Mission and Vision

Mission: SMART’s Mission is to empower people to achieve independence from addiction problems with our science-based 4-Point Program®.

Vision: A fulfilling and meaningful addiction-free life for all.

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

Joseph Gerstein, President
Miami Beach, FL

Randy Lindel, Treasurer
Cambridge, MA

Timothy Eddy
Swampscott, MA

Hank Robb
Lake Oswego, OR

Brett Saarela, Vice President
Brooklyn, NY

Roxanne Allen Sawchak
Midlothian, VA

Bill Greer
Washington, DC

Bill Stearns, Secretary
Cincinnati, OH

Elaine Appel
Columbia, SC

A. Thomas Horvath
La Jolla, CA

Anthony Wales
North Sydney, Australia
Significant Achievements in 2017

- Joe Gerstein, winner of the 2016 Harvard Humanist Award for his work with SMART Recovery and Past President of SMART, elected 2017 President of SMART Recovery
- New Strategic Plan to help guide SMART in the five-years ahead
- New website launched
- New and improved tiered online facilitator training structure
- First financial audit with donation from the Autumn Ridge Foundation to perform the audit
- GuideStar Platinum status achieved
- Number of SMART meetings triples over past 3 years
- IT audit resulting in new/improved IT support and processes
- Creation of a Governance Committee
- Online meetings platform updated to display slides with tools and helpful information
- Family & Friends meetings crossed the 100 mark
- Meetings held in correctional and military/veterans facilities, schools, hospitals and treatment centers continue to expand
- 2,500 meetings worldwide – a milestone that seemed unfathomable as recently as 10 years ago
- Facing Addiction site includes SMART Recovery meetings:
  https://www.facingaddiction.org/addiction-resource-hub
- Choice in Recovery video featuring SMART Recovery and other mutual support groups:
  http://choiceinrecovery.net/

SMART Recovery volunteers receive Department of Correction & Rehabilitation Award, and an additional Public Safety award from the city of Rockville, MD, related to provision of SMART Recovery InsideOut® meetings at the Montgomery County Correctional Facility.

Department of Correction & Rehabilitation Award presented to SMART volunteers Barry, Bill and Neil. L to R: Barry Grant, Kendra Jochum, Bill Greer, Susan K. Malagari, and Neill Hoge.
1,715 facilitators graduated Online Training
Onsite training provided to 12 organizations

- Facing Addiction Multiple Pathways Resource Guide development team – Guide to include SMART Recovery, SMART Recovery Family & Friends and Checkup & Choices (testimonials and photos to be included)
- SMART Recovery registered in all US States requiring registration to fundraise via donate button on website, or other fundraising within states
- Investment Portfolio Policy established
- SMART Recovery meeting available via InTheRooms online recovery organization
- Board agreement to implement Health Reimbursement Account for staff resulting in first-ever staff benefits
- SMART Recovery Alumni Committee established

“We can put to rest this notion that SMART is an ‘alternative’ to 12-step programs. SMART is not an alternative! SMART Recovery is SMART Recovery with a clearly defined mission to ‘empower people to achieve independence from addiction problems with our science-based 4-Point Program.’” Joe Gerstein, President

“SMART taught me to how to ‘rock’ my recovery” Chip Engler

Attendees from Serenity Steps in Atlanta, GA during SMART Onsite Training.

Online meeting verifications issued via Central Office to alleviate extra time required by online volunteer facilitators
BMore SMART project implemented – pilot to provide extended meetings and reach in Baltimore City
Guidelines for setting up Facebook Pages and Groups provided to SMART volunteers
• Implementation of teen & youth volunteer facilitator criminal background checks
• Presentations at National Association of Drug Court Professionals and Multiple Pathways to Recovery
• Cigna Webinar “What You Will and Won’t Hear at a SMART Recovery Meeting” presented by Joe Gerstein
• Increased publicity including:
  • Addiction Professional article: SMART Recovery: Don’t call us an alternative anymore September 26, 2017, By Gary A. Enos, Editor
  • 10 Ways SMART Recovery Differs From 12-Step Programs, By John Lavitt published in The Fix on 08/17/17
  • Humanist.com article: Harvard Humanist of the Year Issues Call for Facilitators to Lead SMART Recovery Meetings, by Bill Greer, 7 August 2017
• Executive Director resigns following 23+ years of service: https://www.smartrecovery.org/moving-on-from-smart-after-23-amazing-years/
Meeting Counts

- US Meetings: 1,445
- International Meetings: 1,098
- Total Meetings: 2,543
- 25 weekly online meetings

Events & Podcasts

- July: WEBINAR: Addiction & the Brain, A Focus on Opiates, with Chris Tuell, Ph.D.

Visit [http://smartrecovery.libsyn.com/](http://smartrecovery.libsyn.com/) to enjoy additional recordings
International Development

- Undertaking the formation of the SMART Recovery International organization, including first meeting in May in London to formalize plans (US Representatives include Bill Greer, Brett Saarela and Claire Saenz). Pro bono legal assistance generously provided by DLA Piper.
- Canada Bookstore established to ease shipping and customs fees for Canadian purchasers.
- Handbook translated into French and Danish – 10th Handbook language
- SMART meetings now available in 23 countries on 6 continents

Annual Conference

- Hosted in September in Ft. Lauderdale, FL (hotel graciously hosted event though damage from hurricane was being repaired during the event)
- Breakouts included sessions for Volunteers & Facilitators; Corrections/Drug Courts/Criminal Justice; a session for Addiction Professionals; and a Growing the SMART Organization session
- Dr. Lori Eickleberry presented an optional Motivational Interviewing Workshop which was well attended & received

Financial Overview

<table>
<thead>
<tr>
<th>Revenues</th>
<th>Expenses</th>
<th>Liabilities</th>
<th>Net Assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,000,256</td>
<td>$1,012,302</td>
<td>$148,570</td>
<td>$248,209</td>
</tr>
</tbody>
</table>

“Much work lies ahead. We have proven in our progress up to now that SMART is a strong and resilient organization. And we’ve come a long way. Now, we must take the next step to bring our recovery support model to everyone in the world who needs it.” Joe Gerstein, President
Your life does not get better by CHANCE, it gets better by CHANGE!

- Jim Rohn


SMART Recovery®
Self-Management and Recovery Training

www.smartrecovery.org