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  
Claire Saenz, **Secretary**  
Wexford, PA

Joseph Gerstein, **Treasurer**  
Wayland, MA  
Elaine Appel  
Columbia, SC  
Carl Cundall  
Sheffield, England

Patrick Garnett  
Chicago, IL  
Roxanne Allen Sawchak  
Midlothian, VA  
Anthony Wales  
North Sydney, Australia

Significant Achievements in 2014

- Automated online meeting verification system implemented
- SMART Celebrates 20th Anniversary!
- Continuing education credits available for Facilitator Distance Training
- Annual conference hosted at National Geographic World Headquarters
- Court Outreach video produced
- Family & Friends program picking up steam
- Overhaul of SMART Recovery access database by a SMART volunteer
- Brokerage account for donations established to accept stock transfers as donations
- Revamped QuickBooks accounting system to better track programs and services
- Board of Directors Strategic Planning Session
- Autumn Ridge Foundation funding promised to improve online meeting system and 24/7 chat room
- 5,000 likes on Facebook page
- Office of National Drug Control Policy/ATTC Webinar: An Introduction to Non-12-Step support
- Meetings worldwide total 1394
- Joseph Gerstein Award for Exemplary Service presented to Sherry, a.k.a. Admin Yesterdaywas Online
- Socializing policy established to encourage safe socialization amongst participants
- Veterans Administration Committee created
New/Revised Products in 2014

- Overcoming Addictions web course
- SMART Recovery Handbook available via E-book!
- Facilitators manual revisions commenced
- Eating Disorders forum added to SMART Recovery Online

Board and Central Office Updates

- Office expansion and renovations to accommodate growing staff and expansion of services
- Quarterly board meetings expanded to monthly meetings (in August)
- Assistant Executive Director position approved by Board

Volunteer Training

- Volunteer training scholarships established
- Distance Training enhanced to accommodate class size increases
- San Diego County authorized to conduct hosted meeting and to train hosts
- Onsite training Pennsylvania Department of Corrections and Advocate Treatment in Illinois

Events & Podcasts

- The science of Kindness and Change
- How to overcome addiction in one lesson
- Behavioral addictions – gambling and eating disorder
- Stanton Peele interviewed by Tom Horvath
- Event for volunteers using social media to spread the word about SMART in your community

Visit http://smartrecovery.libsyn.com/ to enjoy the recordings

International Development

- Denmark government provides $1.8 million to fund SMART program in Denmark
- SMART Recovery UK license agreement revoked
- UK SMART Recovery established
- SMART Recovery Ireland license agreement established
- Denmark agreement to translate SMART materials
- Translation agreements for Polish and Arabic
- Canadian publisher established for SMART publications to ease costs for Canadian volunteers and purchasers
- SMART Recovery Australia conducts survey of SMART Recovery participants
- SMART Recovery International Transition Team established

20th Anniversary Celebration

- Public Relations team established for 20th anniversary outreach
- Celebration at the Annual SMART Recovery Conference hosted at the National Geographic World Headquarters in Washington, DC
Michael Botticelli, of the White House Office of National Drug Control Policy (ONDCP) provided welcome

Director Botticelli presented a letter from President Obama acknowledging SMART Recovery to Tom Horvath, SMART President

Recovery Advocacy Panel included Peter Gaumond, ONDCP, Steve Gumbley, Faces & Voices of Recovery, and Ivette Torres, SAMHSA

Financial Overview

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Thank you to our Supporters, Volunteers and Program Participants!