

Inspirations



The Fourth of July

by William Abbott, Facilitator and Volunteer Advisor

Last summer, I wrote this for the SMART Recovery® facilitator's listserv. Many liked it and encouraged me to post it in the newsletter.

I have been thinking about the coming US holiday, the Fourth of July.

As I was doing mostly nothing today, which is entirely appropriate for a holiday weekend, my thoughts turned to the importance of this occasion. I suspect that most who reflect upon the Fourth of July do so as a holiday

weekend that marks the real advent of summer holidays, the beach, hot dogs, and fireworks.

My thoughts, however, turned to The Stages of Change (Figure 1). I regard the stages of change as being one of the two or three most important concepts in SMART Recovery®'s armamentarium. The concepts weren't even an idea back in the 18th century, even though they were in play during the birth of our nation.

Before April 1775, when the armed conflict we call the American Revolution began, I would regard that the colonists and the nation were in

the first stage of change—pre-contemplation—because things were okay with England.

When taxation without representation and other issues began to bother the colonists, they moved into the contemplation stage. On April 19, 1775, the first battle in Lexington and Concord, Massachusetts took place (Listen my

(Continued on page 2)

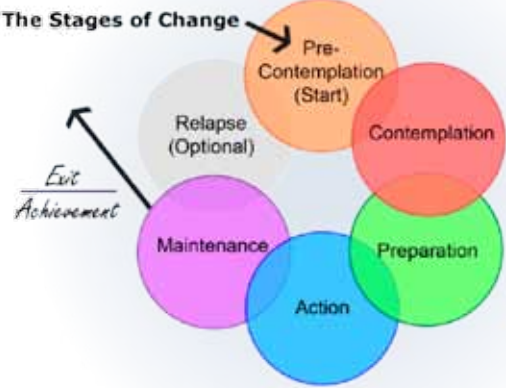


Figure 1: The Stages of Change (designed by Suzy Whalen)

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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

children and you shall hear/Of the midnight ride of Paul Revere, ...), they entered the preparation stage. Their commitment to and planning of a revolution got serious. The revolution was underway, but its resolution was unclear.

There's no question that on July 4, 1776, the people who were to become the first citizens

of the United States of America entered the action stage with the Declaration of Independence (Figure 2). Those brilliant upstarts in Philadelphia told the big guy in England, King George III, head of the most powerful country, to shove it.

I confess I am an unabashed patriot of this country. I'm also a harsh critic of the many things that have gone wrong or are not working well here. Nevertheless, I am proud to be an American citizen and am convinced that in another century, historians will look back at the United States as one of the greatest triumphs in the of the history of mankind—warts and flaws included. I get shivers as to the magnitude of this July 4 event.

Whether it is a Fourth of July or any other time, the moment of movement from the preparation stage to the action stage—entering the process of “recovery”—becomes a life-altering

event. Consider that movement as a declaration of independence from addictive behaviors (by coincidence, my declaration of independence occurred on a Fourth of July weekend). Just as the colonists exercised their freedom and choice, a person suffering from an addictive behavior exercises their freedom

when they declare their independence from those behaviors. This is worthy of celebration.

Why am I writing this? I'm clearly feeling good that I've managed to do this. More importantly, I think it's a cause for celebration for all those who are successfully gaining inde-

pendence. And although I doubt if there is a day of celebration for people who are in or have achieved recovery, it should be July 4, Independence Day.

So, think about this as you eat your hot dog and send up a flare to celebrate your freedom. I will!

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

Some thoughts and an invitation

by Dee, SMART Recovery® volunteer

I have a new job, and I don't want to fill weekends frantically, but I also don't want to sit around like a lump either.

That balance thing is almost like a mantra to me. Lack of balance starts to set off anxiety, lack of sleep, carelessness with myself, and my basic habits. I can get way out of whack when I'm not paying attention to balance, and that is an invitation to depression, possibly drinking, and making other stupid choices.

I'm also aware of how negativity affects my life and my attitude, even at work. My co-workers are nice people, but it is easy for me in the work world to fall into a trap of blame, CYA, etc. There is a real shift in dynamics when a person isn't automatically defensive and listens closely to the other person to find out what their real issues are rather than blowing things out of proportion.

I find, too, the focus on “what can I do”—both now and to set things up better in the future — often gets lost in reactivity. I can control my reactions, my attitude, my approach. Keeping them all constant in different areas has been difficult for me in the past, but I really think I am learning. There is no one goal attached to that. It's just to continue to cultivate those ways I respond to my world. Be aware. Treat others and myself with respect.

SMART Recovery® has provided me with a framework with which to operate in my world. That's what I find so amazing and helpful about this community and the underlying ideas it espouses. I have to remind myself about gratitude, but I can find it quickly. I want to practice that because



Figure 2: The Declaration of Independence

I know with a hectic schedule and lots of demands, it can be easy to lose. Things, overall, are going very smoothly, and I'm making efforts to have them so.

One of the most startling realizations about this journey has been how very twisted and skewed so much of my thinking has been for so much of my life. Sometimes I wonder how I survived because every survival instinct was totally off. That may seem scary, to admit that I was so literally crazed in my thinking, and it is. Once I got past worrying about how damaged I was and just tried to make my way through the wreckage as best as I could, it got easier. I am indifferent to blame. It is all there. I own it all. Tragic decisions at so many points in my life. Who's to say how it could have been different. Terrible road I went down, over and over.

But I couldn't do it then, or I chose not to. How I could have resisted, from my current vantage point, is beyond me. Eventually, things started to line up better. I redefined survival and what I wanted. I narrowed my scope. I worked harder.

As a result, things have changed. Life looks different; lamenting the past—when my children were little, etc.—is not productive. I want to help them NOW as best I can. I can't do anything about the past except take appropriate ownership, share with them some of the things I learned, and keep building the precious relationships we've been able to forge.

I have found that by acknowledging and seeing where I am, in realistic terms, I am so much better able to figure out how I can keep steering things in the right direction. It's been a long way to figure out some really basic and simple truths:

- Work hard and enjoy what you're doing.
- Have faith in yourself.
- Set goals.
- Be disciplined.
- Don't over-dramatize everything.

Drinking and drugs are such enormous obstacles to moving in a meaningful direction. I've been working on this in some way, shape, or form for the past 30 years. I first started reading David Burns (a leader in

cognitive-behavior therapy and author of several books, including *Feeling Good*) in college and love him. But it was SMART Recovery® that helped me put everything together, and focus on the drinking first as the key to leading a healthier life.

I invite you each to take a leap (you can always go back!). Commit yourself to DOING this: Make a commitment for 30 days. Take it one day at a time, but don't question your overall commitment. Take the emotion out of it. Do it for health and better rest. Just remove drinking and see what happens.

Don't just commit for three or four days because you'll still be in the throes of it, physically still craving. Our thoughts during those first days are nuts. Tell yourself: I am not drinking. Say it 1,000 times each day if you need to. Then after a week or so, try to relax into it a little bit. Observe how you feel. Do it as a Cost Benefit Analysis (CBA), before and after. You can add and add and add to your original CBA or do a new one whenever you need to. With time, you'll see all the different issues that come up in each section.

For folks who have gone without a drink for 30 days, set your goal on a few months. You know how it takes a while to get back solid, so adjust your goal as needed. I bet you will strengthen your commitments and I suspect you will find that you like life more. What exactly would you be losing by doing this? Drinking days. Yes, well, there are always more of those if that's what we want, eh?

Our addictive behavior does not have to be the nexus of our existence.

Persistence is one of the "PPPs"—patience, practice, persistence. I hope each of you gives yourself huge credit



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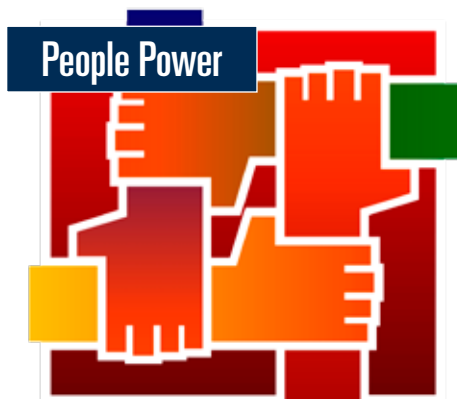
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with the PPPs. Refusing to totally lose touch, even when everything in you is pulling you into drinking, not caring, and not coping. Some of us have been around SMART Recovery® for a while. We all get an “A” for effort on that, especially people who are struggling but refuse to let go of that touchstone and of the reminders that things can be better.

I waited until I lost physical custody of my children to really take my recovery seriously. Don't wait for the worst to happen. If it hasn't, count your blessings and determine never to put yourself in the situations that could turn bad. They do, trust me!

Love to all of you here!

P.S. I hit 2-1/2 years on May 20! YAY!!!!



Long-time SMART Recovery® volunteer receives recognition

Howard Pellett, who has been serving SMART Recovery® for many years, was recently honored by the Washington State Department of Corrections.

Marjorie Petersen, who's in charge of Monroe Correctional Complex Community Partnership Programs, said, “Howard Pellett brings the

SMART Recovery® program to the Department of Corrections and has been doing so for 12+ years. This program provides insight and recovery from addictions, in an alternative means from the 12-step programs. Howard has expanded from providing this program to Washington State Reformatory Unit to Twin Rivers Unit this past year or two and also facilitates a group at the Everett Community Justice Center.

“Howard is a dedicated volunteer that fully believes in the potential for good in all and the capacity for change given the right frame of mind and motivation. He is always professional, very patient when things go wrong, and highly understanding of the complexity of providing volunteer services within a prison and correctional environment.

“He is highly thought of by the offenders he serves, and staff has often brought his positive demeanor to my attention. Howard embodies the firm, fair, and consistent mantra we in corrections so respect and he has gained the respect of those he works with through this solid trait. The program he brings is a solid contribution to the DOC goal of increasing offender successful reentry to the community.”

Congratulations, Howard!



SMART Recovery®'s unsung hero: Hugh Delaney

In April, SMART Recovery® came into the spotlight in Baltimore during the 24th Tuerk Conference on Addiction Treatment.

The SMART Recovery® exhibitor table distributed more than 1,000 pieces of material along with SMART Recovery® Post-it note pads. The conference highlight came during the awards luncheon where area facilitator Hugh Delaney received the 2012 NCADD Maryland “Unsung Hero Award.” Hugh was cited as leading the effort in the Maryland area to bring awareness of SMART Recovery® and expanding the number of area meetings.

The conference is the largest addiction conference on the East Coast. It was sponsored by the NCADD-Maryland and the University of Maryland Department of Psychiatry, Division of Alcohol and Drug Abuse.

Congratulations Hugh, and thanks to the volunteers who helped with the exhibit table!

Houston's trip to MARS

by Joseph A. Vargas, Houston SMART Recovery® Facilitator and Houston Council on Drugs and Alcohol

On May 4, 2012, the “fab four”—Houston SMART Recovery® facilitators—took a trip to MARS (Mutual Aid Recovery Services).

The MARS Symposium was a solid and informative event that provided an opportunity to discover and meet with many resources for support in the field of creating better lives. Sandy Olsen and the Mercy Street Team for the Houston Area Recovery Initiative worked hard and produced a terrific and well-populated meeting. Hats off to them all!

SMART Recovery®'s cast

The ever-eloquent Robert Lyke introduced many to SMART Recovery® through our booth, which he powerfully and effectively secured and managed.

The charming Doug Killinger engaged in excellent schmoozing, information gathering, and sharing of SMART Recovery® literature.

The brilliant and unsinkable Ruth Fowler created phenomenal contacts while networking with Houston mayor Annise Parker and city council member (and police officer) Ed Gonzalez. She gracefully insisted that judges be made aware of SMART Recovery® as a viable source for referral (of which most were not).

I provided bells and whistles to attract the wandering, overwhelmed, and disoriented crowd to our booth. I distributed plenty of SMART Recovery® handouts and materials, and invited attendees to attend our Monday and Tuesday meetings, and to visit the online plethora of wisdom, services, information, chat rooms, and meetings.

I also maintained a lookout as to how both the symposium and our activities could improve next time. My take-aways:

- I believe the presentations (good as they were) prevented attendees

from circulating and getting to meet and greet.

- The booths were in one place and the presentation was in another. There was no way to be both places at once, so we did our best: Our self-sacrificing hero, Robert, staffed the table in the hall while we sat in the main room, and listened, learned, and took notes.

- We were unable to move about (as it would have been rude) while we listened to the presenters.
- After the 3-1/2-hour presentations, most attendees bolted, without stopping at the booths—including ours.

My thoughts about these points: When organizing such an event, keep presentations to one hour, follow with a one hour break, present for another hour, have another one hour break, then have a main event (something grand enough to keep people around) and invite

attendees to loiter about, enjoy, and meet and greet.

An alternative plan would be to have just a fair (a booth-based meet-and-greet), or just a symposium.


The ROI of time, energy, and money

Attendees picked up a lot of literature, but so far, we've not received a call or e-mail as a result. They may have



Left to right: Douglas Killinger, Robert Lyke, Joseph Vargas, and Ruth Fowler.


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gone online, but without a means to contact conference attendees, there's no way to follow up with them.

Human beings have a habit of going to fairs, collecting all the literature, handouts, and goodies, then going home and putting them in the recycling bin (unless they're conscientious). To create greater follow-up from those who do approach the SMART Recovery® booth, I suggest we have a raffle! "Want a chance to win? Fill this out." The idea, of course, is to collect e-mail and phone numbers. We could raffle Dr. Ellis' book, or perhaps our SMART Recovery® Handbook, or even hook up with a restaurant to offer free dinner.

Hungry for more information

While a lot of information was shared about addiction, urges, and treatment, nothing was said about proper nutrition as an aid in recovery. And, having a background in neurological nutrition and metabolism, and knowing the devastation that occurs in those areas during addiction, I strongly believe it must be addressed—"must" if we can help those in recovery achieve greater success and less suffering.

A young woman told me about the food provided at the facility where she interned. As a clinical nutritionist, if someone who was feeling physically OK and not in bad shape, ate at this facility for 90 days, by the time they left they'd be: over-weight (over-fat), undernourished (malnourished), and either in a state of hypoglycemia or borderline Type II Diabetic, metabolic syndrome disordered, depressed, and with exceeding cravings.

Not a pretty picture; it's more like an unintentional set-up for relapse.

I trust that recovery of brain and metabolic wellness will be addressed more as a fundamental aspect within the recovery community.

SMART Recovery® Aquarian

by Alistair Muir, SMART Recovery UK® Facilitator

*The pain of knowledge wraps
its claws around me,*

*Squeezing tightly the residue
of memory released.*

*Unpleasant and sulphurous its
absence sets me free*

*For joined with its poison is a
seamless trip to hell.*

*Addiction and dependence such
malodorous perfidy;*

*Blinds the afflicted with a false
perception of existence.*

*Without these treacherous demons
I can truly see*

*The cracked and broken path
to a balanced lifestyle.*

*The motivational matrix brings
strength and clarity of thought;*

*Ride the troughs and peaks of
cravings and the ultimate urge.*

*Dispute the irrational beliefs, the
twisted logic from you purge.*

*And once accomplished attain the
balanced lifestyle that you find.*

*SMART Aquarian take of this struggle
and gain your peace of mind.*



SMART Ideas

On Trying

by Hank Robb, Ph.D., ABPP

Yoda gave "trying" a bad name when he told Luke Skywalker, "There is doing and not doing. There is no 'try.'"

I'd suggest that isn't quite so. When I was about 23, I wanted to slam-dunk a basketball. I tried about 2,500 times and never succeeded. I concluded the problem was neither effort nor practice. I didn't think I needed better coaching. Another 2,500 times wasn't going to make it happen. I didn't find out for sure, but that was my best guess. So, I decided to work on my outside shot.

Well, working on my outside shot did help my scoring somewhat, but it was still something of a crapshoot. Sometimes I made it and sometimes I didn't. I was always trying to get the basketball to drop, but only sometimes succeeding. In the movie, *Chariots of Fire*, Harold complained to his eventual wife that he wouldn't run if he couldn't win. She told him that if you don't run, you couldn't win. I couldn't guarantee the outcome from my efforts; I could only guarantee that I was making an effort. Even my very best effort could come up short—or long!

So, I tried slam-dunking and couldn't do it. I tried improving my outside shot but it still didn't go down every time. However, when it came to putting the basketball back in its place of storage after each practice, if I tried, I succeeded—every time. There is such a thing as trying, putting forth one's best effort. However, the outcome's of one's best

efforts vary. In some cases, one's best efforts never succeed. In other cases, they sometimes succeed. And in still other cases, they always succeed.

Here's what this has to do with addictive behavior: you can try, try, try not to WANT to do your addictive behavior. You can try, try, try not to have urges to engage in it. I'm betting this is something you simply won't do any better at than my attempts to slam-dunk a basketball.

There are some things you can do and some things you can't, even when you make your very best efforts. Controlling urges is one of them, though there is a "back door trick" I'll describe in a moment. How about controlling your exposure to addictive substances or to opportunities to engage in an addictive behavior that isn't substance related (gambling, for example). This can vary. Alcohol and tobacco are legal drugs and, unless you seal yourself up at home, even your best efforts may still put you in contact with alcohol or tobacco.

Cocaine: Maybe you really can fully live your life and not encounter cocaine—maybe. Avoiding opportunities to engage in your addictive behavior using your very best efforts may still turn out to be like my efforts to improve my outside shot—sometimes I was successful but sometimes I wasn't.

How about when it comes to actually doing your addictive behavior? Well, when, exactly, will you lose control of your hands, arms, feet, and mouth?

If you make your best effort not to put stuff in your mouth, nose, or veins, what is the chance you will fail? If you make your best effort to walk by a video poker machine, what is the chance you will not walk by?

This is the equivalent of putting my basketball back where it is stored. Do I have to feel like putting it back? No. Do I have to want to put it back? No. Do I have to have friends who never tell me, "Just leave it in the trunk until next time," or always tell me, "Be sure to put the basketball away when you get home?" No.

If I make my best effort to put it where it is supposed to go, then it will be there because, unless I have a stroke or a seizure, I always have control of my hands, arms, feet, and mouth. The only thing open to question is how I will use that control. If I make my best efforts to exert that control in the service of abstaining from my addictive behavior, my hands, arms, feet, and mouth will not be doing addictive behavior. This is something I will always achieve if I make my best effort. I don't have to feel like it, I don't have to want to,

and no one has to help me. In this case, if I try, I will succeed.

What about that back-door trick? Well, it turns out that the more you resist addictive behavior, the less frequently and less intensely the urges to engage in it show up, at least on average. It can be surprising how powerful or frequent urges can be when they haven't been around for a while. "On average" isn't the same thing as "always." Nevertheless, if you want to control the frequency and intensity of urges, don't act on them. You'll also find that even when you are in a place where the opportunity to engage in your former addictive behavior is physically present, the psychological opportunities are not. You no longer "pay attention" to that stuff. Psychologically, it moves to the background rather than stay in the foreground. Really?! Yes, really!

The more you resist urges, the less you "see" opportunities to engage in them. Will resisting urges get you the kind of control you have over your hands, arms, feet, and mouth? No. Noticing urges and opportunities to engage in addictive

SMART Recovery® Program 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 (Rational Emotive Behavior Therapy) 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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behavior will still be like shooting an outside shot—you get improvement but not perfection. But because you don't have to control your urges to resist indulging them, if you make your best effort at controlling what you do with your hands, arms, feet, and mouth, your “basketball” will be right where it belongs.

Landmark survey to help scientists define recovery

SMART Recovery® is excited to collaborate with federally funded scientists on the first nationwide survey to define recovery from alcohol and other drugs. The project's goal is to learn how people experience and define recovery. This has never been done before.

For this project, the word “recovery” is used as a general term to describe the experience of anyone who used to have a problem with alcohol or drugs and no longer does.

Yet with the frequent use of the word recovery, there is no agreed-upon definition of the term. For example:

- Does recovery require abstinence?
- Can someone be “in recovery” if they are still drinking or using?
- Is recovery more than just being clean and sober? If so, how is that defined?

The scientists' goal is to develop a way of measuring recovery that illustrates the constructive personal and social ways of being associated with recovery.

For the survey results to be as useful as possible, it's important that as many people as possible participate in the project, and that the researchers get responses from a broad range of individuals and experiences.

The anonymous survey will be administered online at www.whatisrecovery.org starting in July 2012. Your answers are

confidential and the results will be reported in aggregate form. The survey will take about 20 minutes to complete.

Your experiences are important! We hope that you take the survey to contribute to this landmark project.



SMART Recovery® Annual Conference: The Road Traveled, the Journey Ahead — Destination: Chicago

This year, our conference will feature a variety of speakers from the SMART Recovery® community. Volunteers and professionals will share their collected knowledge, experiences, and innovations. We will be celebrating the hard work and dedication of our volunteer-based community with a special dinner and the “First Annual Community Awards Recognition Ceremony” Saturday evening. To view the full list of award categories and for nomination information, visit: <http://goo.gl/EEK49>.

The presentations throughout the weekend will range from a look back at the evolution of the organization to our current development and include many new initiatives on local, national, and international levels.

Some topics will be:

- Growth and development of SMART Recovery® Online
- Community relations

- Advancements in addiction treatment
- Outreach and marketing techniques
- Attracting and retaining new participants
- New meeting formats and tools
- Advanced strategies for groups
- And much more!

There's something to interest everyone!

Whether you're a volunteer, a face-to-face meeting or online participant, board member, or a friend of SMART Recovery®, you'll enjoy:

- Meeting and networking with each other
- Sharing successes
- Helping determine SMART Recovery®'s future
- Being a part of an international community of people helping people

For a break in the action, what better way to take in the sights than a walking tour of the Windy City featuring downtown architecture and Millennium Park? We've scheduled a Friday afternoon optional guided tour. After Friday's dinner, join in the optional recreational opportunities. And back by popular demand, we will play our favorite “SMART Recovery® Jeopardy!” game on Saturday after the awards dinner. It's a great way to get to know other conference participants!

SMART Recovery® is proud to offer a limited number of scholarships to help defray travel and registration expenses for those who would otherwise be unable to participate. For more information and to apply, visit www.smartrecovery.org/chicago2012/scholarship.html.

Travel tip: When booking flights to Midway Airport (Code MDW) be sure to check Southwest Airlines, southwest.com. Airline search systems such as Expedia and Orbitz do not include Southwest, which often has the cheapest flights.

AGENDA - SMART Recovery® 6TH Annual Conference: *The Road Traveled, the Journey Ahead* Sept. 21-23, 2012, Holiday Inn Midway, Chicago

(Note: Agenda Subject to Change)

DATE / TIME	EVENT	SPEAKER / HOST
FRIDAY, 9/21/12		
2:00PM – 6:00PM	Optional: Guided Walking Tour of Chicago, featuring downtown architecture and Millennium Park Optional: Self-guided exploration of downtown Chicago shops, museums, parks & waterfront	Chicago area Volunteers
7:00PM – 8:30PM	DINNER (casual) / dining room	
8:30PM – 10:00PM	Optional: recreational activities (ping pong, foosball, hot tub, pool)	Mike with local volunteers & Olive
SATURDAY, 9/22/12		
7:00AM – 7:45AM	Optional “Morning stretch” Yoga/walk/swim	
7:00AM – 8:00AM	Optional “SMART Recovery®” meeting	Local facilitator to lead
7:30AM – 8:00AM	Optional “Starbucks” gathering – Meet at Starbucks in the Marriott	Patrick G.
8:00AM – 8:45AM	CONTINENTAL BREAKFAST	
8:45AM – 9:00AM	Networking: “Ice Breaker Bingo”	Brett S.
9:00AM – 9:05AM	Welcome and opening remarks	Tom Horvath
9:05AM – 9:45AM	Macro-level presentation: (i.e. past relationship SMART Recovery®/recovery field, how addiction treatment has evolved, advancements in field)	John Kelly
9:45AM – 10:00AM	Organizational-level view of SMART Recovery®’s achievements and adaptations	Shari Allwood
10:00AM – 10:30AM	SMART Recovery® Online: 1. Technology Updates 2. Distance Training	Team Ceranek Lorie (Hammer) / Jim B.
10:30AM – 11:00AM	BREAK	
11:00AM – 11:30AM	SMART Recovery® International updates	UK, AU, CANADA in person or short videos
11:30AM – 12:30PM	SMART Recovery® USA: Outreach Strategies Block 1. “Using Google Groups to Connect” 2. “SMART-keting” 3. “Community Relations Vol. Manual”	Mike & Liz, Chicago Kacie B. Henry S.
12:30PM – 12:45PM	SMART Recovery® Research Community: “Stickiness”	Bill A.
12:45PM – 1:45PM	LUNCH	

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DATE / TIME	EVENT	SPEAKER / HOST
1:45PM – 3:15PM	Developments with SMART Recovery® Meetings: 1. “The SMART Recovery® Discussion” 2. Family & Friends 3. “A New Look at the ABC” 4. “A Different D”	Gregory L. TEAM TwoPutts Lee Henry S.
3:15PM – 3:30PM	BREAK	
3:30PM – 3:45PM	Macro-level presentation on SMART Recovery®/recovery field: “President’s address” on the road ahead	Tom Horvath
3:45PM – 4:45PM	Panel Discussion/Q & A with presenters	Tom Horvath to moderate, all presenters invited to participate
4:45PM – 5:00PM	Wrap up/Announce dinner & preview Sunday	Brett / Patrick
6:00PM – 6:30PM	Welcome reception to thank our community of champions/ speakers (all welcome!)	Hosted by Conference Planning Team
6:30PM – 8:00PM	DINNER / “1st Annual SMART Recovery® Community Awards” Recognition Ceremony – Sponsored by AToN Center	Patrick / Emcee
8:00PM – 9:30PM	“SMART Recovery® Jeopardy!”	Lorie / Kalar
SUNDAY, 9/23/12		
7:45AM – 8:15AM	Optional “Starbucks” gathering – Meet at Starbucks in the Marriott	Patrick
8:15AM – 9:00AM	CONTINENTAL BREAKFAST	
9:00AM – 9:05AM	Welcome back, recap, and overview of morning	Brett
9:05AM – 10:15AM	Professional presentation: “Advanced Strategies Toolbox for Groups”	David Saenz
10:15AM – 10:30AM	BREAK	
10:30AM – 11:30AM	Panel of “Master Facilitators” – 4-6 “Masters” – online & face-to-face	Hammer, moderator
11:30AM – 11:45AM	Collection of evaluation forms	Jodi
11:45AM – 12:00PM	Closing words	Tom Horvath

Thank you 2012 Conference Sponsors!



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1ST Annual SMART Recovery® Community Awards: Nomination Form

To be presented at the SMART Recovery® 6TH Annual Conference

“The Road Traveled, the Journey Ahead,” September 21–23, 2012, Holiday Inn Midway, Chicago

AWARD CATEGORIES

1. SMART Recovery® Champion of the Year

Awarded to an individual who has made a truly significant contribution of time and energy to SMART Recovery® in any capacity in the past year.

2. SMART Recovery® Facilitator of the Year

Awarded to an individual who has demonstrated outstanding capability and service as a facilitator in the past year.

3. SROL Champion of the Year

Awarded to an individual who has made a truly significant contribution of time and energy to SROL in any capacity in the past year.

4. SMART Recovery® Outreach Champion of the Year

Awarded to an individual who has made a truly significant contribution of time and energy to furthering outreach efforts in any capacity in the past year.

5. SMART Recovery® Emerging Champion of the Year

Awarded to an individual relatively new to the SMART Recovery® community (i.e., less than two years of involvement) who has made a truly significant contribution of time and effort in any capacity in the past year.

6. SMART Recovery® Innovator of the Year

Awarded to an individual who has made a truly significant contribution to furthering the program or development of SMART Recovery® in any capacity in the past year.

7. SMART Recovery® Unsung Hero Award

Awarded to an individual who has made a truly significant “behind the scenes” contribution of time and energy to SMART Recovery® in any capacity in the past year.

8. SMART Recovery® Leadership Award

Awarded to an individual who has made a truly significant contribution of time and energy to SMART Recovery® in a leadership capacity in the past year.

INSTRUCTIONS

1. Nominations for awards are open to the SMART Recovery® community at large (online, face-to-face, behind the scenes, committee members, international, Board of Directors, Central Office, etc.).
2. You may not nominate yourself.
3. Awards to be presented during the annual conference on Saturday, September 22, 2012, during the dinner as the SMART Recovery® Community Awards Recognition Ceremony.
4. No cash value associated with any award.
5. Please complete all information.
6. **DEADLINE for nominations is August 1, 2012.**
7. Nominees will be contacted via e-mail with details, including a special invite to the event and the option of being recognized in SMART Recovery® promotional material (They may choose to remain anonymous; it will not affect their chances of winning).
8. Winners who aren't present to receive their awards will be notified via e-mail after the conference.
9. E-mail completed form and any questions to Patrick G., Master of Ceremonies, patrickg1200@gmail.com

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NOMINATION APPLICATION

1. YOUR name(s): _____
2. Affiliation(s) with SMART Recovery®: (*e.g., Message Board volunteer, member of Materials Review Committee*):

3. How long have you been involved with SMART Recovery®? _____
4. For how long, and in what capacity, do you know your NOMINEE?

5. Secondary affiliation (optional—your employer/professional credentials):

6. Your mailing address: _____
7. Phone: _____
8. E-mail (required): _____

1. NOMINEE's name: _____
2. Affiliation(s) with SMART Recovery®: (*e.g., Message Board volunteer, member of Materials Review Committee*):

3. How long has the NOMINEE been involved with SMART Recovery®? _____
4. Secondary affiliation (optional—employer/professional credentials):

5. Mailing address (if known): _____
6. Phone (if known): _____
7. E-mail (required): _____

For which award are you nominating this person? (select only one award category from above)

Brief statement (max. 250 words) why your nominee should win this award:

Additional information, if any:

Please be advised that your name and other contact information may be printed in the conference brochure or distributed on other mediums (i.e., New & Views, SMARTCAL) for promotional purposes unless you explicitly inform the Conference Committee you wish to keep some or all of your personal information confidential.

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SMART Recovery® Online Update: Volunteer Month is all about SMART people

by Jonathan von Breton, Director, SMART Recovery® Online

Today is May 27. This article is due by June 1. It seems I'm early this month. I shan't let that happen again.

The big news since my last article is Volunteer Month. Last year, we started celebrating April as SMART Recovery® Volunteer Month. It was so ***** successful, we did it again this year.

As you know, SMART Recovery® needs two things to function: people and money. Volunteer Month focuses on people.

All of SMART Recovery®'s meetings, online and face-to-face, are facilitated by trained volunteers. To start more meetings and keep current one's going, we need to continually recruit new people.

The same applies to various other online activities. We have a message board that volunteers watch over and post. They make sure new people receive greetings, answer questions, post about SMART Recovery®'s tools, and so on. Our chat room is open 24 hours a day. The chat volunteers keep things focused and civil. They answer questions. They discuss SMART Recovery® tools.

This April, as is our custom for two whole years now, we posted about the need for volunteers on the message board. We discussed it in meetings. We shouted it from the rooftops in chat rooms (there are rooftops in the chat room?).

Our efforts succeeded! We received 62 applications for a distance training scholarship. Yes, we give scholarships! Many of those people want to start or help with

face-to-face meetings. Twelve people applied for online volunteer positions. They will help with meetings, on the message board, and in the chat room.

Although raising money was not the focus of Volunteer Month, we had matching pledge challenge of \$1,000. You not only met that generous challenge, you exceeded it! We received \$1,075 in donations, for a total of \$2,075!

To learn more about SROL volunteer opportunities and how you can be a part of this exciting organization at smartrecoveryforum.org/vol/index.htm.

Thank you all who volunteered and donated!

New webinars to aid SMART Recovery® outreach efforts

One of the largest hurdles we face as an organization is getting the word out about SMART Recovery®. Many of our volunteers make presentations about SMART Recovery® to local treatment facilities and professionals. However, coordinating presentation dates, times, and locations convenient for busy professionals is a challenge.

We have an idea: Conduct live presentations (webinars) over the internet so professionals can participate from their home, office, or facility. Webinars also will enable us to get consistent information to these professionals and allow them to ask questions (and hear others ask questions they may not have thought of).

We're reviewing webinar-hosting software and will conduct beta webinars over the next few months.

Stay tuned for announcements about these upcoming presentations.



President's Letter

Being friendly and firm about 12-step programs

by Tom Horvath, Ph.D., SMART Recovery® President

Many individuals seek out SMART Recovery® because they had a bad experience with Alcoholics Anonymous (AA) or another 12-step group. Such individuals often want strong assurances that SMART Recovery® will be NOTHING like AA.

On the other hand, many SMART Recovery® participants also attend AA. They find AA helpful in one or more ways. Given the potential for conflict between these two groups, how can a SMART Recovery® meeting facilitator minimize such conflicts?

A well-facilitated SMART Recovery® meeting focuses on SMART Recovery®'s tools, and adheres to the meeting outline. Such a meeting is less likely to have two participants arguing about the relative merits of SMART Recovery® vs. a 12-step program, or have one participant delivering a monologue on this issue.

Participants are free to say, briefly, nearly anything they like relevant to their recovery. However, because silence on the part of the facilitator implies consent, a participant starting to deliver an extended criticism of AA or SMART Recovery® needs to be responded to quickly.

Notice that in each of the three examples below, the facilitator disregards normal social rules ("don't interrupt") and uses the authority available to them to keep the meeting on track.

Example one

Participant (bashing AA during the check-in): I hated those *&^%\$\$ AA meetings! I wish I had found SMART Recovery® years ago. I think everyone who attends those meetings...

Facilitator (interrupting): I'm sorry your experience in AA was not helpful. No group can well serve everyone. I'm glad you found SMART Recovery®. Tonight, let's aim to keep our meeting in line with what makes SMART Recovery® valuable to you. Perhaps the personal issue you mentioned can be one of the topics during the discussion period. Let's decide when we set the agenda. I'm glad you are here. Let's move on to the next person.

Example two

Participant (praising AA during the discussion): I don't really understand why someone would even come to SMART Recovery®. I came tonight to make sure you all know how wonderful and successful AA is. I can tell you from my own experience...

Facilitator (interrupting): We are glad you are here tonight because you may learn something about SMART Recovery®, and you may find the meeting personally useful. Our discussion tonight will focus on SMART Recovery®, and not on information about AA or any other organization, or anything more than brief comparisons with AA or other approaches. I believe our participants are aware AA exists, and some attend AA meetings. However, our focus tonight is SMART Recovery®. You are welcome to stay if you are here to listen, or to contribute to our discussion without trying to sell us on AA or anything else. Otherwise, you should leave. What would you like to do?

Example three

Participant: It really upsets me when people don't acknowledge that addiction is a disease! We need to understand that we can NEVER use...

Facilitator (interrupting): You believe addiction is a disease. You believe others would benefit from that belief. However, in SMART Recovery® we use an approach that can be applied regardless of what we believe about addiction as a disease. Therefore, we do not engage in debates about this issue. Instead, we talk about SMART Recovery®'s tools, and how they apply to building your approach to recovery. It also is unlikely that others will change their minds on this subject. About a third of our participants don't know what they believe about addiction as a disease. We welcome them also! So, instead of debating whether addiction is a disease, let's talk about how to recover using the SMART Recovery® tools.

There is an exception to the guideline about the facilitator needing to respond quickly to extended criticism of SMART Recovery® or AA. Individuals who wish to discuss how SMART Recovery® might not be working well for them should be encouraged to continue, if the discussion does not seem to be a disguise for lecturing everyone on why AA is better.

We do not claim to be useful for everyone. If someone has trouble using our tools then perhaps SMART Recovery® isn't the best approach for them. However, a meeting is an excellent place to discuss how a participant uses the tools, and how they might use them more effectively.

Tom Howarth

Book Review



New book effectively addresses dual diagnoses: Mental illness and addiction

Addiction and Co-occurring Disorders from a SMART Recovery® Perspective: A Manual for Group Therapists by Dawn Adamson, RN, CPMHN(c), CARN, and A.G. Ahmed, MD, FRCPC

Reviewed by Bob Keim, SMART Recovery® Facilitator

When I saw this manual announced by SMART Recovery®, I thought that it would be appropriate for my use so I agreed to review it. I have used it for the past six months.

I work at the Anoka-Metro Regional Treatment Center. Individuals with a primary diagnosis of mental illness are committed to this locked mental health treatment center. Recently, we expanded to treating co-occurring substance abuse, too. Most of our patients have such dual diagnoses.

The book claims to help professionals without specific substance abuse training lead SMART Recovery® groups for people with co-occurring disorders. My recent professional training was in chaplaincy and I have no experience in recovery. When I got this book, I was facilitating a SMART Recovery® group at our hospital. I went through SMART Recovery®'s facilitator training in 2010 and started the group in December 2010. The group was going well, but I felt that I needed some new ideas, especially related to our dual diagnosis clients as the SMART Recovery® training assumes mentally healthy clients.

The authors delivered what they promised. The book is well laid out. It has specific chapters for the various SMART Recovery® tools in an orderly progression. One of the problems with the normal SMART Recovery® meeting format is that it is so client directed. I needed to get more control over our meetings as our patients/clients have short attention spans. In fact, we hold two 45-minute meetings per week instead of one 90-minute meeting. I found that I could adapt Adamson and Ahmed's chapters to our schedule.

I really appreciated the outlines and especially the many worksheets—more than in some of the other SMART Recovery® materials. But the most important point for me was the emphasis on relapse prevention. Because we are a locked hospital, patients cannot use while in treatment. In some sense, they are all in the action phase of recovery, even if it is against their will. Therefore, it is important to help them master the techniques and SMART Recovery® tools that will prevent relapses. Building motivation is also very important as many patients are just waiting to get out so that they can resume using. The material that Adamson and Ahmed present on relapse prevention is much more detailed and focused than that in the SMART Recovery® Handbook, so this is an excellent addition to my library.

The authors' abstinence focus and emphasis on the interactions between psychiatric medications and street drugs are important for our clients. SMART Recovery® doesn't discourage people from taking their prescribed drugs as many Alcoholics Anonymous groups did. Even though AA officially changed its policy on this, we get clients who relapse back in the hospital because they stopped taking their medication; some

report they stopped because an AA group encouraged them to.

Having the dual diagnosis material fully integrated with the SMART Recovery® program, rather than just a note at the end, really makes this manual unique. I highly recommend it to SMART Recovery® facilitators whose groups include participants suffering from mental illness.

Although I like the organization of the book, I could not fully apply it to my situation. We have new people admitted every week while others are discharged. In that sense, we are more like a typical face-to-face group. Because of this, I have to assume that each 45-minute group can stand alone. I do give out homework and some clients do attend meetings and participate faithfully; others only come sporadically. Trying to be as open as the standard F2F meeting does not work with our limited time.

No manual can solve these problems, but having the material broken into meeting-sized chunks is helpful both in planning the meeting and ensuring that we cover all topics. I use client feedback and requests to plan the next week's meetings. When I get requests, I read the corresponding chapter(s) then adapt the next week's two meetings. This works well.

There is one place where Adamson and Ahmed's simplification of SMART Recovery® goes too far, especially for our use. They drop a whole stage—planning—from the Prochaska and DiClemente change model. Planning is a critical stage for patients in the artificial environment of a treatment center. Clients cannot really be in the action stage when they do not have access to drugs, alcohol, or tobacco. Because our hospital is fully committed to implementing the change model and have trained many staff members in motiva-

tional interviewing, I use the standard change model rather than the authors' simplified version. This is not a serious problem but I hope they incorporate the full version in the next edition.

This well-planned and well-written book will help any professional who doesn't have a background in recovery to be a better SMART Recovery® facilitator. It is especially well suited to its target market of groups with dual recovery clients.



International Development

SMART Recovery Australia® Teen/Youth SMART Recovery®

Since the beginning of the year, the Teen/Youth SMART Recovery® program has gained a lot of momentum in New South Wales. SMART Recovery® partnered with five teen/youth agencies that will run a six-week pilot group with the aim of creating weekly meetings in their programs.

Over the past two months, coordinators trained facilitators on this project. The first pilot group began on May 9 at Youth Off The Streets with 14 participants. Richard Marazita, Teen/Youth coordinator, has been busy marketing the program throughout the state and aims to have 12 pilot groups by the end of the year.

The organizations piloting the program are Street Youth Health Service, OASIS—

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Salvation Army, TWENTY10–Gay and Lesbian teens, Youth Off The Streets, and Centre for Addiction Medicine.

In addition, SMART Recovery® recently met with Juvenile Justice, NSW, and we are in the planning stages on running Teen/Youth SMART Recovery® meetings at its pre-release unit. This would enable inmates to experience SMART Recovery® before leaving the centre so they are familiar with it and feel comfortable attending groups on the outside.

Media

We recently began working with FX Communications, a public relations agency that will assist SMART Recovery® gain more media exposure for funding opportunities, public awareness, and education. SMART Recovery Australia® has been a not-for-profit health charity since 2007. We're now in a position to get the word out so we can continue to increase the number of groups we offer to the community each week.

Volunteer grant writers

We found two volunteers to source and write grants. Mehr Tekie was the director of projects and development with African Enterprise Australia for 16 years. Mehr took retirement last year and will work in the office on Thursdays and Fridays.

Veronica Phillips is currently a senior manager of communications with ANZ Bank. She has a strong background in research and communications and will assist SMART Recovery® in researching and networking with corporate sponsors for donations.

Mehr and Veronica will be meeting with FX Communications to discuss further funding opportunities, ideas, and strategies.

Cultural awareness

Josette attended a cultural awareness workshop in May that addressed traditional aboriginal practices and alcohol and other drugs. Topics included the role of alcohol in Australia since colonization, impacts of alcohol and illicit drugs on aboriginal people, and some reasons why aboriginal people use.

In-services

SMART Recovery Australia® conducted the following in-services:

- **Parklea Prison (Compulsory Drug Treatment Correctional Centre):** This unit houses up to 70 participants who have been sentenced to a Compulsory Drug Treatment Order by the Drug Court.
- **Homelessness Network Agency:** Address inner city homelessness and associated issues.
- **Langton Centre** is an outpatient clinic in Sydney that addresses the spectrum of health and social problems for people who use or are dependent upon alcohol or other drugs.

Conferences

SMART Recovery AU® made a presentation at the National Indigenous Drug and Alcohol Conference (NIDAC) in Western Australia on June 7. Our presentation, "Making it Happen," outlined how, with the assistance of an indigenous consultant, we adapted SMART Recovery® to the needs of the indigenous community and have set up indigenous-specific SMART Recovery® meetings across Australia. The presentation identified what worked and what didn't work, the challenges the groups faced, and their accomplishments.

SMART Recovery Australia® is committed to working with indigenous communities across Australia.

SMART Recovery AU® facilitator training

Youth Off The Streets; MERIT Program; Drug Court; Centre for Addiction Medicine; Lyndon Out Reach; Nepean Blue Mountains Health; Central West Women's Health; Richmond Fellowship; Southern Youth and Family Centre; Mathew Talbot Homeless Centre; Western Area Health Service; Yoorana Gunya Family Healing Centre; and Parkes, NSW.

Trainings are scheduled in Canberra, ACT; Albany, Western Australia; Padstow, NSW; Adelaide, South Australia; Narrabri, NSW; Newcastle, NSW; Melbourne; and Vic, Nowra, NSW.

SMART Recovery UK®

by Richard, Carol, Jardine, and the trustees of SMART Recovery UK®

Things are still moving quickly in the UK, with the number of meetings growing just slightly faster than we can cope with! We now have 89 meetings in the community, led by people who are themselves in recovery, plus another 57 "partnership" meetings in treatment services.

Our new website is now live, www.smartrecovery.org.uk. We are also working on a new online community, a "walled garden" social network with some similarities to Facebook but more private. When this is running, people from the US and elsewhere are more than welcome to join in.

Our online training is working well, though we have always been interested in offering face-to-face training if we could find a way. We have partnered

with a not-for-profit training charity to help us develop all the materials and “training the trainer” course for a face-to-face course. We hope that some of our partners or the National Health Service will cover the costs of running the course in some areas.

Although not certain whether the plan will come together, we are also drawing together partners to find a way of developing a network of Friends & Family meetings for the UK.

Our partnership model involves treatment providers (most of which use CBT rather than 12 steps, in the UK) to help kick-start meetings. For the past few months, we have been collaborating with health planners to partner with us to make SMART Recovery® available across whole cities or counties.

Lots to do, but these are exciting times for SMART Recovery® on this side of the pond.

Articles are Welcome!

If you have a story or information you would like to see published in the *News & Views*, please feel free to submit a copy to

Rosemary Almond, Editor,
via e-mail: rosemaryalmond@gmail.com.
Unsolicited material is most welcome!

SUMMER REMINDERS:

- Share a copy of the *News & Views* with others
- Celebrate my progress in freedom from addiction on the 4th of July
- Set goals
- Give trying a chance
- Save money to attend the SMART Recovery® Annual Conference in Chicago in September
- Nominate someone for a SMART Recovery® Community Award
- Consider volunteering for SMART Recovery® in some capacity
- Enjoy a safe and fun summer

“We’ve danced with the 800-pound gorilla of addiction and we have lived—not to tell our story, but to infuse the world with our experience, wisdom, strength, hope and talent.”

— Christopher Kennedy Lawford

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

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