



### Inspirations

## Passion and hard work x 2 equals SMART Success

by Kevin Breen and Don Iliff, SMART Facilitators

*Kevin leads off with...*

I have been fortunate to develop new SMART Recovery meetings in my town. As a result, SMART is now a recognized presence in our community.

For me, it was a matter of combining a passion for SMART's principles and tools with the opportunities to present them to community leaders; it simply fell into place. Our community is so hungry for an addiction mutual support meeting that is based on the principles of SMART Recovery that growth and penetration into the community is self-sustaining.

Here are some things that may be helpful when promoting meetings:

1. The local Alcohol, Drug Addiction, and Mental Health Services board was waiting for me to speak with it. The board was anxious for additional peer support meetings in town. After a 30-minute meeting, I selected one of three meeting venues offered to me. Finding a place to host a meeting could not have been any easier.
2. Allow the director of your local alcohol and drug board do some work for you. I asked ours to contact me if there was any opportunity to present SMART in the community. Within two weeks, I presented SMART to a local private mental health facility, and to a county task force on reducing incarceration recidivism. Both of these interactions resulted in peer meeting attendance.
3. I was nervous about presenting SMART Recovery to mental health professionals or community leaders in the mayor's office. I had to set the foundation, and not be somebody I'm not. Specifically, I'm not a community leader, a motivational speaker, or

a mental health professional. I combined my passion for addiction recovery with my knowledge of SMART Recovery as learned in Facilitator Training, and informed these groups about SMART. I simply reported to these groups and told them that we have a face-to-face mutual support meeting in town. Questions will guide your presentation

### Inside:

**Inspirations**  
 Passion and hard work x 2 equals SMART Success..... 1  
 4-Point Program®..... 1  
 Meeting Joe Gerstein..... 2  
 'I'm from'..... 3

**People Power**  
 SMART Volunteer Month: training scholarships available..... 4  
 Celebrating 20 years: SMART Recovery 2014 Annual Conference..... 4  
 Wanted: Regional Coordinators to help us grow 5  
 2014 webinars cover many topics..... 7

**SMART Ideas**  
 Open-source sobriety: getting past chauvinism in early recovery..... 7  
 The foreground, the background, and the bleachers..... 8

**SMART Progress**  
 Continuing education credits now available for FAST distance training..... 9  
 Demand growing for more family & friends meetings..... 9  
 Court outreach: court resources webpage offerings..... 10  
 Eating disorders: Online community defines its forum..... 11  
 Time for nominations for SMART Recovery Board of Directors membership..... 12

**President's Letter**  
 SMART Recovery's responsibilities..... 14

**Book Review**  
*Beyond Addiction: How Science and Kindness Help People Change*..... 15

**International Development**  
 SMART Recovery Alberta update..... 15  
 SMART Recovery Australia®..... 16

### 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

and your notes will be something you look at once you get back to your car.

4. These topics may generate interest:
  - It's different from what they're used to
  - SMART works for any substance or behavior addiction
  - 24/7 online access to meetings and human interaction
  - Law enforcement uses the same tools SMART does, but then turn people over to 12-step counselors
5. I found the resources at [smartrecovery.org](http://smartrecovery.org) helpful for presentation handout material. The 1- or 2-page flyer with meeting times listed at the bottom, and a newly developed "Experts on Choice" handout have had the biggest impacts.

Communities are hungry for SMART Recovery. Eight months ago we had nothing in town. Now we have a Monday night meeting, a Tuesday afternoon meeting, a closed meeting at a drug abuse clinic on Thursdays, and a non-announced rainy day instead of golf meeting at our City Mission on Saturday mornings. Every person I have spoken with has been keenly interested in SMART Recovery. The drug and mental health services, probation departments, private mental health facilities and community leaders will be delighted to hear from you. Be prepared for people to thank you for bringing SMART Recovery into your community.

*And now, from Don, who recently completed facilitator training...*

As a therapist who has worked in substance abuse for many years, I used tools, worksheets and a philosophy similar to SMART in group and individual therapy. Before attending SMART, I attended AA and NA. I referred clients to AA and NA, although

with hesitation because I considered them to be religious programs.

When Kevin started a face-to-face SMART meeting last year, I attended. I also began attending SMART online. I took the FAST Distance Training in December and January. Upon graduation, I contacted organizations I was familiar with to help Kevin extend the reach and awareness of SMART. The organizations were impressed with the SMART approach as an alternative to other mutual support groups. As a result, the organizations helped advertise SMART using flyers and word of mouth. Two alcohol-and-drug-related agencies offered space for SMART meetings. Hancock County Probation and Parole agreed to refer their clients to SMART. Probation and parole officers were impressed because SMART fits with their philosophies of choice, motivational interviewing, stages of change, Rational Emotive Therapy, and living a balanced life.

I contacted the director of Probation and Parole and Court Services, describing the SMART program. Kevin and I scheduled a time to present the SMART program to group. I believe they were excited about the program and will begin referring those on probation to our meetings as part of the individuals' probation requirements.

I also met with the director of our local suboxone clinic. The organization was looking for support groups for their clients and SMART helped fill the void. I facilitated my third SMART meeting with the organization in February. A Tuesday evening SMART meeting was scheduled to begin March 11.

I also spoke with the executive director of the Alcohol, Drug and Mental Health Services. She provided space at one of their facilities for SMART meetings. This facility is part of recovery-oriented systems of care for substance abuse treatment. The county

uses Recovery Oriented Systems of Care (ROSC), which offers multiple pathways to recovery and resources.

## Meeting Joe Gerstein

by Iain (a.k.a. Beefer online) SMART Recovery UK® volunteer



Joe Gerstein, left, with Iain.

On Monday February 10, I woke up early. I felt like a kid on Christmas morning. I had known for a few weeks that I was going to a facilitator's seminar in Edinburgh, Scotland; I had also known that Joe Gerstein would be there. Yes, Joe Gerstein.

Many people use SMART Recovery to change their lives and never have the opportunity to meet the guy who started it all. My dreams were coming true.

One of my ambitions is to come to the United States, play the bagpipes at a SMART conference (I do not know if it will happen but I can always dream), meet some of the people I only know through online, and to meet Joe Gerstein.

Joe did a presentation on the Hierarchy of Values and on the ABC tool, and he finished with a presentation on SMART Recovery.

During the day, I never got a chance to talk to Joe. I was in awe of seeing the master do the tools in front of me in the same room as me ...not on a YouTube video.

At the end of the day, I asked Joe to sign my UK SMART handbook, which he did. I also asked for a photo, which he

obliged. Then I talked to Joe about my studies at Glasgow University. He was so knowledgeable (I did not expect anything less) and gave me many ideas for my essay.

Joe is a true gentleman, a truly inspirational person and so humble. I thanked him for starting SMART Recovery and told him had I not found SMART Recovery I would not be here today. His reply: "That's what we are here for."

February 10, 2014 is a day I will NEVER forget.

## 'I'm from'

by Questor, Online SMART volunteer

A long-time SMART Recovery Online volunteer, Questor, recently started her own blog. Check it out at [www.questor7.com](http://www.questor7.com). Click on the "I'm From" audio link to listen to her melodic voice reading her "I'm From" poem posted below.

I'm from the 60's, from my old lady and my old man, from flower children, groovy, and far out man,

I'm from you dig, coming down, I'm hip, and meanwhile back at the ranch

I'm from uppers and downers, and tripping and booze

I'm from free love, pedal pushers, pig out and right on

I'm from James Taylor, Bob Dylan, Joni Mitchell and Sting

I'm from we all live in a yellow submarine

I'm from staying up too late, getting up too late, running away, and screwing and getting stoned

I'm from hating my job, fear of flying, crazy landlords and cheating and lies

I'm from who cares, why does it matter, hope I die, can't stand it, and can't do it, I'm from it should not, must not be this way and it's just not fair

I'm from I'm afraid of getting too close and I'm afraid of being alone, I'm from silk stockings, sculptured nails, permed hair, red wine and married men

I'm from who gives a flying f, why do I have to do it, why does bad stuff always happen to me, I'm from it's awful, it's terrible, and the world must do what I want or else I'm gonna get seriously pissed off

I from too much LFT, and too much LSD, I'm from getting triggered, and woe is me

I'm from broken promises, broken hearts and broken legs

I'm from numbed out, pushed down, blissed out, dismissed and fired

I'm from fear of the future, regret about the past and never being here in the present

I'm from dark days and sleepless nights and panic attacks and endless depression and way too many therapists

I'm from Buddhist retreats, I'm from being twice a widow, I'm from blacking out, falling down, I'm from endless hangovers, I'm from too much caffeine, I'm from pills and potions and desperate pleas for help, I'm from fed up, wiped out, and pretending to turn my life over to a higher power

I'm from falling down the 12 steps and then looking for a different way to quit using and boozing

I'm from choosing to be clean and sober

I'm from saving my life with health foods, mantras, Hakomi therapy, 5 Rhythms dancing, and SMART Recovery tools, I'm from going to meetings and I'm from volunteering

I'm from playing the tape to the end of the story, I'm from ABC's and CBAs, VACI's and USA and UOA and ULA

and UBA, and I'm from ANTS, and I'm from PIG and I'm From PB&J

I'm from grieving over too many deaths in too short of a time, I'm from fleeing from fires in Australia, I'm from a major car crash that came close to killing me

I'm from watching my husband die from a brain hemorrhage, I'm from wishing we had a chance to say goodbye, I'm from meditating and sitting with my feelings, I'm from learning how to live alone and I'm from getting on with a new life after over four years of grieving

I'm from laughing for no reason at all, I'm from DISARMing my urges, I'm from being clean and sober no matter what it takes

I'm from an HOV that lovingly places 'clean and sober' at the top of my list, and because of what they call 'the hundred year flood', I'm from a dilapidated motel room in Boulder Colorado with no idea where I'm going next and I'm from I'm ok with being in a dilapidated motel room in Boulder Colorado with no idea where I'm going next

I'm from accepting that I'm still a little crazy, pedantic, insecure, silly, temperamental and pushy. I'm from not being a bad person, just behaving badly sometimes. I'm from a kind heart, I'm from compassion and joy

I'm from effervescence, and intuition and a wisdom that just keeps growing. I'm from trust. I'm from letting go. I'm from love.

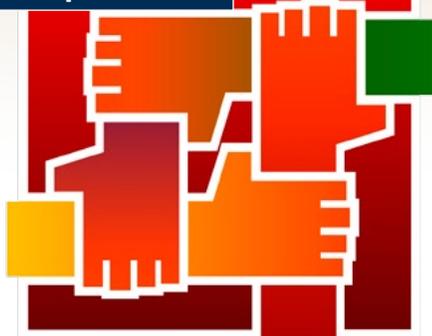
I'm from knowing that I can't change the past. I'm from gratitude.

I'm from forgiving but not forgetting when it's important to remember.

I'm from this place I like to think of as my home away from home.

I'm from SMART Recovery.

## People Power



### SMART Volunteer Month: training scholarships available

Each April, SMART Recovery celebrates Volunteer Month as a way to not only recognize the efforts of our many dedicated volunteers, but also to encourage others to help meet the demand to bring SMART Recovery to those in need and to share in the rewarding experience of volunteering.

Volunteer Training Scholarships are available in April. They cover the costs of SMART Recovery Facilitator and Support Team Distance Training



**April  
is  
Volunteer  
Month**

See if you qualify  
for a Volunteer  
Training Grant!

(FAST) for anyone who wants to become a SMART facilitator and also qualify for financial assistance.

Scholarships are available for local and online facilitators, message board volunteers, chat volunteers, and other volunteers who may benefit from the FAST training. Applications for Volunteer Training Scholarships will be accepted April 1–30. If you've considered volunteering at SMART Recovery, now may be your best time to get trained, get involved, and experience the rewards of helping others make a difference in their lives! We encourage you to apply as soon as possible: <https://www.surveymonkey.com/s/AprilVolMonth>

All funds raised in April via our Volunteer Month campaign will provide training scholarships. You can donate to the scholarship fund at <http://ow.ly/u9vIx>.

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

**Note:** Before you apply for any of these positions, please make sure you meet the requirements. Additional training may be required for some online volunteer positions.

Current face-to-face facilitators can distribute flyers, found **here**, to meeting participants to encourage them to start additional SMART meetings in your community.

Thanks for your support!

### Celebrating 20 years: SMART Recovery 2014 Annual Conference

September 26-28 — National Geographic Society, Washington, DC



This year's annual conference marks the 20<sup>th</sup> anniversary of the founding of SMART Recovery.

This celebration will be held in the heart of Washington, DC, at the National Geographic Society's Grosvenor Auditorium. Located just blocks from the White House, the National Mall, scores of other attractions, and the subway, your "2014 SMART Recovery Adventure" will surely be an experience to cherish for a lifetime.

Most visitors say that late September is the ideal time to visit Washington. The weather is optimal, kids are back in school, and the dusk light gives an exceptional glow to the city. Countless adventures await your discovery during

### Help yourself or a loved one.

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— Stanton Peele, PhD, JD

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the conference and in your free time. This will be an experience you won't want to miss.

### **SMART 101 – We want your input**

Help us gear up for this year's program eye opener, SMART 101, presented by SMART Recovery President Dr. Tom Horvath. Your input is essential to make this part of the conference as meaningful as possible. Please take a few moments to tell us what you want to see in a "SMART 101" presentation. Visit <https://www.surveymonkey.com/s/SMART101> to share your ideas.

### **Lights! Camera! Action! – We want your videos**

We're looking for short video clips — 15 seconds or less — to include in our conference eye opener. So grab your smartphone, camcorder, or other

recording device and record a one-sentence clip telling the world what SMART Recovery is to you. Don't be shy and do be whimsical. Have fun with this. Email your video to [smarteck@verizon.net](mailto:smarteck@verizon.net) by July 15.

Mark your calendars, save the date, and watch for more information about conference features and online registration in the July issue of the *News & Views*.

### **Wanted: Regional Coordinators to help us grow**

by Patrick Garnett, Chair, Regional Coordinators Team

We are looking for current or past volunteers who have a good working knowledge of SMART Recovery, the organization, our approach to recovery, and the vast array of resources and materials to become volunteer Regional Coordinators.

Regional Coordinators (RCs) primarily serve as a resource for SMART participants, other volunteers, meeting facilitators, and advisors within their respective region or state. One primary goal of RCs is to increase the number of SMART Recovery meetings. We hope to eventually have at least one RC in every state; larger states may require more than one.

RCs serve as consultants to volunteers as they apply SMART Recovery principles to their activities. In conjunction with SMART's headquarters staff, RCs help other volunteers understand SMART Recovery principles more fully, and consider options for how to apply them.

In addition to providing coordination among volunteers, many RCs also provide a substantial amount of new business development, speaker solicitation, and administrative support for local meetings. How much support will depend on local traditions and circumstances, and how involved local volunteers are willing to be in these organizational development and administrative outreaches.

RCs also may help with new meetings and occasionally facilitate new meetings to model effective facilitation skills. Many RCs also function as meeting facilitators on regular basis.

### **RC contributions include:**

- Attend and participate in quarterly online RC meetings hosted to report on past, current and prospective activities, successes and goals for their areas.
- Contact meeting facilitators in assigned regions or states, at least once between quarterly RC meetings. This contact focuses on what is working well and what is needed to further establish and maintain SMART Recovery meetings.
- Follow up, develop, and mentor volunteers expressing interest in starting new meetings. Leads not otherwise developed within the region will be provided more routinely through the SMART Recovery Central Office/headquarters.
- Develop, borrow, distribute and provide regional marketing and promotional material.



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- Serve as a clearinghouse to provide ideas and feedback to the Central Office from volunteers within your area.
- Attend the SMART Recovery Annual Conferences when possible.

- Encourage facilitators to organize and participate in Recovery Month activities.

If you are interested in becoming a Regional Coordinator, please email Patrick Garnett, [patrickg1200@gmail.com](mailto:patrickg1200@gmail.com).

While RCs are needed in many areas, our most pressing needs are in:

- Mid-Atlantic Region
- Northwest Frontier Region
- Southeast Region

## Current Regional Coordinators:

Region	Coordinator	Email
Central East – Delaware, DC, Maryland, Virginia	Bill Greer	<a href="mailto:bgreer17@gmail.com">bgreer17@gmail.com</a>
Great Lakes – Illinois, Indiana, Michigan, OH, Western/Northern NY/PA.	Dick Bozian (OH, Columbus & South) Paul Rose (IN) Patrick Garnett (IL) Rod Allwood (western PA - including State College, western and northern NY, and Northern OH) Peggy Darrah (MI)	<a href="mailto:rcbozian@hotmail.com">rcbozian@hotmail.com</a> <a href="mailto:paul@smartrecoverywhitecounty.org">paul@smartrecoverywhitecounty.org</a> <a href="mailto:patrickg1200@gmail.com">patrickg1200@gmail.com</a> <a href="mailto:allwoodinc@aol.com">allwoodinc@aol.com</a> <a href="mailto:SMARTpeggy@live.com">SMARTpeggy@live.com</a>
Gulf Coast – New Mexico, Texas, Louisiana	George Marshall Demian Rubalcaba	<a href="mailto:edalbnmsu@live.com">edalbnmsu@live.com</a> <a href="mailto:demiarnrubalcaba@gmail.com">demiarnrubalcaba@gmail.com</a>
Mid-America – Nebraska, Kansas, Oklahoma, Missouri, Arkansas	Ginger Frank	<a href="mailto:gfrank8151@msn.com">gfrank8151@msn.com</a>
Mid-Atlantic – Kentucky, Tennessee, West Virginia	Vacant	
Mountain West – Colorado, Idaho, Montana, Nevada, Utah, Wyoming	John Nickerson (ID/MT/UT/WY) Doug Hanshaw (CO) CJ Gueldner (NV) Ron Henderson (NV)	<a href="mailto:raftmaster_48@msn.com">raftmaster_48@msn.com</a> <a href="mailto:captain@ouraynet.com">captain@ouraynet.com</a> <a href="mailto:smartrecoveryofnevada@yahoo.com">smartrecoveryofnevada@yahoo.com</a>
New England – Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont	Bill Abbott	<a href="mailto:smartiebill@gmail.com">smartiebill@gmail.com</a>
Northeast – New Jersey, Southern New York (Albany/Binghamton and South), eastern Pennsylvania	Michael Abbate Rod Allwood, Western PA	<a href="mailto:michaelaabbate@gmail.com">michaelaabbate@gmail.com</a>
Northwest Frontier – Alaska, Hawaii, Oregon, Washington, Pacific Islands	Vacant	
Pacific Southwest – Arizona, California	Brad Lyman – Northern Nick Gubernator – San Diego Susan Ireland – CA/Imperial County Guy Lamunyon –AZ	<a href="mailto:bradnsfca@gmail.com">bradnsfca@gmail.com</a> <a href="mailto:nick8west@gmail.com">nick8west@gmail.com</a> <a href="mailto:SusanIreland@co.imperial.ca.us">SusanIreland@co.imperial.ca.us</a> <a href="mailto:glamunyon@aol.com">glamunyon@aol.com</a>
Prairielands – Iowa, Minnesota, North Dakota, South Dakota, Wisconsin	Robert Brown	<a href="mailto:cyobabes@yahoo.com">cyobabes@yahoo.com</a>
Southeast – Georgia, North Carolina, South Carolina	Vacant	
Southern Coast – Alabama, Florida, Mississippi	Darryl Mizer	<a href="mailto:Drmizer1@gmail.com">Drmizer1@gmail.com</a>

## 2014 webinars cover many topics

by Dolores Cloward (Dee), Special Events Coordinator

Dr. Michael Edelstein, author of *Three Minute Therapy*, will join us on April 12 at noon ET, to present “How to Stop Drinking in One Lesson.” Visit [www.smartrecovery.org/events](http://www.smartrecovery.org/events) for more information.

Later in the year, we will have webinars from:

- Dr. Jeffrey Foote, the Center for Motivation and Change for Family & Friends
- Ann Hull, The Hull Institute, specializing in eating disorders
- Dr. Chris Tuell, Lindner Center for HOPE
- Dr. Stanton Peele with Dr. Tom Horvath

And we may have a surprise or two, as well. Watch for details at [smartrecovery.org](http://smartrecovery.org), the SMART Message Boards, Facebook, Twitter and the SMART blog.



### SMART Ideas

## Open-source sobriety: getting past chauvinism in early recovery

by Matt Robert, SMART Recovery Facilitator

I’ve been spending a lot of time these days going in and out of locked detox units. In the most important ways, they haven’t changed very much. But, I’ve changed, and the reason for my going into them has changed as well. I go into them because I want to, and I leave because I can. I go into them now to talk about recovery.

There is a particular flavor of desperation endemic to a detox. The atmosphere is rife with anger, self-loathing, guilt, shame and defeat. People seem to bounce around among acceptance, denial and hair-trigger reactivity,

along with the emotions that trail behind all three. The writing is on the wall everywhere: The people inside are about to lose everything, and that the way to stop this decline is clear. Yet alongside these realizations is the driven inability to stop. The solace the addiction once provided is now decimating, one day at a time.

Into this mix come representatives from recovery programs, telling the patients definitively that they are powerless and that they have to accept that. Others come in saying just as definitively, “You are not powerless; you always have a choice.” Both ideas, either taken together or separately, can pave the way to recovery. But when they’re presented as diametrically opposed approaches in a marketplace of recovery programs, they may do more harm than good in early recovery settings.

It’s confusing when someone who is struggling sees all this wrangling about what the best method is. And probably most proponents of a particular approach would agree not everything works for everyone. In the wake of actor Philip Seymour Hoffman’s death of a heroin overdose, the *New York Times* convened a panel of experts for an Op-Ed piece

titled, “What Is Addiction?” The panelists’ views: It’s a disease and needs to be treated as such. It’s a choice and legitimate options need to be made available for those in need. It’s a lack of the spiritual development needed to build inner strength and purpose. It’s a complex combination of these factors.

The recovery enterprise is a classic example of humans

## 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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being human. “If it worked for me, it has to work for you.” But it’s those in the early stages, in detoxes and other settings, who will be most negatively affected by the unintentional arrogance of the well-meaning recovery group whose method is the “only way” that works. All the rhetoric about powerlessness, choice, and whether or not addiction is a disease or is heritable, is nothing but a mundane distraction that serves only to impede recovery, not bolster it.

In every recovery group there are hardliners who argue for their way as the only way. But there are always others who use their chosen framework to meet people where they are. Although some in SMART Recovery emphasize its difference from “nonscientific” methods, most recognize that everyone is an individual with a unique development, and background and set of needs, and that the recovery that works best is the recovery that works best for ourselves—even if it’s not in SMART. It will be different for everyone, and the journey to being free of one’s addictive behavior involves discovering the unique combination of things that work. There is no one size fits all in recovery, regardless of what some may assert.

The beauty of support groups is that they provide a safe place to work on this—many safe places. There is an array of alternatives to choose from. But as SMART Recovery founding president Joe Gerstein said in a 2010 interview with the UK newspaper *The Guardian*, “The coercion of people into AA, SMART or other support groups ... is ethically wrong, medically wrong and psychologically wrong.” Not to mention pragmatically. And it is in early recovery where this coercion is most likely to happen.

If we could stand up on a mountain and look down at all the different recovery groups, we’d see that, although they differ in some obvious ways, they’re all aiming to do the same thing. The purpose and objective is identical for each: to achieve and maintain sobriety. Period. Not to advance some treatment agenda, or get funding for research, or compete in any way. It’s not that the exigencies of funding shortfalls are unimportant. Or that changing the attitudes of the powers that be is a trivial enterprise. Or that there is no merit in showing people the fastest road to recovery and allowing them to get their lives back. But for the lonely person staring out a window on the locked ward of a detox, this contentious posturing is just a distraction from the dire situation

at hand, and from the task of piecing together a recovery that works.

## The foreground, the background, and the bleachers

by Hank Robb, PhD, ABPP

In this column I suggest some moves you can make with thoughts, images or bodily sensations that seem to be giving you trouble. Let’s begin with this short exercise using your ability to focus.

Begin by focusing on your left hand for a few minutes.

While you were focused on your left hand, how much did you notice your right foot? My guess is you didn’t notice it at all. So let’s try a second exercise.

This time, focus on your left hand with the intention of not noticing your right foot.

My guess is that even though you tried very hard to keep your focus on your left hand, it kept slipping over to your right foot. This is a common finding. When you try hard to do any X so you won’t notice some Y, your focus keeps slipping over to Y. Even when you succeed for a little while, you find yourself thinking, “This is great! I’m really staying focused on X and I’m not thinking at all about — oops there’s Y again.”



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Let me suggest another exercise.

Begin by focusing on your right hand for a few moments.

Now switch your focus to your left foot for a few moments.

Now back to your right hand.

Back to your left foot.

Back to your right hand.

And back to your left foot.

When you switched your focus, what you were previously focusing on went into the “background.” It didn’t go away. If you had tried to get it out of the background, it would have been in the “foreground.” Whenever you put your eyes on the prize, there will very often be something in the background. You will act more effectively by simply leaving it there. If you do otherwise, in the moment you switch your focus, whatever was in the background becomes the thing that you are “prizing.”

Admittedly, sometimes thoughts, images or bodily sensations seem to “stomp their way into the foreground.” If you have ever been to a public event where the seating was bleachers, you have a nice metaphor for how to handle this situation. Bleachers are simply rows of a very long flat surface on which individuals sit. Each row rises high enough above the previous one so that those seated in that row can see over those seated in front of them. The thing about bleachers is that there is often more room for people to sit than there might seem to be. If you have ever been to an event with seating in the form of bleachers, you may have noticed that even though there seems to be little room left for anyone to sit, when the “good looking twins” show up, people tend to

move closer to each other to make enough room.

I gave the example of the good looking twins because “the ugly fat kid” can take up as much room as two people. And we’ll make room.

We may have thoughts, images, or bodily sensations we consider “ugly,” and we also have “room for them” in our metaphorical bleachers because, in the end, they are only thoughts, images and sensations. When we aren’t in a psychological fight with them, we have more opportunity to focus on what we might call the big picture we would want our life to be about – SMART Recovery’s Point 4: Living a Balanced Life.

Sometimes when I give this example, folks object to my suggesting that there might be someone who is fat and ugly. However, in truth, there are people who are overweight and unattractive. Many of us have felt like that person even if by some “objective standard” we weren’t that overweight or that physically unattractive. The thing is, whether you actually were an “ugly fat kid” or just felt like one, wouldn’t it have been nice if folks have made some room for you in those bleachers you were trying to get a seat in? Well, at least you have the chance to do that now for those “ugly fat experiences” that, no matter how unwanted, belong to no one but you. Be kind and give them a place to rest while you go back to what you most deeply want to make important.

So here’s the take away. First, rather than try to focus on one thing so you won’t notice another, put your focus on what you want to make important and let whatever is in the background stay there. If it “stomps its way into the foreground,” give it a place in your psychological bleachers and then put your eyes back on the prize of Living a Balanced Life, the “big picture” of what you want your life to be about.



## SMART Progress

### Continuing education credits now available for FAST distance training

Effective immediately, the Institute of Addiction Awareness is providing continuing education credits for nurses, social workers and addiction counselors completing the SMART Recovery FAST Distance Training program. (The Institute of Addiction Awareness will also provide CEU credits retroactively for 2013 graduates.)



If you have already completed the training, a 30-hour CEU certificate is available for only \$69.99 to

professionals who successfully complete the training and provide their certificate of completion. See the approvals section at [CEUInstitute.com](http://CEUInstitute.com) for more about specific credits.

Just submit your payment and a copy of your FAST Distance Training certificate, along with the form provided at [CEUInstitute.com](http://CEUInstitute.com).

### Demand growing for more family & friends meetings

by Kathy Lang, SMART Family & Friends Facilitator

People contemplating recovery or who are already in recovery often find that the negative consequences of their

addiction have had a serious impact on the health and happiness of their family members and friends. One of the many challenges they face in recovery is rebuilding those damaged relationships.

The goal of SMART's Family & Friends (F&F) program is to provide a supportive network and useful tools for those who are affected by a loved one's addiction. This helps them deal more effectively with their situation and it benefits a loved one by creating a family environment that is more supportive to a healthy recovery and to rebuilding relationships.

SMART began offering a weekly 90-minute online F&F meeting in 2010. Additional online help for F&F grew through the message board, online meetings, and a resource library. Currently, there are two online meetings — Monday at 9 p.m. ET and Thursday at 1:30 p.m. ET. Additionally, SMART UK offers an online meeting for F&F on Monday at 2 p.m. ET.

"We know that it is possible for families to improve their relationships with their loved ones, improve their own sense of well-being, while at the same time increasing the likelihood of their loved ones seeking recovery. In our F&F meetings we see over and over again how beneficial the SMART tools are for our participants. They frequently report an overall sense of improvement in their lives: less anxiety, less anger, a greater sense of personal control, and an increase in their level of hope for their loved ones," says Roxanne Allen, a longtime F&F online facilitator and a new member of the

SMART Board of Directors. It's not only online that family and friends can find help from SMART. A *Family & Friends Participant's Handbook* was introduced in 2012. It covers topics such as change and motivation, self-care, the ABCs of REBT, beliefs and disputations, positive communication, boundaries, lapses, disabling the enabling, trust, forgiveness, and the power of choice.

The handbook is the foundation for current F&F meetings, and you can use it for self-study. Along with the handbook, SMART offers a facilitator's manual for F&F meeting facilitators.

In late 2012, advice columnist Dear Abby recommended SMART Recovery's F&F to her readers. Since then, we've seen a growing interest in starting new F&F face-to-face meetings. We are fortunate that many facilitators have volunteered to add a F&F meeting to their responsibilities. New F&F meetings are springing up around the United States. Currently, there are 12 meetings—California, Illinois, Maryland, Massachusetts, New Jersey, Ohio, and Pennsylvania—but the need is much greater than the pace of our expansion.

Bill Abbott, meeting facilitator, New England Regional Coordinator, and volunteer advisor, has been facilitating a local F&F meeting in Massachusetts for the last year.

"The tragic consequences of an individual's addiction are known to most people, but far fewer truly understand the damage done to families and friends of those with addiction issues. We need more meetings, both face-to-face and online," he said.

Board member Allen said she would love to see F&F meetings in every community and facility where SMART Recovery meetings are available.

"With the help of local facilitators who expand their volunteer role to include offering a meeting for F&F, or who encourage their meeting participants to suggest that their concerned significant others start a new F&F meeting, this is an exciting opportunity to grow as an organization by making SMART tools and support available to an even larger population," she said.

To accomplish this, SMART needs to recruit more facilitators to start F&F meetings. The current Distance Training provides an excellent foundation for new F&F facilitators; however, because the challenges to F&F participants are somewhat different from those in a regular recovery meeting, SMART is exploring the option of providing some additional specialized training for those wishing to start meetings for F&F.

The expansion of the Family & Friends Program is an exciting part of SMART Recovery's growth and future.

For more information click [here](#).

## **Court outreach: court resources webpage offerings**

by Dolores Cloward (Dee), Court Outreach Committee Chair

We are pleased to announce that as part of a larger update to SMART's Court Outreach webpage at [smartrecovery.org/courts](http://smartrecovery.org/courts), new printable materials are now available for judges, participants, and facilitators on our brand-new **Court Resources Page**. There are general and court-related materials that provide

information and can be used to make up a small packet of information for a court, probation department, or other court-related offices and personnel. Additional resources will continue to be added.

The court outreach committee believes that the courts are more than ready for SMART Recovery and courts are becoming receptive. We are so pleased that individuals are increasingly being given the room to discover the power of choice.

Please contact us if you have questions or would like to get involved, [courtoutreach@smartrecovery.org](mailto:courtoutreach@smartrecovery.org).

### Eating disorders: Online community defines its forum

by LMR, online facilitator, message board liaison and message board moderator

What is an eating disorder?

Is an eating disorder the same as disordered eating?

What's a possible trigger for someone engaged in an eating disorder?

What does this have to do with SMART Recovery?

Don't have all the answers? You are not alone.

There isn't as much discussion about eating and feeding addictive behavior as other types of addictive behavior. Sure, we hear about obesity and the devastating disease-related effects of improper nutrition. These conversations often include what is served on the plate but rarely go into the how, or the behavioral side of eating. Many intelligent people don't spend much time thinking about this epidemic of addictive behavior.

Most people partake in "disordered eating" at some point—skipping breakfast, eating too much, too fast, or the wrong foods for their optimal health. Countless individuals question if there's something wrong with their natural body size. These are all examples of disordered eating.

Eating disorders, on the other hand, are serious illnesses that can be life threatening. People with eating disorders need to seek professional help.

SMART Recovery 4-Point Program® and SMART tools, as well as the online community, can be part of the recovery for people with eating disorders—and are also helpful for those who exhibit disordered eating. There is a big difference in online support for eating disorders and disordered eating. For eating disorders, there first needs to be a safe environ-

ment with a focus on removing triggers. Conversely, brainstorming and spontaneous support can be helpful for disordered eating.

For nearly eight years, SROL has hosted a specialized group forum for eating disorders. As with other addictive behaviors, it's meaningful to have a connection with others who have had or are having similar experiences.

Here is where the questions above become relevant. The Message Board users are incredibly supportive of one another. They want to be helpful to others and to themselves. With a basic knowledge of eating and feeding disorders, SMART Online can provide an excellent home and support both for eating disorders and disordered eating. However, there was a significant misunderstanding on the use of the Eating Disorders Forum that needs to be addressed.

In the SMART Online community, many people are doing the recovery work for alcohol or drugs, and getting positive results. The next step for them is often to address some excess weight that remains from their past behavior and rebuild healthy lifestyles. They demonstrate a renewed interest in discussing food and physical activities.



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They may notice the Eating Disorders Forum and decide to start posting for this next stage of their recovery:

“Oh my, I ate such and such, my weight is this amount, and I just started the newest best ever diet.” These comments may be innocent, but in the clinical world of eating disorders, they can be harmful triggers. These posts are not appropriate in the Eating Disorders Forum.

A healthy conversation for a person with some disordered eating behaviors can be detrimental for someone involved in binge eating disorder.

Some members of the eating disorders community reached out to me to see what could be done with these more conversational posts. I asked them if they would be part of a team to collaborate and find a solution to this dilemma. The goal is to create an Eating Disorders Forum that is safe and helpful for all of the eating disorders community.

One of the first principles is that the SMART 4-Point Program<sup>®</sup> and Tools would be the forum's cornerstone. A lot of the recovery work can be shared in the safety of the tools. The eating disorders classification information that is available indicated that there was work that could best be accomplished by the separation of the eating disorders classifications. This would mean that some of the behavioral work would need to be separated in the safety of sub-communities. We created subforums for anorexia, bulimia, binge eating disorders, and EDNOS (eating disorders not otherwise specified).

I wanted accurate and fresh information. So, with Shari's help, I arranged a phone meeting with Ann Hull of the Hull Institute. She reviewed the current science of eating

disorders. She updated the relevant article on the SMART website.

The last key step is to educate the SMART Online community on our findings related to eating disorders. This education would encourage the SMART community that may seek support in disordered eating to use other areas of the Message Board. Areas where weight, diet, and specific food discussions are appropriate, thus offering the eating disorders community a safe home, equal but not pooled with the other distinct healing areas of the SMART Online community.

## Time for nominations for SMART Recovery Board of Directors membership

### Job Requirements

1. Members of the SMART Recovery Board of Directors are expected to be knowledgeable about and involved with SMART Recovery activities.
2. Participation in quarterly online board meetings and in the annual fall board meeting (in person). The member pays costs associated with travel to and from the fall board meeting. Attendance is required at all meetings.
3. Board members are called upon to review, discuss, and make decisions relevant to organization-wide SMART Recovery policies and issues. For example, board meetings are not intended to provide a forum for discussion of local outreach efforts, but to determine how the national organization and Central Office can better support the efforts of the organization as a whole, or big picture thinking.

4. Members are expected to volunteer for committee activities and to spend time outside board meetings to help increase the visibility and awareness of SMART Recovery, as well as to help with fundraising efforts.
5. Board members are expected, in the normal course of conducting board business, to offer their skill/services to SMART Recovery for free. Any board member performing remunerated work in connection with SMART Recovery requires authorization by the president or by the executive committee of the board.
6. Board members are requested to give or get \$1,000 annually to help meet the financial needs of the organization. (A structure is in place to ensure that this does not create a financial burden on board members).
7. Ability to communicate electronically is required, as much of the communication outside board meetings takes place through email.

### Nomination Process

1. A nomination form needs to be completed for each person being nominated.
2. Three letters of support must accompany the nomination form.
3. Submit forms to the SMART Recovery Central Office by August 1 of the year in which the candidate is nominated.
4. When the Central Office receives the nomination form, a copy of the form and support letters will be distributed to members of the executive committee for review.
5. Executive committee members will meet via email to review candidates and to make recommendations for

# SMART Recovery® Board of Directors Nomination Form

(Confidential)

RETURN THIS FORM by MAIL or EMAIL BY AUGUST 1 OF THE YEAR IN WHICH THE NOMINEE IS TO BE CONSIDERED TO: Nominating Committee, c/o SMART Recovery® Central Office, 7304 Mentor Avenue, Suite F, Mentor, OH 44060; via Fax: 440/951-5358; or [sallwood@smartrecovery.org](mailto:sallwood@smartrecovery.org).

Date: \_\_\_\_\_

1. Name of Candidate: \_\_\_\_\_

1. Home Address: \_\_\_\_\_

2. Home Phone: \_\_\_\_\_ 4. Business Phone: \_\_\_\_\_

5. Cell Phone: \_\_\_\_\_ 6. Email Address: \_\_\_\_\_

7. Number of years affiliated with SMART Recovery: \_\_\_\_\_

8. Role related to SMART Recovery:  
\_\_\_\_\_  
\_\_\_\_\_

9. If relevant, academic background (list institutions, major/minor, degree/certificate):  
\_\_\_\_\_  
\_\_\_\_\_

10. Professional background or other skills and talents:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Reasons why the nominee should be elected to the Board of Directors:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. Do you have any concerns about the individual's ability to interface with other board members or perform their board duties?  
\_\_\_\_\_  
\_\_\_\_\_

13. Submitted by (please print name and affiliation with the candidate): \_\_\_\_\_  
\_\_\_\_\_

**Note:** Attach three letters of support.

approval at the fall Board of Directors meeting.

6. The Board of Directors will consider and approve selected candidates at the fall meeting.
7. After the fall board meeting, nominees will be contacted about the outcome of their nomination.

### Term of Office

1. New members will be elected to the Board of Directors each year and will hold office for a term of two years.
2. The term of office for each board member will begin on December 30 of the year elected and will end on December 29 two years after.
3. Members may be considered for re-election.



### President's Letter

## SMART Recovery's responsibilities

SMART Recovery has worked diligently to establish itself as a valued support for recovery. I would love to thank each volunteer personally! You have worked tirelessly (under the guidance of our equally tireless but vastly outnumbered staff) for the successes we have had. We had recognition from the recovery field since our beginnings, but in the past year or two, we have seen a substantial increase in that recognition. Although we have many arrivals (and much excitement) ahead of us, SMART Recovery "has arrived" in many ways

already. When we celebrate our 20<sup>th</sup> anniversary this fall in Washington DC, we will have much to celebrate.

With success and recognition also comes responsibility. In this column, I outline what I believe are our responsibilities as a significant participant in the international recovery scene. We do not want to be like revolutionaries who protest an abusive government, work to overthrow it, then install abuses of their own.

1. *Will we stay true to the principle that there are many paths to recovery?* We have emphasized this principle to the benefit of our organization. Let us not stop acknowledging that new approaches are likely to emerge, and that existing approaches are probably not going away. Faces and Voices of Recovery is the leading recovery advocacy organization in the United States. It presents this principle twice in its Recovery Bill of Rights (a truly enlightened document). Its preamble states: "We must accord dignity to people with addiction and recognize that there is no one path to recovery." In the second point of 11, it states: "We have the right—as do our families and friends—to know about the many pathways to recovery."
2. *Will we honor our slogan, "Discover the power of choice?"* Will we continue to honor those participants who are religious or spiritual as well as those who are not? Will we honor those who view addiction as a disease as well as those who do not, or don't have an opinion? Those who plan to abstain for life as well as those who think they may pursue moderation later? Those who call themselves addict or alcoholic as well as those who do not?
3. *Will we forget the focus of our meetings?* Despite our open-mindedness, do we continue to focus our meeting

discussions on how to abstain, regardless of what individual participants may choose to do outside of meetings?

4. *Will we continue to respect the fundamental direction established in our formation that "our efforts are based on scientific knowledge, and evolve as scientific knowledge evolves?"* As scientific knowledge expands our understanding of recovery, will we have become so comfortable with "business as usual" that we do not make the effort to incorporate the new findings? To be sure, such work requires time and patience. Witness how we have dealt with the implications of "mindfulness." We are not rushing into incorporating mindfulness, nor are we ignoring these developments. In time, we will determine how to give mindfulness its proper place in SMART Recovery.

Growing up, my parents often told me, "With freedom goes responsibility." You can probably imagine the behavior on my part that prompted these reminders. As they told me, "if we are free to make our own decisions, we need to do our best to make good ones." Similarly, with recognition for SMART Recovery also goes responsibility. As we are increasingly acknowledged as leaders in the recovery world, let us continue to set a good example by adhering to principles we have worked so hard to get recognized.

*Tom Howath*

### 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](mailto:rosemaryalmond@gmail.com)  
Unsolicited material is most welcome!

## Book Review



### ***Beyond Addiction: How Science and Kindness Help People Change***

by Jeffrey Foote, PhD, Carrie Wilkins, PhD and Nicole Kosanke, PhD, with Stephanie Higgs  
reviewed by Roxanne Allen, SMART Volunteer

There is a much better option for families than using “tough love” with a loved one (LO) who has substance problems.

Contrary to commonly quoted suggestions for families to “practice tough love,” “detach with love,” and “let them hit bottom,” families *can learn* a more effective way to interact with their LO. It has been found in clinical studies that families using CRAFT (Community Reinforcement and Family Training), are twice as likely to influence their LO to seek treatment for addictions than if they used a confrontational Johnson-style intervention.

Dr. Robert J. Meyers, PhD, introduced CRAFT to the public 10 years ago in his ground-breaking book *Get Your Loved One Sober – Alternatives to Nagging, Pleading and Threatening*, which is used as a resource in the SMART Recovery Family & Friends program.

In their much anticipated new book, *Beyond Addiction – How Science and Kindness Help People Change*, senior staff

members Jeffrey Foote, PhD, Carrie Wilkins, PhD, and Nicole Kosanke, PhD, from the Center for Motivation and Change (CMC) in New York, offer a message of hope and how-tos in this clearly written guide for families wishing to learn CRAFT techniques.

In a recent interview, Carrie Wilkins, co-founder and clinical director of CMC said, “There is so much that we now know about addiction, how the change process works, how motivation works, how you can impact all of those things in a very positive way... We really feel that family members should be armed with this information so that they can be better educated consumers... The problem is that family members get this peculiar mixed message where they’re

told they essentially can’t do anything, that you can’t make somebody change. That is true, you can’t make somebody change, but you can *absolutely* become a very effective “change agent” in somebody’s life, and you can construct their environment, you can construct your communications—there are lots of very strategic things you can do that can have a very positive

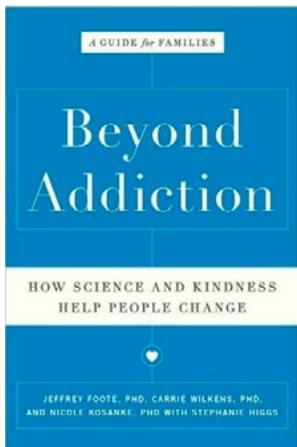
impact. And we really wanted to help families, because families desperately want to help. They don’t want to distance themselves, they don’t want to detach—that’s a confusing message to family members.”

This well-organized guide for families begins by describing the nature of addiction, explaining how people change and why. Subsequent chapters are devoted to explaining how families can make changes that will improve their own sense of wellbeing while at the same time creating an environment that truly

supports recovery for their LO in a meaningful and helpful way. Self-care, setting goals, positive communication, allowing natural consequences and reinforcing “good” behaviors are key concepts. An excellent chapter discussing treatment options is included to help families make choices that are most appropriate, given their unique needs.

Throughout the book, CRAFT strategies are clearly explained, numerous realistic examples are provided, and exercises designed to build awareness and develop personal strategies enhance the learning process.

The authors of *Beyond Addiction* have written an excellent book, sharing the benefit of their many years of experience using CRAFT and the science of change to help families learn how to help themselves while they learn to help their LOs *want* to change.



## International Development

### **SMART Recovery Alberta update**

by Curtis Boudreau, executive director, SMART Recovery Alberta

Hello to the SMART world!

It’s been a busy six months since I last updated you all on what’s going on in Alberta.

Last year, 2013, was our best year ever! At our one location, four meetings per week, we sold 337 SMART Handbooks. We are hoping to sell more than 400 in 2014. We are now stocking the Friends & Family Handbook and regularly selling out. We might be able

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to sell 100 F&F Handbooks this year, which is about eight handbooks per month. We expect 2014 to be an even better year than 2013.

We moved our Friday meeting to the downtown location from Ogden due to some staffing issues. Thirteen participants attended our first downtown meeting, and we expect to see at least 20 per meeting there. It is a more accessible location than Ogden was and should do well.

We welcomed our seventh facilitator to the Calgary team, and are looking to expand our meeting count this year. We currently have eight meetings going on in Calgary, and would like to move that to 10 this year.

Wendy is taking the F&F Training, and we will be opening a biweekly F&F meeting in the near future. We have had many people who support someone battling addiction ask for this, so the meeting should take off quickly.

Tim in Edmonton also is having his best year, and hopes to add a second weekly meeting soon.

Our facilitator in Lethbridge changed jobs and moved to Edmonton, so our Lethbridge meeting is temporarily shuttered. Many people have expressed interest in taking the training and re-opening that meeting.

Our charitable registration is moving forward and we expect to be registered and incorporated this year. This has taken longer than expected, but I'm hoping for the registration to happen by this summer.

I'm looking forward to our next update in June and would love to let you know we are a Registered Canadian Charity!

## SMART Recovery Australia®

by Ryan McGlaughlin, executive director, SMART Recovery Australia  
Twitter: @McGlaughlinRyan

Since commencing in the role of executive director of SMART Recovery Australia in November 2013, I have been impressed with the passion and commitment of our volunteers and of the broader SMART community. It has been made clear to me that SMART Recovery has significant respect and goodwill in the sector, and has an enormous opportunity to grow and make more positive impacts on people's lives.

Federal and state governments in Australia are currently reconsidering their approach toward not-for-profits organizations. This is partly driven by the new National Disability Insurance Scheme (popularly known as the NDIS), and partly by change of governments that have a strong ethos toward "small government." Consequently, there are many reviews, audits, and evaluations happening within the alcohol and other drugs sector, and within mental health sectors.

SMART Recovery Australia (SRAU) is also undertaking its own review. In December, a project was instigated to review the delivery of SMART programs in Australia. The aim of the project is to establish a strong organizational and business structure, including a review of governance, operational and financial positions, and to better position SRAU in the sector. The project also will help SRAU understand where other stakeholders and partners see the role of

SMART Recovery in the pathway of care. The project will help SRAU design a new strategic plan and business plan to ensure that the programs managed by SRAU are known to people experiencing problematic behaviors associated with any addictions, and that they are accessible anywhere in Australia.

Some key undertakings of the SRAU Review and Development Project are:

- Auditing policies and procedures, governance, statutory, and financial records
- Gathering stakeholders' feedback on SRAU's performance and future direction
- Gathering SMART Recovery facilitators' feedback on the ongoing support they require
- Evaluating the model of business of all the programs managed by SRAU
- Reviewing the board composition, including what additional subcommittees maybe required
- Determining the volunteer and staff structure
- Developing a three-year strategic plan

***Every year, about 340,000 Australians grapple with the combination of a mental health difficulty and drug or alcohol problem.***

***– A Contributing Life, the 2013 National Report Card on Mental Health and Suicide Prevention***

***“Participants reported a statistically significant reduction in their alcohol or other substance use since attending SMART Recovery (but remember this is retrospective and self-report)”***

The SRAU review will be finished by June 31, 2014.

The University of Wollongong, New South Wales (NSW), completed the first SMART Recovery Facilitator and Participant survey conducted in Australia. Some of the findings include:

- 582 people participate in weekly SMART Recovery groups
- 73 percent of participants attend weekly SMART meeting
- 40.3 percent combine individual counseling with SMART meetings
- 16.9 percent combine 12-step meetings with SMART meetings
- 26.6 percent have no other treatment other than SMART meetings
- 87 percent report comorbidity with mental illness
- Participants want more groups to be established
- 45 percent of facilitators have a previous history with addiction
- On average, facilitators have been facilitating groups for 2.6 years
- Facilitators want more training and support

The survey also found that there has been a small increase in the number of SMART Recovery groups in Australia, from 104 groups to 109 current registered groups. SRAU continues to do monthly training for potential new facilitators.

The NSW Corrective Services Corporate Research and Statistics Unit and Offenders Unit have evaluated the Getting SMART, and the maintenance SMART Recovery Program. SRAU has been informed that the reductions in

rates of reoffending are positive, which is a great result for the community. The full evaluation report is not yet public.

A highlight has been the development of the Aboriginal and Torres Strait Islander SMART Recovery Project for Australia’s indigenous and first peoples. Jody Lloyd, the team leader of the Aboriginal Drug and Alcohol unit Wandarma in Bega Valley, NSW, and Josette Freeman, SRAU training coordinator, recently piloted the program in conjunction with the Gippsland and East Gippsland Aboriginal Cooperative and La Trobe Community Health

Service in Victoria. The next stage is to culturally adapt the SMART Recovery Handbook so the material is appropriate for aboriginal and Torres Strait Islander communities.



Jody Lloyd, seated, second from the left, and Josette Freeman, seated, third from left.

***“You cannot chemically induce an understanding of how to be happy in life.”***

***— Charlie, Online Meeting Facilitator***

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

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