

**Alcohol & Drug Abuse Self-Help Network, Inc., d.b.a. SMART Recovery®**  
**2008 Annual Report**  
(Fiscal Year 1 January 2008 – 31 December 2008)



Dear volunteers, participants and friends of SMART Recovery,

2008 -- SMART Recovery's 14<sup>th</sup> year -- continued to show growth and expansion, particularly internationally and within our ever growing online community.

A highlight of the year was a survey of SMART Recovery members/participants which helped us to craft strategic plans and ways forward to sustain and enhance our growth.

In December, I stepped down from the Presidency after 13 years of service. Those 13 years brought an immense amount of joy and collective pride when observing how, with your help, our organization has grown and developed through the years.

Our greatest strength continues to be the volunteers who tirelessly serve the organization. Thanks to each of you for helping to carry forward this important program!

With sincere thanks,

*Tom Horvath*

A. Thomas Horvath, PhD  
President, SMART Recovery

### **SMART Recovery: Purpose, Mission and Vision**

**Purpose:** To help individuals gain independence from addictive behavior and lead meaningful and satisfying lives. To support the availability of choices in recovery.

**Mission:** To offer no-fee, self-empowering, science-based, face-to-face and online support groups for abstaining from any substance or activity addiction.

**Vision:** Think SMART Worldwide!

### **About SMART Recovery®**

SMART Recovery® supports individuals who desire to abstain or are considering abstinence from any substance or activity addiction. SMART Recovery is almost entirely operated by volunteers, whose primary activities are facilitating face-to-face and online meetings, and providing additional recovery support via the SMART Recovery website message boards and chat room. SMART Recovery began operating under its current name in 1994 and is a growing presence nationally and internationally, with over 450 worldwide weekly community and correctional setting meetings, and daily online meetings. [www.smartrecovery.org](http://www.smartrecovery.org).

### **Programs**

The SMART Recovery 4-Point Program® is delivered via four primary vehicles: Face-to-Face community meetings; InsideOut™ Correctional Facility meetings; other correctional meetings; and daily online activities, including: text and voice meetings; online Message Board discussions, and a 24/7 chat room. In addition, a number of publications which support the program concepts are available through the Central Office.

## Milestones

### International Growth:

#### SMART Recovery® UK:

- 20 facilitator training events hosted
- 3 awareness raising events with student nurses in Stirling University Campus in Inverness
- Presented at 2 Government run Recovery Seminars; a workshop at the Scottish Government Recovery Conference; the Drug and Alcohol Today Conference in Glasgow; and Scotland Futures Forum events
- 3 local area steering groups created - Caithness, Inverness and Nairn and Grampian.
- Inverness Prison Pilot using an internet approach to support prisoners debuted
- 15 new meetings started in Scotland

#### SMART Recovery® AU:

- Monthly meetings with Dept. of Corrective Services. Commenced SMART Recovery program at 1<sup>st</sup> transitional house from jail to the community
- Launched SMART Recovery in 3 states: Tasmania, Victoria and Queensland
- Trainings conducted in Canberra, A.C.T.; Melbourne (Turning Point) Victoria; Hobart and Launceston (Salvation Army), Guthrie House, Cardinal Freeman Center, Tasmania, The Drug & Alcohol Multicultural Education Centre, Ted Noff's Foundation (Youth Foundation), Western suburbs of NSW, and Brisbane. In-service provided to ADIS (Alcohol and Drug Information Service) and the NSW Quite Smoking line
- Attended to present/exhibit/workshop at: Alcohol, Tobacco & other Drugs Council of Tasmania; Melbourne Summit – A climate for Change; The Australasian Professional Society on Alcohol and other Drugs (APSAD) Conference; ATCA (Australasian Therapeutic Communities Association); and met with Responsible Gambling Fund to introduce SMART Recovery
- Ongoing Facilitator support meetings
- Developed specific SMART Recovery groups for the indigenous population
- Employed part-time Administrative Assistant (Karen) to help with office work and growing groups
- 33 new meetings started in AU in 2008

#### Other International Growth:

- Meetings began in the fall of 2008 in Kermanshah, Iran
- A new meeting in Kurukshetra, Haryana, India

### Products/Services:

- SMART Recovery® Handbook published in Spanish and Portuguese
- Phase II Funding for Overcoming Addictions Webcourse sought by Dr. Reid Hester, developer

### SMART Recovery® Online (SOL):

- SMART Recovery Online celebrated its 10<sup>th</sup> Anniversary, complete with a multitude of special guests and online festivities and an Anniversary FUNdraiser which included a highly successful auction
- SMART Recovery Online survey conducted in fall of 2008 to determine potential improvements
- SMART Recovery Online is available 24/7, with message boards, a chat room, and online meetings. There are 15 weekly online meetings, and at least one meeting available each day. An average of 686 individuals register and participate in online activities each month, and approximately 10,000 message board postings occur each month

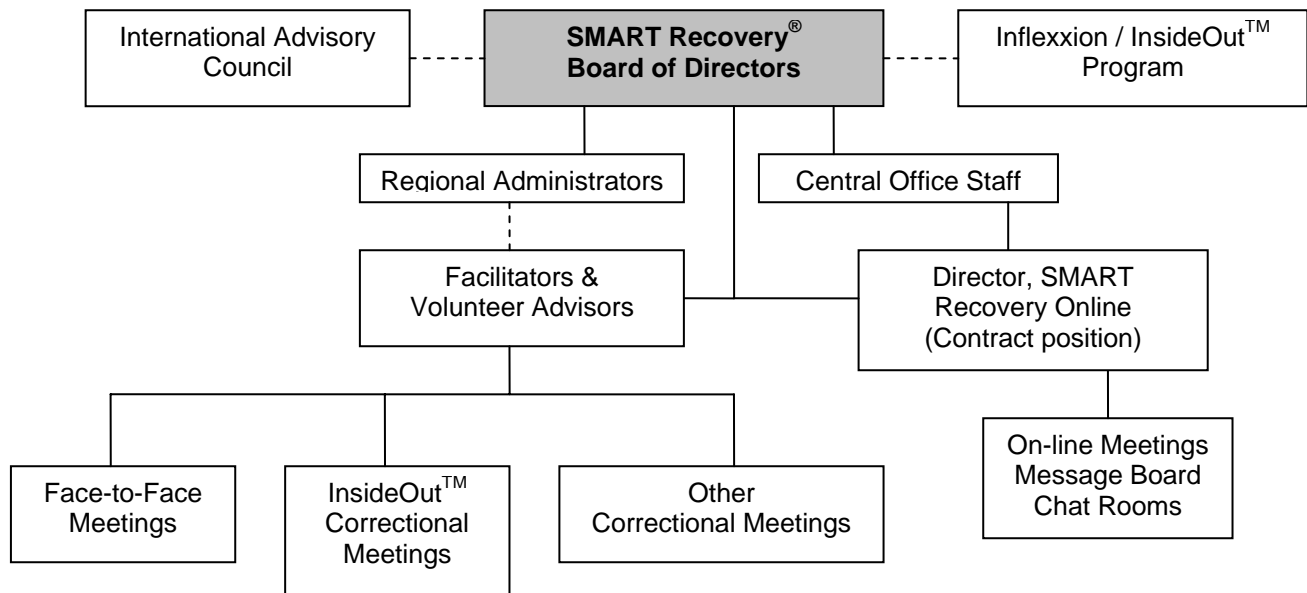
### Training/Education:

- Second Volunteer Gathering (replaces former annual training program) took place in November at the Albert Ellis Institute in New York City. Volunteers from Australia, Scotland and across the US participated.
- Facilitator Distance Training programs provided on a bi-monthly basis based on level of interest. Trainings were hosted in January, March, May, July, September, and November.
- Tool Training provided to SMART Recovery Online volunteers – 9 sessions were hosted online in November and December

Organizational Issues:

- First ever Member/Participant Survey conducted in July of 2008
- Strategic Planning session hosted with use of professional facilitator – Four primary focuses of Strategic Plan include: Fundraising; Increasing the # of meetings available; Determining the need for changes to existing materials; Website redesign
- Professional fundraising assistance obtained
- SMART Recovery NYC created and incorporated
- Participation in the 33<sup>rd</sup> Annual Alabama School of Alcohol and Other Drug Studies (ASADS) Conference – Plenary session, InsideOut Workshop, SMART Recovery Therapy Workshop and Managing Addictions Workshop each highly successful
- Participation in the Michigan Association of Drug Court Professionals 9th Annual Conference in February in Lansing, MI
- 80 meetings started in the US

**Organizational Structure**



**Fiscal**

Federal Identification Number: 52-1811500. SMART Recovery files an IRS Form 990 and is a 501(c)(3) public charity.

**Financial Snapshot for 2008 Fiscal Year (January 1 – December 31):**

Revenues	Expenses	Liabilities	Net Assets
\$158,086	\$232,053	\$ 43,045	\$114,651

**Financial Summary Statement**

SMART Recovery is seeking funds from contributions and grants. These funds will be used for unrestricted operating expenses and special projects.

## **SMART Recovery® Board of Directors:**

*Thomas Horvath, Ph.D., PRESIDENT*  
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*Barry Grant, Newark, NJ*

*Fraser Ross, Inverness, Scotland*

*Anthony Wales, Sydney, NSW, Australia*

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Weston, MA

*Stephen Baxter, Atlanta, GA*

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*Henry Steinberger, Ph.D., Madison, WI*

## **SMART Recovery® International Advisory Council Members:**

*Aaron Beck, M.D.*  
Dept. of Psychiatry  
University of Pennsylvania

*Carlo DiClemente, Ph.D.*  
Dept. of Psychology  
Univ. of Maryland at Baltimore

*Albert Ellis, Ph.D. (1913-2007)*  
The Albert Ellis Institute

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Greenville, NC

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University of Northumbria at Newcastle, Centre for  
Alcohol & Drug Studies

*Reid Hester, Ph.D.*  
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Stanford School of Medicine  
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Nova Southeastern University  
Center for Psychological Studies

*Mark Sobell, Ph.D., ABPP*  
Nova Southeastern University  
Center for Psychological Studies

*Bill White, MA*  
Chestnut Health Systems