



# Annual Report

## 2017



## 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

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Brett Saarela, Vice President  
Brooklyn, NY

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Bill Stearns, Secretary  
Cincinnati, OH

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Randy Lindel, Treasurer  
Cambridge, MA

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Roxanne Allen Sawchak  
Midlothian, VA

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Elaine Appel  
Columbia, SC

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Timothy Eddy  
Swampscott, MA

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Bill Greer  
Washington, DC

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A. Thomas Horvath  
La Jolla, CA

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Hank Robb  
Lake Oswego, OR

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Anthony Wales  
North Sydney, Australia

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# 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/>



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.

- ✦ 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



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

- ✦ Public Service Announcements (30 and 60 second spots) created by volunteer: <https://www.smartrecovery.org/wp-content/uploads/2018/03/30-Sec-Smart-PSA.wav> and <https://www.smartrecovery.org/wp-content/uploads/2018/03/60%20Sec%20Smart%20PSA.wav>
- ✦ 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
- ✦ 2017 Annual Survey: <https://www.surveymonkey.com/results/SM-TSMKJ9XJ8/>
- ✦ 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

- ✦ 1,715 facilitators graduated Online Training
- ✦ Onsite training provided to 12 organizations



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



President Joe Gerstein and Bill White

- ✦ 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

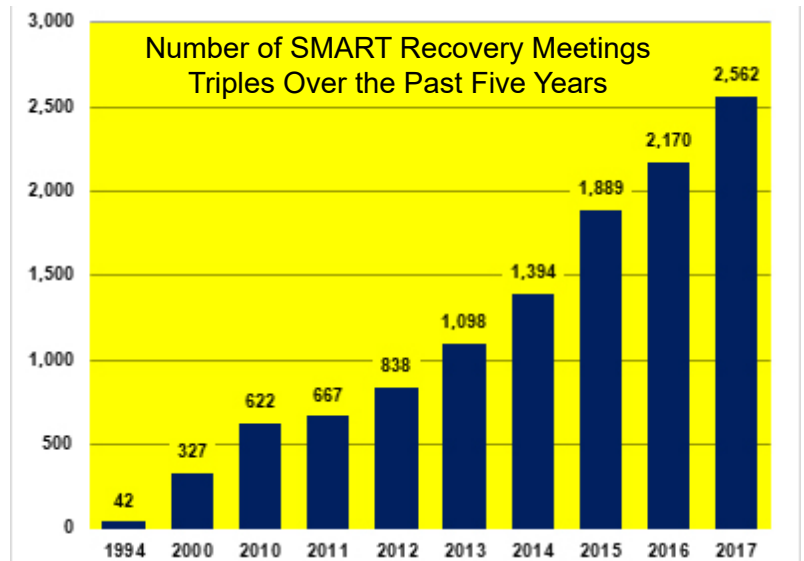
- ✦ 10 Ways SMART Recovery Differs From 12-Step Programs, By John Lavitt published in The Fix on 08/17/17
- ✦ Humanist.com article: Harvard Humanist of the Year Issues Call for Facilitators to Lead SMART Recovery Meetings, by Bill Greer, 7 August 2017
- ✦ Bill White Blog acknowledging SMART's growth: <http://www.williamwhitepapers.com/blog/2017/09/smart-recovery-2017.html>
- ✦ Bill White SMART Recovery bibliography published: [http://www.williamwhitepapers.com/pr/dlm\\_uploads/SMART-Recovery-Bibliography.pdf](http://www.williamwhitepapers.com/pr/dlm_uploads/SMART-Recovery-Bibliography.pdf)
- ✦ 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



Source: SMART Recovery | Notes: Countries with SMART meetings: Australia, Canada, China (and Hong Kong), Denmark, India, Iran, Ireland, Kenya, Korea, Malaysia, Mexico, Namibia, New Zealand, Nigeria, Panama, Russia, Singapore, South Africa, Spain, Sweden, United Kingdom (and Grand Cayman), United States, Uzbekistan and Vietnam.

Virtually all meetings are held weekly. The majority are free and open to the public. Closed meetings are typically held in correctional and military facilities, schools, hospitals and treatment centers; many of these are SMART-oriented, adapted to the special needs of the participants or to the program of the treatment provider. These figures do not include 25 online meetings per week.



## Events & Podcasts

- ✦ February: <http://smartrecovery.libsyn.com/webinar-addiction-recovery-for-2017-new-science-new-strategies-with-reid-hester-phd>
- ✦ April: <http://smartrecovery.libsyn.com/webinar-engaging-community-to-fight-addiction-with-ivette-torres-from-samhsa>
- ✦ July: WEBINAR: Addiction & the Brain, A Focus on Opiates, with Chris Tuell, Ph.D.

Visit <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

| Revenues    | Expenses    | Liabilities | Net Assets |
|-------------|-------------|-------------|------------|
| \$1,000,256 | \$1,012,302 | \$148,570   | \$248,209  |

“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*

[www.smartrecovery.org](http://www.smartrecovery.org)

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