Welcome to SMART Recovery®

Our meeting will begin shortly.
SMART Meeting Agenda

- Introduction
- SMART Meeting Guidelines
- Check-in
- Agenda setting
- Discussion and Tools application
- Check out
Introduction

• SMART stands for Self-Management and Recovery Training. We are a non-profit, volunteer, mutual self-help peer support group – not professional therapy.

• The meeting lasts 90 minutes and is open to everyone.

• Our discussions focus on how to abstain from any type of addictive behavior.
Introduction

• SMART teaches self-empowering skills. It is a Tool-driven program which helps participants
  o Build and maintain motivation to change
  o Better cope with urges and cravings
  o Better manage our own thoughts, feelings and behaviors
  o Achieve a more balanced lifestyle
Meeting Guidelines

- We respect privacy and confidentiality for all that is said and done at this meeting.
- We encourage participants to ask questions and share ideas about what has been helpful to them.
- But, there’s no requirement to participate in the meeting.
- We refrain from labeling, giving advice or telling others what they should do.
Meeting Guidelines

• If you have been drinking or using, you’re welcome to stay and observe the meeting, but please refrain from giving input.

• If you receive an inappropriate or unwanted private message from another participant during the meeting, please notify the meeting Facilitator.

• Please mute when not speaking.
Check-in

• This is an opportunity for you to let us know a little more about why you are at this meeting and how things have been going for you recently.

• This is a good time to mention if you have a particular issue, topic, success, question or concern that you would like to discuss during the meeting.

• Anyone wishing to, may simply pass.