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Contact: Mark Ruth  
Executive Director, SMART Recovery USA, Inc.  
440.477.8000 | [markruth@smartrecovery.org](mailto:markruth@smartrecovery.org)

## Dr. Nora Volkow to Speak on Addiction Recovery *NIDA's Director offers pragmatic and hopeful approach*

Mentor, OH, March 28, 2022—SMART Recovery (SMART) is pleased to announce that National Institute on Drug Abuse Director Nora Volkow, MD, will be the inaugural speaker for its Jonathan von Breton Memorial Lecture Series on Wednesday, April 6 at 4 pm (ET).

According to SMART's Executive Director Mark Ruth,

*We're very excited to have Dr. Volkow be the inaugural speaker in this series named after Jonathan von Breton. He was a tremendous volunteer who was a certified mental health counselor, student of Albert Ellis, and a champion for the growth of SMART's online community. Nora Volkow's passion for helping people struggling with addiction is consistent with what Jonathan was all about.*

In her talk, titled Advancing Pragmatic Approaches to Addiction Treatment and Recovery, Volkow is expected to advocate for major changes in treatment and less judgmental and moralistic attitudes about drug use in the face of record numbers of overdose deaths in the U.S.

She will build on themes presented in her recent Health Affairs article: [Making Addiction Treatment More Realistic and Pragmatic: The Perfect Should Not Be the Enemy of the Good](#).

Dr. Volkow has called for society to move beyond the view that abstinence should be the only goal of treatment and instead encourages conversation about the value of harm reduction principles and practices.

Also, Volkow is expected to acknowledge SMART's ongoing efforts to destigmatize addiction and strongly support Medication-Assisted Treatment, which SMART has advocated as essential to recovery for many people since the organization began over a quarter-century ago.

Dr. Volkow has published more than 800 peer-reviewed articles, written more than 100 book chapters, manuscripts, and articles, co-edited "Neuroscience in the 21st Century," and edited four books on brain imaging for mental and addictive disorders.

She was named one of Time magazine's "Top 100 People Who Shape Our World"; one of "20 People to Watch" by Newsweek magazine; Washingtonian magazine's "100 Most Powerful Women"; "Innovator of the Year" by U.S. News & World Report; and one of "34 Leaders Who Are Changing Health Care" by Fortune magazine.

NIDA is the world's largest funder of research on the health issues associated with drug use and addiction, with a proposed 2022 budget of \$1.8 billion.

For more information or to register for this event, go to [Volkow Registration](#)

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SMART Recovery (Self-Management and Recovery Training) is a global, nonprofit organization that helps people overcome problematic addictive behavior through free in-person and online meetings. Participants use SMART to assume responsibility for their recovery using its 4-Point Program<sup>®</sup>. These foundational principles are: building and maintaining motivation; coping with urges; managing thoughts, feelings, and behaviors; and living a balanced life.

Founded in 1994, the organization uses science-based techniques that have proven to be effective in helping individuals overcome addiction to drugs, alcohol, and harmful activities such as gambling. SMART has been endorsed by the leading government and medical authorities in Australia, the UK, and U.S. Learn more: [www.smartrecovery.org](http://www.smartrecovery.org).