



Correctional Substance Abuse Treatment Program

Developed with \$1M NIDA Grant



A PROGRAM TO REDUCE RECIDIVISM

InsideOut® is ...

- ✦ **A turnkey CBT solution for the Corrections Community**
For those with AOD addiction and non-substance issues

Starter Package
\$299^{USD}

- Developed by founding President and active Board member, Joseph Gerstein, M.D. and Inflexxion with NIDA funding
- Used in over 150 correctional institutions around the world

SMART Recovery® is ...

- ✦ **A 4-Point Program**

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings and Behaviors (Problem-Solving)
4. Living a Balanced Life

- ✦ **Tools and Meetings**

- ✦ **A Worldwide Community**

Science-based, abstinence-based, religion neutral, self-empowering approach

SMART Recovery is recognized by The National Institute on Drug Abuse (NIDA), the President's Office of National Drug Control Policy (ONDCP), The Substance Abuse and Mental Health Services Administration (SAMHSA), the Bureau of Prisons, and the National Association of Drug Court Professionals (NADCP).

