

SMART Recovery's 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!

SMART Recovery 4-Point Program®

- ✦ **Point 1:** Building and Maintaining Motivation
- ✦ **Point 2:** Coping with Urges
- ✦ **Point 3:** Managing Thoughts, Feelings and Behaviors
- ✦ **Point 4:** Living a Balanced Life

SMART Recovery's Board of Directors

A. Thomas Horvath, **President**
La Jolla, CA

Brett Saarela, **Vice President**
Brooklyn, NY

Bill Stearns, **Secretary**
Cincinnati, OH

Joseph Gerstein, **Treasurer**
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Randy Lindel
Cambridge, MA

Roxanne Allen Sawchak
Midlothian, VA

Timothy Eddy
Swampscott, MA

Anthony Wales
North Sydney, Australia

Significant Achievements in 2016

- ✦ 2,000 worldwide meetings milestone - meetings grew to a total of 2,149 including 1,242 US meetings and 907 International meetings
- ✦ 2,477 individuals registered for SMART Recovery Online Facilitator Training
- ✦ Ongoing training/support for volunteers available via weekly SMART Meeting Management and Fresh Start meetings
- ✦ First board meeting held outside the US when SMART Recovery Board attended premiere, sold-out UK SMART Recovery Conference in Stoke-on-Trent, England
- ✦ SMART Recovery International Committee begins quarterly meetings to undertake formation discussions to create a new International oversight organization

Significant Achievements, continued

- ✦ Joe Gerstein, Past President of SMART Recovery, receives Harvard Humanist Award recognizing his work as Founding President and supporting SMART for over 20 years
- ✦ [*Surgeon General's Report on Alcohol, Drugs, and Health*](#), issued November 2016, includes several mentions of SMART Recovery
- ✦ Scientific developments supportive of SMART included the publication of: Chris Blatch, Kevin O'Sullivan, Jordan J Delaney, Daniel Rathbone , (2016), "Getting SMART, SMART Recovery programs and reoffending", *Journal of Forensic Practice*, Vol. 18 Iss 1 pp. 3 – 16; <http://dx.doi.org/10.1108/JFP-02-2015-0018>
- ✦ Joseph Gerstein Award for Exemplary Service presented to John Boren, Past Board Member, Facilitator, Finance Committee Member and general SMART ambassador
- ✦ Webinars/podcasts included: Dr. Stanton Peele, *SMART Approaches when Talking about Addiction with Kids and Young Adults*; Dr. Robert Schwebel, *You're Not Powerless! Seven Challenges' Message to Young People*; Dr. John Kelly, *The Rationale for Science in Addiction Recovery Support Services*; Dr. Nicole Kosanke, *How Family & Friends Can Help Fuel Recovery*; Joseph Gerstein, MD, *Getting through the Holidays*

Financial Overview

Revenues	Expenses	Liabilities	Net Assets
\$815,976	\$760,079	\$36,048	\$249,832

**Thank you to our supporters, volunteers
and program participants!**