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✦ Acronyms Used in the SMART Recovery® Program

Q. What is SMART Recovery®?

A. SMART Recovery® is a nationwide, nonprofit organization which offers free support groups to individuals who desire to gain independence from any type of addictive behavior. SMART Recovery® also offers a free Internet Message Board discussion group, and sells publications related to recovery from addictive behavior.



Q. What is the SMART Recovery® program of recovery?

A. The SMART Recovery® approach to recovery is summarized in the Four-Point program.

SMART Recovery® teaches how to:

- 1) Enhance and maintain motivation to abstain
- 2) Cope with urges
- 3) Manage thoughts, feelings, and behaviors
- 4) Balance momentary and enduring satisfactions



Q. What does SMART Recovery® stand for?

A. SMART Recovery® is an acronym that stands for Self-Management and Recovery Training.



Q. What is addictive behavior?

A. Addictive behavior is over-involvement with substance use (e.g., psychoactive substances of all kinds, including alcohol, nicotine, caffeine, food, illicit drugs, and prescribed medications), or over-involvement with activities (e.g., gambling, sexual behavior, eating, spending, relationships, exercise, etc.). We assume that there are degrees of addictive behavior, and that all individuals to some degree experience it. For some individuals the negative consequences of addictive behavior (which can involve several substances or activities) become so great that change becomes highly desirable.



Q. How is SMART Recovery® different from traditional Twelve Step programs?

A. SMART Recovery® has a scientific foundation, not a spiritual one. SMART Recovery® teaches increasing self-reliance, rather than powerlessness. SMART Recovery® views addictive behavior as a maladaptive habit, rather than as a disease. SMART Recovery® meetings are discussion meetings in which individuals talk with one another, rather than to one another. SMART Recovery® encourages attendance for months to years, but probably not a lifetime. There are no sponsors in SMART Recovery®. SMART Recovery® discourages use of labels such as "alcoholic" or "addict".



Q. How do I contact SMART Recovery®?

A. The national office is:

7537 Mentor Avenue, Suite #306

Mentor, Ohio 44060

Phone: 440-951-5357.

FAX:440-951-5358.

E-mail info@smartrecovery.org , or contact your local SMART® chapter.



Q. How do I find out about local meetings?

A. If SMART Recovery® is not listed in your local telephone book, click here to view the SMART Roster.



Q. What is the SMART Recovery® website?

A. <http://www.smartrecovery.org/>



Q. How do I order SMART Recovery® publications?

A. Contact the SMART Recovery® national office for SMART Recovery® publications. Other publications on the reading list are available in local bookstores. Your local meeting coordinator may also carry some publications for sale.



Q. How big is SMART Recovery® compared to AA?

A. Compared to Alcoholics Anonymous, SMART Recovery® is very small. AA offers about 90,000 meetings worldwide each week. SMART Recovery® offers about 250 weekly groups, almost entirely in the United States.

Even though face to face SMART Recovery meetings are not in all communities, it is possible to access online meetings and a Message Board on the website.

For many individuals these activities can make attendance at face to face meetings unnecessary.



Q. Is SMART Recovery® as effective as AA?

A. From a scientific perspective, the effectiveness of all support groups for addictive behavior is unproven. Yes, that's right: even though AA is the dominant force in U.S. addiction treatment, its effectiveness is essentially unknown. The crucial question for each individual is: which group would be more effective for me? The only way to answer that question is to attend meetings from all available groups, and reach a personal conclusion about the best approach to recovery.



Q. What are the other non-Twelve Step support groups?

A. Women for Sobriety (WFS): (215) 536-8026.

Secular Organizations for Sobriety (S.O.S.): (310) 821-8430.

Moderation Management (MM): (313) 930-6446.

Men for Sobriety (MFS): (215) 536-8026.



Q. What is the scientific foundation on which SMART Recovery® is built?

A. There are literally hundreds of scientific references that might be used to provide a foundation for the SMART Recovery® Program. A good place to begin reviewing them is with the works listed in "Is SMART Recovery® as Effective as AA?", in the July, 1996 newsletter (Vol 2, #3). In particular Hester & Miller, 1995 (Handbook of Alcoholism Treatment Approaches: Effective Alternatives, Boston: Allyn & Bacon) provides a good current overview.



Q. What is the history of the relationship between SMART Recovery® and Rational Recovery?

A. SMART Recovery, a non-profit corporation, was originally named the Rational Recovery Self-Help

Network, and was affiliated with Rational Recovery Systems, a for profit corporation owned by Jack Trimpey. In 1994 the non-profit changed its name to SMART Recovery, and ended all affiliation with Trimpey. This change occurred because of disagreements between Trimpey and the non-profit's board of directors about the program of recovery to be offered in the self-help groups.



Q. What are the differences between SMART Recovery® and Rational Recovery (RR)?

A. The ultimate organizational authority in SMART Recovery® is the Board of Directors. The ultimate program authority is scientific knowledge and rational thought, as interpreted by the Program Committee and Board of Directors. In RR the ultimate authority for all issues is the owners. SMART Recovery® has a broad program that includes attention to motivation, urges, problem-solving and lifestyle balance. From the perspective of the SMART Recovery® Program, RR (as of 1997) appears to have a narrower focus, primarily on urge coping. Earlier RR (as expressed in The Small Book, which is on the SMART Recovery® Recommended Reading List) had a broader focus. SMART Recovery® offers groups, publications, and an Internet listserve discussion group. RR offers educational workshops and publications.



Q. Can SMART Recovery® be used successfully with "bottomed-out" individuals? Isn't SMART Recovery® primarily for those whose problems are not severe?

A. SMART Recovery® is not for everyone, but rationality does have a broad appeal! The expression "street smart" in part refers to this. Rational does not have to be complicated. Simple is best. Even children can grasp the basics of rational thinking. If someone is truly beyond any rational thinking, he or she may also be beyond any help (but this seems unlikely).

SMART Recovery® can reach out to all levels of society. SMART Recovery® meetings currently occur in homeless shelters, inpatient mental health units, prisons, and other places frequented by individuals with substantial addictive behavior (and other) problems. The Coordinators who lead these meetings report significant success in teaching SMART Recovery® concepts, and significant gratitude from those who learn them.



Q. Does SMART Recovery® have groups for "codependency"?

A. SMART Recovery® is in the preliminary stages of developing a "SMART Recovery® Relationships" program. For the moment, individual counseling is one option for the significant others of individuals recovering from addictive behavior. Also, related information may be found online at <http://www.unm.edu/~craft/index.html>

Significant others could also attend SMART Recovery® meetings aiming to abstain from specific behaviors ("codependency") that they may have developed in (maladaptive) response to the addictive behavior. SMART Recovery® is intended for all addictive behavior (substances and activities), and enabling behavior can be considered as a form of addictive behavior by the enabler.

If your locality has several individuals with these issues, you may wish to experiment with a specialized group for them. Then write a newsletter article telling us how it turned out.



Q.

Where does SMART Recovery® get its money, and how does it spend it?

A. Primary funding is obtained from individual contributions, sale of publications, group donations to the Central Office, and grants. Primary expenses include general Central Office expenses (mailing, e-mail, phone, copying), and part-time staff members: Shari Allwood, Executive Director, Jodi Dayton, Manager, Network Services, Christina Chernis, Coordinator, Volunteer Network, and Jill Hecker, who handles publication orders and inventory.

Primary services include communications -- quarterly News & Views newsletter, quarterly Facilitator's & Advisor's Letter, responses to phone, fax and email inquiries; volunteer support (face-to-face meeting volunteers and the online volunteer community); development and support of new meetings (national and international); an annual training program; and new product development.



Q. What is ADASHN (Alcohol and Drug Abuse Self-Help Network), and what is its relationship SMART Recovery®?

A. In August, 1994, when the Board of Directors decided to end its affiliation with Rational Recovery Systems (RR), it was necessary to change our name, which had been Rational Recovery Self-Help Network. Because there had been insufficient time to identify a suitable name, Joe Gerstein, M.D., President at that time, suggested ADASHN as a name that would not bring us into conflict with the name of any other organization. It was understood by all that in time a better name would be established. Rob Sarmiento, Ph.D., a Board Member, suggested SMART Recovery® several weeks later, and this name was adopted in October, 1996. However, because a number of documents and accounts had already been established under the name ADASHN, we became ADASHN dba (doing business as) SMART Recovery®. In time changing all of our documents and accounts over to SMART Recovery® may become a priority, but for now all of our efforts have been directed toward building our network.



Q. Sometimes I see SMART®, and sometimes SMART Recovery®. What is the difference?

A. When informally referring to our organization, we use SMART. When formally referring to our

organization, we use the full name, to emphasize that the name is an acronym (Self Management and Recovery Training). The full name often also includes the service mark symbol, which clarifies that only SMART Recovery® offers the SMART Recovery® Program.

SMART Recovery® is a registered service mark of ADASHN.

For informal use we recommend SMART Recovery® (rather than SR or SMART-R) because it helps differentiate us from other groups, and because we like the sound of it! SMARTREC is our Internet listserv discussion group.



Acronyms Used in the SMART Recovery® Program

SMART = Self-Management And Recovery Training

REBT = Rational Emotive Behavior Therapy

USA = Unconditional Self Acceptance

UOA = Unconditional Other Acceptance

ABCs

A = Activating event, something happens

B = Beliefs, thoughts, and attitudes about "A"-These beliefs can be rational (rB), reality-based, logical and self-helping, or irrational (iB), demanding and wishful based thinking, illogical, and self-defeating.

C = Consequences-the emotions (mad, sad, scared, glad, etc.) and behaviors that are the result of A (Activating Event) + B (Beliefs)

D = Disputes-arguments against irrational beliefs

E = Effects of the disputes-new emotions and behaviors that result from replacing irrational beliefs with rational ones

CBA = Cost/Benefit Analysis

DIBS = Disputing Irrational Beliefs

DISARM = Destructive Self-talk Awareness and Refusal Method

LFT = Low Frustration Tolerance

PPP = Practice, Patience, Persistence

REI = Rational Emotive Imagery

VACI = Vital Absorbing Creative Interest

ATW = Absolute Thought Warning !!!!...Look for the Should...Must...Have

to...Cant...Ought...All...Need...Always...Never...Awful...Terrible...Horrible...or CAN'T STAND's !!!!!

For more information on this topic go to "[Learn SMART Online](#)":



¿ COMMENTS or REQUEST INFORMATION ?

SMART Recovery® is a 501(c)3 not-for-profit organization, and we depend on and welcome donations.