

**Alcohol & Drug Abuse Self-Help Network, Inc., d.b.a. SMART Recovery®**  
**2010 Annual Report**  
(Fiscal Year 1 January 2010 – 31 December 2010)



Dear volunteers, participants and friends of SMART Recovery,

2010 -- SMART Recovery's 16<sup>th</sup> year -- showed substantial growth in US, international, and online meetings and participation. It appears we are entering an era of more rapid growth than we have ever experienced before.

After several years of striving to do so, I am pleased to report that we achieved a balanced budget! Special thanks to our meetings providing group donations, our generous personal donors, our website supporters, and those who purchase the variety of publications and materials we offer for sale that help to keep the organization financially vibrant. You allowed us to achieve our goal!

Our greatest strength continues to be the volunteers who tirelessly serve the organization, and the participants who benefit from the meetings and online services. Thanks to each of you for helping to carry forward this important program!

With sincere thanks,

*Tom Horvath*

A. Thomas Horvath  
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 625 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:

- Alcohol Concern sponsors first UK Conference on SMART Recovery. Dr. Joe Gerstein presents keynote address to 250 professionals and participants.
- Strategic Review of SMART Recovery UK report is published and affirms SMART Recovery as a partnership model between peers and professionals.
- *Guardian* newspaper (UK) interview/article with Joe Gerstein promulgates much program interest and website traffic.
- SMART Recovery meetings are started in Johannesburg, South Africa by Mohamed Majid, extending SMART Recovery's presence to its 6th continent. Dr. Joe Gerstein interviewed about SR on The Islamic Network, broadcast to 140 countries.
- Australia - Juvenile Justice Centres in NSW training to incorporate teen meetings; BE SMART: Family and Carer's SMART Program piloted, with part-time staff added to support the program; continued commitment to establish relationships with Indigenous services throughout the country; travel grant from the AERF (Alcohol Education Rehabilitation Foundation) for staff member to attend the The National Indigenous Drug & Alcohol Conference; New design and logo were launched on the SMART website; ongoing onsite facilitator training programs continue to expand.
- SMART Recovery groups exist in Uzbekistan, Iran, Sweden, the UK, Canada, Australia, New Zealand, and Vietnam, with groups in the planning stages in Russia.

### Products/Services:

- Website supporters are added to website homepage.
- Website improvement/redesign continues in order to enhance the visitor's ease of finding information, improve search engine optimization, and enhance the appeal of the website.
- Social Media underway – Facebook page and Twitter account created (join us!)

### SMART Recovery® Online (SOL):

- SMART Recovery Online celebrated its 13<sup>th</sup> Anniversary, complete with a multitude of special guests and online festivities and an Anniversary FUNdraiser which included a highly successful auction
- Additional fundraising activities included a New Years Around the World and Valentine's Day FUNdraiser
- New chat host is selected for online meetings and chat able to include Mac users
- Online Family & Friends Meeting debuts, incorporating SMART Recovery Tools and CRAFT concepts.

### Training/Education:

- The annual conference occurred in October in San Diego. Volunteers and meeting participants attended from Canada, Sweden and across the US.
- 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 – 166 completed training. Programs are filling up well in advance of each event.
- Distance Facilitator Training program is altered to include Message Board homework activities/communications.
- Tool Training, Fresh Start and Authoritative Facilitator Training meetings provided to SMART Recovery volunteers

### Special Events:

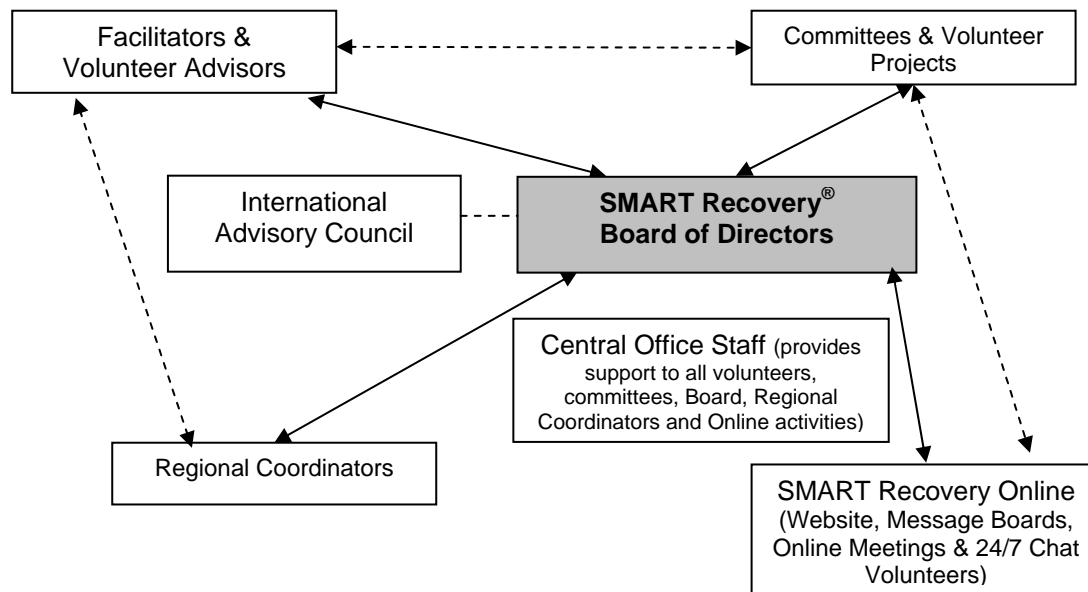
- 6-week online Jobs Series to address helping out-of-work individuals seek employment and handle the stresses of unemployment is conducted.

### Organizational Issues:

- 600<sup>th</sup> SMART Recovery meeting is established in October, 2010.
- Social Networking Team is established to help determine cost-effective means for the Central Office and Groups to become better known.
- Collaborations with other alternative mutual-help groups included providing a press release, *Celebrating 84 Years of Providing Self-Help in Recovery*.

- Collaborations with other alternative mutual-help groups include provision of a 2-page brochure containing information regarding each organization provided to the EAP BIG project.
- Work begins with the Alcohol Research Group to perform SMART Recovery study.
- SMART Recovery UK 2-year project to incorporate service providers to assist is conducted.
- Organizational stance is altered – new Disease/Spirituality statements are issued: *Addiction as a disease*: SMART Recovery tools can help you regardless of whether or not you believe addiction is a disease. *Spirituality*: We believe that the power to change addictive behaviors resides within each individual and does not depend upon adherence to any spiritual viewpoint. The use of religious or spiritual beliefs and practices in recovery is a personal choice and not a part of our program.
- Participant survey (repeat of 2008 survey) to determine changes in demographics of participants within each individual and does not depend upon adherence to any spiritual viewpoint. The use of religious or spiritual beliefs and practices in recovery is a personal choice and not a part of our program.
- Press Releases are issued regarding: Job Search program; November Online Anniversary Celebration; 600<sup>th</sup> meeting announcement; Family & Friends Online Meeting; Recovery Month Planning Partner; and Annual Gathering.
- Net profit is reached at the end of the fiscal year, and for the 1<sup>st</sup> time since 2003, funds from investment accounts aren't required to be tapped in order to pay bills.
- \$5,000 is received from the James Hervey Johnson Charitable and Educational Trust for spreading addiction recovery via SMART Recovery® Website Enhancements.
- There are 622 SMART Recovery meetings worldwide
- Representation of recovered individuals on the SMART Recovery Board of Directors reaches 50% for the first time.

## 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 2010 Fiscal Year (January 1 – December 31):

Revenues	Expenses	Liabilities	Net Assets
\$230,654	\$191,197	\$567	\$110,464

## 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® 2010 Board of Directors:

*Thomas Horvath, Ph.D.*, PRESIDENT  
La Jolla, CA

*F. Michler Bishop, Ph.D.*, VICE PRESIDENT  
New York, NY

*Lorie Hammerstrom* SECRETARY  
Hingham, MA

*Joseph Gerstein, M.D.* TREASURER  
Weston, MA

*Elaine Appel*, Columbia, SC

*John J. Boren, Ph.D.*, Chapel Hill, NC

*Barry Grant*, Newark, NJ

*Bob Lynch*, Chapel Hill, NC

*Brett Saarela, LCSW*, New York, NY

*Claire Saenz*, ASSISTANT SECRETARY  
Wexford, PA

*Anthony Wales*, Sydney, NSW, Australia

## SMART Recovery® 2010 International Advisory Council Members:

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

*Barbara McCrady, Ph.D.*  
Center on Alcoholism, Substance Abuse, and  
Addictions, University of New Mexico

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

*Maxie C. Maultsby, Jr., MD*  
Dept. of Psychiatry, College of Medicine  
Howard University

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

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Center for Alcohol and Addiction Studies  
Brown University

*Frederick Glaser, M.D.*  
Greenville, NC

*Stanton Peele, Ph.D.*  
Fellow, The Lindesmith Center

*Nick Heather, Ph.D.*  
University of Northumbria at Newcastle  
Centre for Alcohol & Drug Studies

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

*Reid Hester, Ph.D.*  
Behavior Therapy Associates

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

*Harald Klingemann, Ph.D.*  
University of Applied Sciences  
Berne, Switzerland

*Bill White, MA*  
Chestnut Health Systems

*Richard Longabaugh, Ed.D.*  
Center for Alcohol and Addiction Studies  
Brown University

*Alan Marlatt, Ph.D.*  
Addictive Behaviors Research Center  
University of Washington