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# ABOUT US

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*Self-Management and Recovery Training (SMART) is a global community of 3,500 mutual-support groups in well over 20 countries. At free weekly in-person and online meetings, with 24/7 support from our moderated online Chat Room and specialized Forums, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating).*

*SMART uses principles, practices, and tools from disciplines with proven effectiveness in treating problematic addictive behavior, such as Cognitive Behavioral Therapy and Motivational Interviewing.*

## **Trained Volunteers Lead Interactive, Forward-Looking Meetings**

All SMART meetings are led by volunteers who have completed one or more of our training courses. Meetings are highly interactive, conversational, and educational, enabling all participants to share their successes and challenges and receive guidance from others. Meetings are action-oriented, positive, and focused on the present and future.

These self-empowering discussions include science-based tools that enable participants to become increasingly self-reliant in their efforts to change and to lead lives that are more meaningful, productive, and connected.

Participants learn from each other about specific tools and how to apply them in various situations. SMART's tools evolve as scientific findings evolve. SMART meetings themselves are the ongoing subject of scientific inquiry. Research suggests that SMART meetings are as effective as any other mutual-help meetings for resolving problematic addictive behavior. Other research has revealed the importance of choice in the types of meetings available for individuals with different orientations, such as spiritual vs. scientific. This finding follows the emphasis in modern treatment on offering people multiple pathways for recovery.

## **How SMART Helps Destigmatize Addiction**

SMART discourages the use of labels such as "addict" and "alcoholic," because they can undermine motivation for many people. SMART views addiction as a behavioral problem that can be corrected, not a condition that defines a person's identity.

The SMART organization is operated almost entirely by volunteers. Meeting participants are encouraged to become volunteers to enhance their own gains and experience the satisfaction of helping others. SMART is supported by ongoing relationships worldwide with mental health professionals and psychological scientists, who help SMART stay current with relevant treatment and scientific innovations.

## **SMART RECOVERY HOLDS MEETINGS FOR:**

- *Individuals suffering from any harmful addiction or behavior, including those with opioid use disorders undergoing medication-assisted treatment to stabilize their lives and reduce the risk of fatal overdoses.*
- *Teenagers, college students, young adults, and military veterans with PTSD.*
- *Low-income individuals needing support in recovery community organizations.*
- *Patients undergoing treatment in rehab centers and hospitals.*
- *Inmates in correctional facilities through our InsideOut program (developed with \$1 million in NIDA grants).*
- *Family members and friends of loved ones with addiction, who need support themselves to manage the anger, anxiety, and frustration they experience, and to help their loved ones seek treatment.*

## **SELF-EMPOWERING 4-POINT PROGRAM**

*SMART is designed to help people find the power to change within themselves. The discussion at meetings is centered around the SMART 4-Point Program:*

1. *Build the motivation within to recover.*
2. *Cope with urges and cravings to sustain recovery.*
3. *Manage thoughts, feelings, and behaviors.*
4. *Lead a balanced life with purpose and meaning.*