35 max).

There are peer support threads under the "Forum" tab set up for the first seven days, the first 30, the first 90, the first six months and the first year.

Some of these are threads where people do daily check-ins and talk about where they are in their journey and get help and/or support from others or discuss life in general. If you search around a little I think you'll find it helpful.

Spend some time exploring the site, there are many people here to help.

Let us know if you have any questions.

SMART Recovery® Tools & Techniques

SMART's 4-Point Program® uses many tools and techniques that may help you gain independence from addictive behavior.

These tools include:

- Change Plan Worksheet
- Cost-Benefit Analysis
- ABCs of REBT for urge coping
- ABCs of REBT for emotional upsets
- DISARM (Destructive Images Self-talk Awareness and Refusal Method)
- Brainstorming
- Role-playing and Rehearsing
- Hierarchy of Values

We encourage you to learn how to use each tool and to practice the tools and techniques to help you progress toward Point 4: Living a Balanced Life.

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SMART Ideas

The why and what of mindfulness

by Bill Abbot, SMART Volunteer

Mindfulness. It seems like it's everywhere these days. Everybody seems to be doing it or at least thinking about it.

What is this thing called mindfulness and why might we be interested in it in SMART?

I've been a SMART Recovery facilitator for more than seven years, and interested in the application of mindfulness — or as I call it mindful awareness practice — as part of the SMART program. I think that, based on my experience with it as well as the growing interest in it, mindfulness is worthy of becoming an official part of the SMART Recovery program. In fact, in some face-to-face meetings, we have been regularly using it for several years either as part of the meeting or optionally after meetings.

The basics of mindfulness are fairly simple. Mindful awareness practice originated in Buddhist philosophy. Mindfulness met modern medicine in the 1970s when Jon Kabat-Zinn developed a program at the University of Massachusetts medical school to help people learn how to reduce stress and to manage pain. Mindfulness-based stress reduction (MBSR) has been proven in clinical studies to be an effective way to manage stress.

Mindfulness can be described as paying attention without judgment to what's going on in the present moment.

It may also be considered as allowing the present experience to occur just as it is, letting it pass as it will, and accepting it as reality, thereby gaining insight as to its truth.

That may sound complicated, but it isn't. Mindfulness is often practiced as meditation but all meditation is not mindful and not all mindfulness practices are exercised by meditating.

There is a lot of evidence that supports the efficacy and effectiveness of mindful awareness practice. Studies in psychology, neuroscience, cell and molecular biology, and even genetics all show MBSR benefits.

In addition to reducing stress, mindfulness has also been proven to be effective in treating clinical depression, anxiety disorders, pain, post-traumatic stress disorder, bipolar disorder, obsessive-compulsive disorder, and addiction and relapse prevention. I have taken the MBSR training and can provide personal testament to its efficacy.

I've studied Buddhist roots and psychology of mindful awareness practice and am impressed with how closely it resembles so much of what we already teach and practice in SMART. Basically, it's a form of self-management and self-empowerment. Much of what we know about REBT can be found in Buddhism, as well as its emphasis on acceptance and the discouraging of self-defeating thinking.

The word Buddha translates from the Pali as "awake." I hope I have awakened your interest in and enthusiasm for learning more about mindfulness. I'll elaborate more in my next article on mindfulness in the next *News & Views*.

Life sucks, then you die

by Hank Robb, Ph.D., ABPP, SMART Board Member

Have you seen that bumper sticker, "Life Sucks, Then You Die"? It seems like the

definition of a "downer." It might also seem odd that I've chosen this as a title for a *News & Views* article.

Is there anyone reading this article who expects to live forever? I doubt it. We might not like that one day we will die, but that doesn't mean it isn't so. So, if the last claim is true, what about the first: "Life sucks"?

As far as I can see, we all have desires. And, in this world, we often don't get what we want, and we often do get what we don't want. Who would have signed up for such a world? Not me and, I bet, not you either!

No one checked to see if this arrangement was OK with us. We just showed up one day and this is how it works: You often don't get what you want, and often get what you *don't*. And, when either of those happen, you feel sad. With enough sorrow, tears come out of your eyes. With more, cries also come out of your throat. And with more, your whole body shakes. Who would have signed up for *that*?

The thing is, if you lay down on your bed with tears, cries and shakes, after awhile, one of two things happens. Either it stops or you fall asleep, wake up, and find that it stopped. And then you get up and have a sandwich.

Life goes on. Like poop, the pain of sorrow passes thorough us, if we let it. And even though the pain of sorrow can be very hurtful, it isn't harmful. So, the bumper sticker is pretty much right on.

Except, what's not on the bumper sticker is that we can choose our response to the situation. For that, we turn to the foundation of SMART Recovery – The Power of Choice.

We didn't get to have a say regarding the nature of human life, but we do get to choose how we respond to it. We could spend our time blaming and condemning the situation or just

endlessly complain about it. Yes, we *could* do that, but that isn't the only thing we could do.

When I read the story of *Pollyanna* to one of my daughters, I was surprised to find that Pollyanna did not dwell in a world she claimed to be all sunshine and rainbows. Instead, I discovered that every chapter began with Pollyanna finding herself in some difficult situation to which she responds pretty much with, "This sucks!" However, she then asks, "Is there anything available in this generally lousy situation that has something positive about it?" and begins searching.

So, if it's true that life sucks and then you die, how about we respond with, "Let's party!" By "party," I mean building a life on the pursuit of the positives available to us. We can choose to pursue the very thing that Point 4: Living a Balanced Life of the SMART Recovery program encourages: A life filled with as many long-term satisfactions as we can attain and with any short-term satisfactions that don't interfere with those long-term satisfactions. After all, very few people give up addictive behavior because it has zero satisfactions. Almost everyone gives it up because, whatever the positives in the *moment*, they aren't worth the negatives in our *life*.

Here's how you can do that. Pick any role in your life: worker, parent, mate, etc. Now ask yourself, "How do I want to be in this area of my life?" Do I want to be the best worker I can be, the most mediocre worker I can be, the worst worker I can be, or somewhere in between? I find that when most people consider how they would choose to perform a particular role in their life, they rarely choose to perform that role in a way other than the best they can.

Notice I said the best *I* can be. I spend my work life as a psychologist. I might not be able to be the best psychologist that can be, but I can be the best psychologist *I* can be.

OK, now come up with a symbol for being the best whatever you can be. When I think of being the best parent I can, I imagine the faces of each of my daughters. What's important is that the symbol is one that connects with you.

Once you have the symbol, hold one of your arms straight out in front of you with the palm of your hand facing you. Now, project your symbol onto the palm of your hand. If you are able to "see" the symbol on the palm of your hand, you will then be able to look down your arm and find a number of behaviors that "line up" with that symbol. Off either side of your arm will be behaviors that don't line up, and probably a lot of them. You need not be concerned about those behaviors because if you focus on doing the behaviors that do line up, the one's that don't will take care of themselves.

So, if you find truth in that bumper-sticker-claim, then also notice you still get to choose how you respond. You can exert your Power of Choice, and respond with "Let's Party!"

Overcoming Addictions: A recovery web app

by Reid K. Hester, Ph.D., Director, Research Division, Behavior Therapy Associates, LLC

reidhester@behaviortherapy.com

"Overcoming Addictions was very helpful. I like how it built on itself as it went along. I also liked the tone of the language on the site. It felt very understanding and non-judgmental." — M.D.

"I loved the course...and it was very helpful to me in making the changes I wanted to make." J.B.

Overcoming Addictions, www.overcomingaddictions.net, is an interactive web app we developed for SMART Recovery. It's based on SMART's protocol plus some additional exercises that are supported by empirical research.

We finished the randomized **clinical trial** in summer 2013, and made it available that fall. Since then, we've continued to add features to enhance the effectiveness of the web app to help people make meaningful and lasting changes.

The new features include:

- 13 weekly emails to guide users through the program. We know that spacing practice over time is a more effective way to learn skills than cramming learning into a few sessions. Each weekly email suggests a set of exercises, provides a custom link that logs on the user and then takes him or her to that exercise(s). The sequence is carefully structured so that each new week builds on the previous week's efforts.
- A daily text message or email that contains a motivational quote encouraging users to persist in their efforts to change.
- Improved videos. Production quality is more professional and the messages about the exercises are more consistent. They also will give users the option to choose a male or a female presenter. We hope to have them up on the site by the time you read this.

We also donate a portion of the proceeds from the subscriptions to **Overcoming Addictions** to SMART Recovery. To date, we have sent

SMART more than \$15,000. SMART, in turn, uses these funds to further improve its ability to help people.

It's a win-win-win situation:

1. Win – Overcoming Addictions subscribers benefit from this user-friendly and proven web app.
2. Win – SMART Recovery receives additional funding.
3. Win – We have resources to evolve and enhance the program to make it even more effective.

So, help yourself, help others, and help us help others. For additional details and information on how to subscribe please visit www.overcoming-addictions.net.

Please like us on Facebook. We'll be blogging there on current research.

Project Gratitude San Diego

By Rick Zimmerman, SMART Recovery Facilitator

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

— William Arthur Ward

We've had kind of a tough year at Alvarado Parkway Institute here in San Diego. An accident in the facility caused extensive water damage to some of the offices and forced us from our regular meeting room and into the cafeteria and occasionally outside on the patio. The staff has been very gracious and accommodating and on more than one occasion even apologetic. I told them we were flexible and would make due.

That's when it struck me that we sort of took our great meeting room for granted and should thank API formally for the many years SMART Recovery

has been conducting meetings there. So was born Project Gratitude.

Showing gratitude is the right thing to do, almost self-evident, yet often overlooked. As I gave my pitch to the Advisory Board, I talked about the side benefit which occurs in the dynamic of one person giving thanks to another or one organization giving thanks to another. The increase in empathy and camaraderie pays huge dividends. Everyone thought it was a good idea.

I outlined the project in three phases.

Phase I was to solicit help from the other facilitators and collect the contact information for each of the many facilities here in San Diego.

Dear Sir, Madam

For SMART Recovery participants it is the time of year to be thinking about what we have to be grateful for. On behalf of SMART Recovery San Diego and the many people who benefit from it, thank you for allowing us to conduct meetings in your facility. SMART Recovery is a minimally funded non-profit. Almost all of our efforts (and all of our efforts locally) are expended by volunteers. We rely on partnerships with generous organization such as Alvarado Parkway Institute. We recognize that our work would not be possible without your assistance. Thank you for your support.

**Sincerely
Tom Horvath**



Phase II was to develop a standard letter of appreciation and Certificate of Appreciation/Plaque.

Phase III was to complete the project by presenting or distributing the letters and plaques.

My experience in other programs and projects I've worked in is that regularly showing gratitude, through individual and organizational recognition, is an investment and results in an increase in awareness and participation.

I would personally like to express my personal appreciation to API CEO Patrick Ziemer for his continued support over the years.

At the conclusion of this project, we distributed Letters and Plaques to eleven different sites. Next year we hope to include even more, as the program "Thankfully" continues to grow.



The photo is of Cher and JD Donovan presenting the Project Gratitude plaque to Amanda Heller, the director of the Lemon Grove Library, in Lemon Grove California



Special Events update

by Dolores Cloward (Dee), SMART Special Events Coordinator

We've had a great start to the year. Dr. Hank Robb joined us at the end of January to talk about Acceptance and Commitment Therapy (ACT) and how it can support and work in concert with SMART Recovery. It was a great discussion filled with vivid examples, suggestions, and a wonderful exchange of questions and answers.

Dr. Robb has been sharing his knowledge with SMART since its inception, and we are grateful each time he does. You can find his writings in every issue of *News & Views*.

We offered a private screening of *The Anonymous People* for SMART volunteers, with the help of the UK online team, then chatted with its creator, Greg Williams. Greg is passionate, inspiring, and charming. The UK volunteers are a phenomenal team, and it was a pleasure to work with them. Kudos to Gavin for initiating the idea, carrying it through, and being a delightful host.

We have some excellent events coming during the coming months:

- May 16 — Stanton Peele in a follow-up interview by Tom Horvath- **A focus on young people**
- June 20 — Dr. Michael Edelstein- **An interview with the author of "Three Minute Therapy"**

- August 15 — Dr. Bill Knaus- **Anxiety in recovery**

Please visit our [Events Page](#) for a list of recent events with speaker bios and links to their podcasts.

SMART welcomes, loses Regional Coordinators

by Darryl Mizer, Regional Coordinator Chair

This quarter we are adding two Regional Coordinators (RCs) and losing two.

We're excited to introduce Marc Kern and Anna Koper who are sharing RC responsibilities in the greater Los Angeles area. Regretfully, we're losing C.J. Gueldner and Ryan Carruthers, RCs in Northern Nevada and Mid-American regions, respectfully. We appreciate their passionate volunteerism to SMART Recovery, and wish them well.

We're seeking RCs in these U.S. regions:

- Northern Nevada
- Mid-American — Nebraska, Kansas, Oklahoma, Missouri, Arkansas
- Mid-Atlantic — Kentucky, Tennessee, West Virginia
- Northwest Frontier — Alaska, Hawaii, Oregon, Washington, Pacific Islands
- Prairielands — Iowa, Minnesota, North Dakota, South Dakota, Wisconsin
- Southeast — Georgia, North Carolina, South Carolina

To be an RC, you must be a past or present volunteer with a good working knowledge of SMART Recovery, the organization, and approach to recovery, and our resources and materials.

Duties of an RC include:

- Attend quarterly online RC meetings
- Contact meeting facilitators in their region at least once per quarter.

- Follow-up and mentor volunteers expressing interest in starting new meetings.
- Provide ideas and feedback to the Central Office.
- Attend Annual Conference when possible.
- Encourage facilitators to organize and participate in Recovery Month activities.
- Serve as a resource for participants, meeting volunteers, and advisors within their region.
- Serve as consultants to volunteers as they apply their SMART principles to their activities.
- Provide business development, speaker solicitation, and administrative support for local meetings, depending on the local tradition and need.
- Help with new meetings.
- Model effective facilitation skills.

Mentoring

A volunteer mentor is an experienced face-to-face meeting facilitator who is willing to serve as a resource to newly trained facilitators in areas where there are no RCs. To answer new facilitators' questions or help with SMART Recovery meeting procedures, mentors contact new facilitators at 30 days, 60 days, and 90 days after the new facilitators' meetings have started.

The mentoring program is a developing success story. We anticipate the program growing as it adds another dimension to SMART's presence and growth.

If you're an experienced facilitator and would like to lend a hand to new facilitators while they start their meetings, please contact the Central Office by calling 1-866-951-5357 or emailing christif@smartrecovery.org.

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Choice in recovery: An update

by Claire Johnson Saenz, Esq., SMART Board Member, Court Outreach Committee Member

In the *News & Views* Winter 2012 edition, we discussed the availability of and barriers to choice in recovery support. SAHMSA has long stated that choice in treatment approach increases the chances of long-term recovery success. SMART agrees and believes that this principle extends to choice in meaningful recovery support.

We're pleased to report that in recent years, substantial strides have been made, and the trend toward choice in recovery support is swelling and is on its way to becoming well-established. More people than ever are able to choose and access a variety of recovery pathways.

In 2012, when the article was written, we had begun to see changes in criminal justice system practices and in court decisions holding that, under the First Amendment to the U.S. Constitution, the criminal justice system must provide options beyond faith-based 12-step programs.

We developed a list of court cases related to this issue, which we hope will continue to be helpful to interested parties. We established a Court Outreach Committee that has gathered resources for the public, produced a video about SMART, began gathering data, and believe we are on track in our mission to increase awareness and acceptance of choice in recovery, with SMART as one of the options.

One of the more compelling cases is **Hazle v. Crofoot**. The court required Hazle, an atheist, to attend a 12-step treatment program as a condition of parole even though he objected to its faith-based content. Disregarding the

existence of clear authority that this requirement was unconstitutional, Hazle's objections sent him back to jail for 100 days.

Hazle sued and won, but the trial court awarded him no damages. On appeal, the 9th Circuit Court determined that he should have been awarded damages and ordered reassessment. Ultimately, the parties settled out of court, and Hazle received \$1 million from the State of California and \$935,000 from the treatment center.

The National Association of Drug Court Professionals cautions in its **Adult Drug Court Best Practice Standards, July 2013** that, "Drug Courts must offer a secular alternative to 12-step programs such as Narcotics Anonymous because appellate courts have interpreted these programs to be deity-based, thus implicating the First Amendment (Meyer, 2011)."

With the requirement of choice now firmly established, our priorities going forward will be growing support in our communities, getting appropriate information out, and engaging in productive dialogue with all concerned about the ravages of addiction in our society and how we can best help.

We hope you will help us continue to do that. To share your ideas, or to volunteer, contact the SMART Recovery Court Outreach Committee, courtoutreach@smartrecovery.org.

Court allows woman to attend Family & Friends instead of Alanon

Ashley Phillips, SMART Family & Friends facilitator in California, was recently subpoenaed to testify on behalf of a woman who had been attending Ashley's F&F meetings. The participant

chose SMART because she found it helpful to her, her spouse, and her family; however, her social worker insisted that she attend Alanon.

Although a devoutly religious person, the participant didn't want to be compelled to choose a program with a religious basis. She consulted an attorney and decided to let the court decide if she had the right to choose SMART.

In court, Ashley provided a brief history of SMART and the F&F program, emphasizing the evidence-based, self-empowering approach of SMART. She also provided a list of national organizations that sanction the SMART approach. Although she was asked to speak about Alanon, she declined to do so.

"The toughest questions," Ashley said, "were about the relative newness of the F&F program." She responded by talking about the longevity and research of CRAFT (Community Reinforcement and Family Training), one of the foundations of the SMART F&F approach.

When asked why some people found SMART a better fit, she spoke about:

- The acceptance of religious and non-religious people.
- The solution-oriented approach using practical tools based on scientific methodology.
- The discussion format of meetings that encourages peer support.
- The self-empowering perspective.

Ashley testified that participants leave F&F meetings with strategies for themselves and to support and encourage a loved one's recovery.

The court ruled that the woman cannot be compelled to attend Alanon and that the social worker must accept

her SMART F&F participation. Thank you, Ashley, for your important contribution to helping this individual, but also to the many who will benefit by the court's decision.

Ashley facilitates face-to-face SMART meetings —F&F and general — and facilitates online meetings as Aeptennislv. She has attended the SMART Annual Conference for the past four years. For the past two years, she co-moderated the conference with Board Vice President Brett Saarela.



President's Letter

President's Letter: Take a stand!

by Tom Horvath, SMART president

Did you know SMART Recovery has several “position statements”? You can find them on our website.

What do these position statements suggest about SMART Recovery? How are they often misunderstood? How might you respond to these misunderstandings?

SMART has a primary purpose — to help individuals gain independence from addictive behavior and lead meaningful and satisfying lives — and a secondary purpose — to support the availability of choices in recovery. These explain why we exist.

SMART has a mission: To offer no-fee, self-empowering, science-based, face-to-face and online support groups for abstaining from any substance or activity addiction. This mission states what we do on a day-to-day basis. There

are other ways to accomplish our primary purpose, but these groups are OUR way. We devote much less direct effort to our secondary purpose, except that by increasing the number of our meetings we will make “choice in recovery” a reality rather than just an idea.

SMART has a vision statement: To be available worldwide, for anyone who might benefit from our meetings. This vision describes how we see our future.

SMART is a highly inclusive recovery organization. We welcome you as a participant whether you have decided to abstain or not, whether you wish to abstain from some substances or activities but not others, view addiction as a disease or not, believe in a higher power or not, use prescribed medications or not, are in addiction or mental health treatment or not, attend other mutual help groups (including 12-step groups) or not, or need a verification of your attendance or not. We accept as meeting facilitators anyone who wishes to serve, regardless of whether that individual has a past problematic addictive behavior.

Does such an inclusive organization have ANY boundaries? Yes! We keep our discussions focused on self-empowerment. We view the capacity to recover as residing inside the individual, not outside in a group, another individual (such as a 12-step sponsor) or a higher power. We operate as much as possible on volunteer effort. Consistent with this effort we are self-funding. Although we may seek outside funding for specific projects, we do not require outside funding for our existence. We support our participants socializing with one another, but do not provide SMART social activities or suggest “sponsors.” Social activity occurs on the initiation of participants and is not part of the SMART Recovery approach.

The boundaries that apply to facilitators are identified in their Code of Conduct. Facilitators who do not live up

to it are withdrawn from facilitating. We deal with facilitators who slip or relapse from their recovery plans on a case-by-case basis. The factors that we consider in each case are:

- The meeting and its participants
- The facilitator
- Responding in a balanced manner to be responsible and maintain the integrity of SMART Recovery

What are the common misunderstandings about these positions? In my experience these misunderstandings include:

- “SMART *requires advocates or recommends abstinence.*”
 - We support abstinence for individuals who have chosen it or are considering it.
- “SMART Recovery is *anti-12-step.*”
 - We support any freely chosen path to recovery.
- “SMART *doesn't have community.*”
 - Although we do not yet have the same degree of community as 12-step groups do, in localities where there are concentrations of SMART meetings, “community” is emerging.
- “SMART is *not deeply helpful because it does not have a spiritual component.*”
 - SMART's 4th point, living a balanced life, involves considering both long-term and short-term satisfactions. Our long-term satisfactions are typically based on our ultimate values and beliefs. Living consistently with these ultimate values and beliefs can be the “spiritual” aspect of one's life.

We will likely “take a stand” on more issues in the future. If you think there is a stand we need to take, let me know.

Tom Horvath

Book Review



What Motivates Me: Put Your Passions to Work

By Adrian Gostick and Chester Elton

Reviewed by Rich Dowling, MA, LPC, MAC, SMART Volunteer Advisor and founder/owner of The Thought Exchange, LLC: Center for Personal Achievement

Finding passion for our work and other areas of our life can give us a greater sense of purpose and meaning. But how many of us really do experience a satisfactory degree of enjoyment at our jobs?

The authors report that more than 50 percent of American workers are unhappy with their work. Globally, only 13 percent are passionate about the work they do. While these are very sad statistics to say the least, *What Motivates Me: Put Your Passions to Work* offers hope for a happier work experience.

While *What Motivates Me* focuses on “putting your passions to work” in employment and careers, the principles offered apply to life in general. In fact, Gostick and Elton’s research for this book, involving 850,000 interviews over 20 years, demonstrated clearly that an individual who is happy at work is generally happy in life. In addition, they discovered the ways to identify your passions and offer ways to put them to work.

The authors’ stated goals are to help the readers answer “two age-old questions”:

1. What is it that motivates me?
2. What can I do about it?

Motivation is the first step for achieving our desires, followed by acquiring personally meaningful information and the application of this information with determination and persistence. It’s good for those who have passion for their jobs and for those who don’t. The challenge is to learn how to achieve more of it. Gostick and Elton suggest we begin by looking “within ourselves to truly understand what motivates us.”

Followed by the suggestion that we all have a unique blend of “motivators,” which they also call “core drivers.” Our motivators can “guide us in sculpting” the work that is most to our liking. To achieve this goal, the authors provide “a simple, empirically tested method for identifying an individual’s core motivators” including an online “Motivator’s Assessment” program.

Through their extensive interviews, the authors were looking for answers to three questions:

1. What helps people feel engaged, enabled, and energized in their daily work?
2. What factors increase or decrease levels of job satisfaction and motivation?
3. What is it that makes people want to quit a job?

Or, more succinctly, what do you like about your work and what don’t you like? Those familiar with SMART Recovery’s 4-Point Program may recognize these questions as an opportunity to do a Cost-Benefit Analysis (CBA), a popular motivation-enhancing exercise.

In Chapter 6, “Embarking on a Hero’s Journey,” Elton and Gostick suggest people generally recognize a need for change in the work place when dissatisfaction overrides pleasure on the job. A clear indication of this is the “Sunday

Dreads,” recognized by not wanting to go to work on Monday. Once this is acknowledged, the authors offer a seven-step process and a list of Do’s and Don’ts along the way to “The New Beginning” stage of a more satisfying work experience.

To further assist this process, the authors found 23 common workplace motivators that include autonomy, recognition, purpose and, of course, money. Not every motivator applied to every person but every one of their interviewees related to some. (See page 23 for the entire list.)

From this list, the authors grouped “Motivators” into “Five Identities”:

1. The Achievers
2. The Builders
3. The Caregivers
4. The Reward-Driven
5. The Thinkers.

The Achievers’ motivators include challenge, excelling, and problem solving. On the other hand, empathy, family, and fun motivated The Caregivers. An individual’s final Motivator Profile may include more or less than the 23 motivators, and some will have motivators of more than one of these five identities.

Once you discover your motivators and identities, it’s time to find the right position. As with other areas of life, enhancing enjoyment for the work you do may involve simple changes, sculpting your current position with the help of your boss, or a need for greater changes including finding a different place of employment or new profession.

A final word from the authors: “When all is said and done, it comes down to what we do for a living and how much we earn is not nearly as important as whether we find joy and value in what we do.”

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Emotional Core Therapy

By Robert A. Moylan, LCPC

Reviewed by Christopher Courington, SMART Regional Coordinator, Facilitator

The goal of Robert Moylan's effectively accessible and readable book, *Emotional Core Therapy*, is to serve as a preventive care manual for one's emotional life.

This book will be of significant interest and benefit to members of the SMART Recovery community and to mental health professionals in general.

The overlaps with REBT will be immediately clear, and I offer that Moylan's emotional core therapy (ECT) approach can serve as an effective adjunct to REBT; the similarities are numerous and important, and yet some folks may find the differences quite to their liking. To be sure, even though Moylan lays out a more detailed plan than one might find in the *SMART Recovery Handbook*, it is clear that Moylan is about self-empowerment and lifelong balance. For those overarching reasons, I highly recommend you give this a close read.

Moylan lays out his program of effective, healthy emotional self-care, beginning with an interesting hypothesis about the root cause of emotional disturbances: not being able to manage the "four authentic feelings" of joy, grief, fear, and relief when entering and leaving relationships with people, places, and things. Within this construct, Moylan explores how relationships can engender healthy habits and expectations, or unhealthy habits and expectations.

For example, we can easily become attached to an exceptionally pleasurable feeling associated with food, music, sex, or individuals who provide those things for us. An overly intense pursuit and

focus upon these pleasurable sensations clearly can produce not only unrealistic expectations of both the things and the people who provide the feelings, but an experience of disappointment, confusion, even bitterness when the pleasurable feelings subside and the rest of the world creeps in. Moylan offers ECT as a *preventive* way to practice emotional self-care so that eventually, an individual can learn to identify when they are becoming too attached to a feeling — no matter what it is — and can then pull back, gain perspective, and then recalibrate to a more balanced way of moving forward.

I highly recommend that you comb the first chapter to learn just how ECT is done, i.e. how Moylan lays out a preventive method to manage those four authentic feelings, which if successfully done, will produce long-term balance.

ECT and REBT both focus on creating and maintaining balance; trusting our senses and our critical faculties; distinguishing between wants and needs; recognizing that a change in habits leads to a change in feelings and vice-versa; and autonomy for the individual as demonstrated by their control over their well-being.

However, equally instructive and important are the differences between the two approaches. The first key difference is along the lines of locus of control, except that we might call it, for our purposes, locus of effectiveness. In ECT, the locus of effective, healthy behavior, or the site of effective change, is in the relationships with people, places, and things. In REBT, everything starts with how we see ourselves.

Second, REBT provides a powerful way to create order from chaos with the overall approach of disputation. ECT

provides a powerful path to maintain and refine that order — and over time, order becomes balance and flexibility — once it has been established. For example, REBT seems to be more robust when it comes to dealing with feelings of worthlessness caused external reactions to "unwelcome" behavior, especially dealing with substance abuse.

Specifically, REBT is especially effective at dismantling the cycle of shame and the irrational thoughts associated with it, and then offering immanently accessible techniques to replace those irrational thoughts with more rational, healthy ones.

And, while an ECT practitioner would encourage this process too, at this point my understanding (surely incomplete, but a work in progress) of both compels me to define perhaps the most striking difference between the two approaches.

REBT, as far as I can tell, would work best as an initial therapy to help an individual break their addictive behaviors and thought patterns. ECT could be introduced after an individual experiences the order and calm that can come from rigorous disputation of irrational beliefs. ECT lays out a more explicit, accessible plan to maintain a robust and flexible sense of balance relating back to joy, grief, fear, and relief.

In other words, REBT and SMART Recovery do a terrific job of creating a smoother road where once the path seemed unnavigable. ECT — first as an adjunct to REBT, then perhaps as the primary mode of therapy — could be a powerful, exceptionally beneficial way for an individual to understand more clearly that once elusive balance, and how to enjoy the deep satisfactions it offers for a lifetime.

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International Development

Alberta Update: Quite a reputation

By Curtis Boudreau, Executive Director, SMART Recovery Alberta

Hello to the SMART world from Calgary, Alberta, Canada.

I hope that the new year is treating everyone well in the world of SMART!

It's great to let everyone know that we had yet another banner year in 2014. We had record attendance, book sales, and collections. It feels good knowing that SMART Recovery is growing its reputation in Alberta as a place where people can discover the power of choice in recovery. As we all know, making a choice is far more productive than having change forced on us.

SMART Recovery is helping change the landscape of addiction recovery in Canada. Calgary, Edmonton, Red Deer, and Airdrie's meetings continue to thrive and grow in Alberta.

I knew it was just going to take some time for the courts and child-family services to accept SMART Recovery as a valid option to meet parole and probation requirements, and help people reunite with their families. More and more newcomers to SMART have told me that the first choice of their social workers was SMART Recovery. It just goes to show how the landscape of addiction recovery is changing in Canada.

The highlight of the quarter was getting invited to the first government-sponsored Summit on Addiction

Recovery in Canada. It was humbling when the executive director of the Canadian Centre on Substance Abuse welcomed the 53 brightest minds on addiction recovery in Canada. The most empowering thing was to know that SMART Recovery is viewed as a valid option in recovery in Canada.

At the summit, the group was given the task of answering, "What is addiction recovery?" In a day and a half we tabled the first ever National Commitment to Recovery from the Disease of Addiction in Canada. I stated clearly that SMART Recovery would help individuals regardless of whether they view addiction as a disease or not. The point is that we spent a couple of days defining what *recovery* is, and not what *addiction* is! The debate on what addiction is will continue, and it was refreshing to focus on defining recovery. A copy of the commitment is available at the CCSA website at www.ccsa.ca/pages/default.aspx.

UK SMART Recovery: Gaining acceptance and growing steadily

Jardine, National Coordinator - Scotland: SMART continues to grow in Scotland, having Partnership Agreements with more than 50 percent of Local Government Areas and having a growing presence in many others. The main order of business this year will be connecting the network and ensuring our McSMARTies are optimising how they engage with SMART. We are running more than 100 meetings a week, welcoming newbies to Online Recovery Community and Training ever week, and witnessing SMART becoming a first choice in mutual-aid recovery for many people across Scotland.

Leigh, National Coordinator – Wales: Two years ago SMART Recovery was almost unknown in Wales and choice in

recovery was limited. Fast forward two years and SMART is being embraced as something that has been needed for a long time. We are currently in Partnership with all the major Substance Misuse Services, including those that also work within the Criminal Justice System. I had a meeting with the heads of the new CRCs (probation) and they are interested in getting SMART Recovery throughout their Services.

The Welsh government has noticed SMART's reputation and excellent programme. The government has been supportive by helping with projects that will reach all corners of Wales. The recent support SMART has received is funding to roll out nine events across the country. I invited other paths to be part of these events to offer *all* choices to those struggling to find something that works for them. This also shows how accepting and open-minded SMART Recovery is and at our heart is the hope of helping others.

As the national coordinator for SMART Recovery, I will continue to support, promote, and develop SMART Recovery. I have some big plans for SMART that I will continue to work toward to ensure our programme reaches every corner, service, and community in Wales.

Steve, National Coordinator – England: The number of meetings continues to rise at a steady rate. As the network increases, SMART Recovery is becoming a viable mutual-aid option to more and more people. For those who cannot attend face-to-face meetings, there are now six online meetings every week. This increased activity, combined with the inclusion of SMART Recovery in the NICE guidelines and Public Health England's FAMA documents, has enabled us to establish a firm base on which to build for the future.

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With awareness of the programme becoming more widespread, partnership opportunities are presenting from more diverse areas, such as homelessness charities, services for young people, community rehabilitation companies, and the military. Recently, we also received enquiries from a couple of organisations that had only used 12-step programmes. I believe that SMART Recovery is now becoming well established as one of those paths to recovery.

Carol, Central Office Manager: Things are beginning to settle down a little bit; changing names and account details for all suppliers was a challenge. We have also been sending out the new UKSR Partnership Agreement, raising invoices, following up with partners, and supporting the people on the ground.

The SMART Family & Friends Pilot scheme finished on January 31. The feedback from this has been phenomenally good! The partners that took part in the pilot all seem keen to continue to offer the Family & Friends programme; we will soon be offering the programme to all of our partners.

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

— *Thomas A. Edison*

SMART Recovery® relies on volunteer labor and donations. Please be generous with your time and money!

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