



SMART Recovery[®] NYC

Discover The Power Of Choice

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Today's Agenda

- What is SMART Recovery®?
- How does it work?
 - Engagement

“My mom tells me how happy and energized I sound on the phone on the days after attending a meeting” – SMART participant AJ



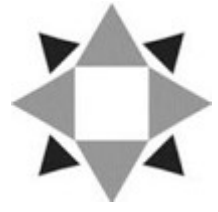
What is SMART Recovery

- SMART = Self' Management and Recovery Training - emphasis on **self**
- Applies to **any problem behavior** (gambling, overeating, overshopping, oversexing, overtexting)
- Encourages individuals to **recover** from addiction and live **meaningful, satisfying lives** (SAMHSA definition of recovery)
- Views problem behavior as something you can gain mastery over **without a lifetime of meetings** (because you learn the tools to manage it on your own)
- Teaches **self-empowerment** and self-reliance
- **No labels** (that would be a global self-assessment)



A different approach to recovery

- **Secular** (no Higher Power or prayers)
- **Evolves** as scientific knowledge in addiction recovery evolves
- Supports scientifically informed use **of other psychological treatments**, legally prescribed psychiatric & addiction **medication (MAT)**
- Meetings are educational, supportive, and include open discussions: **non-confrontational**
- **FREE and confidential** tools, skill-building exercises, group meetings, 24/7 online chats



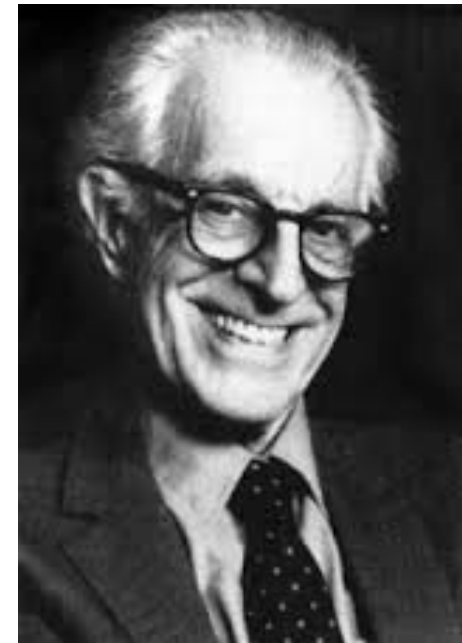
Encourage other addiction self-help options

- Agnostic AA: agnosticaa.org
- 12-Step: nyintergroup.org
- Women for Sobriety: www.womenforsobriety.org
- Secular Organizations for Sobriety: www.sossobriety.org
- Lifering: www.lifering.org
- Moderation Management: www.moderation.org
- Refuge Recovery: www.refugerecovery.org



Theoretical Basis: REBT

- Initially based on **Rational-Emotional Behavior Therapy** (REBT), the CBT approach pioneered by psychologist Albert Ellis
- *It is not what happens to you, but how you react to it that matters* – Epictetus, ancient Greek philosopher
- Essential concept: change how you **think** about your situation, and you will change how you **feel** about it
- “It’s simple, but it’s not easy!” Albert Ellis



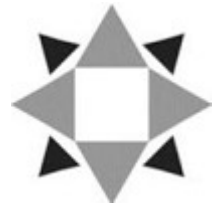
Albert Ellis, 1913-2007



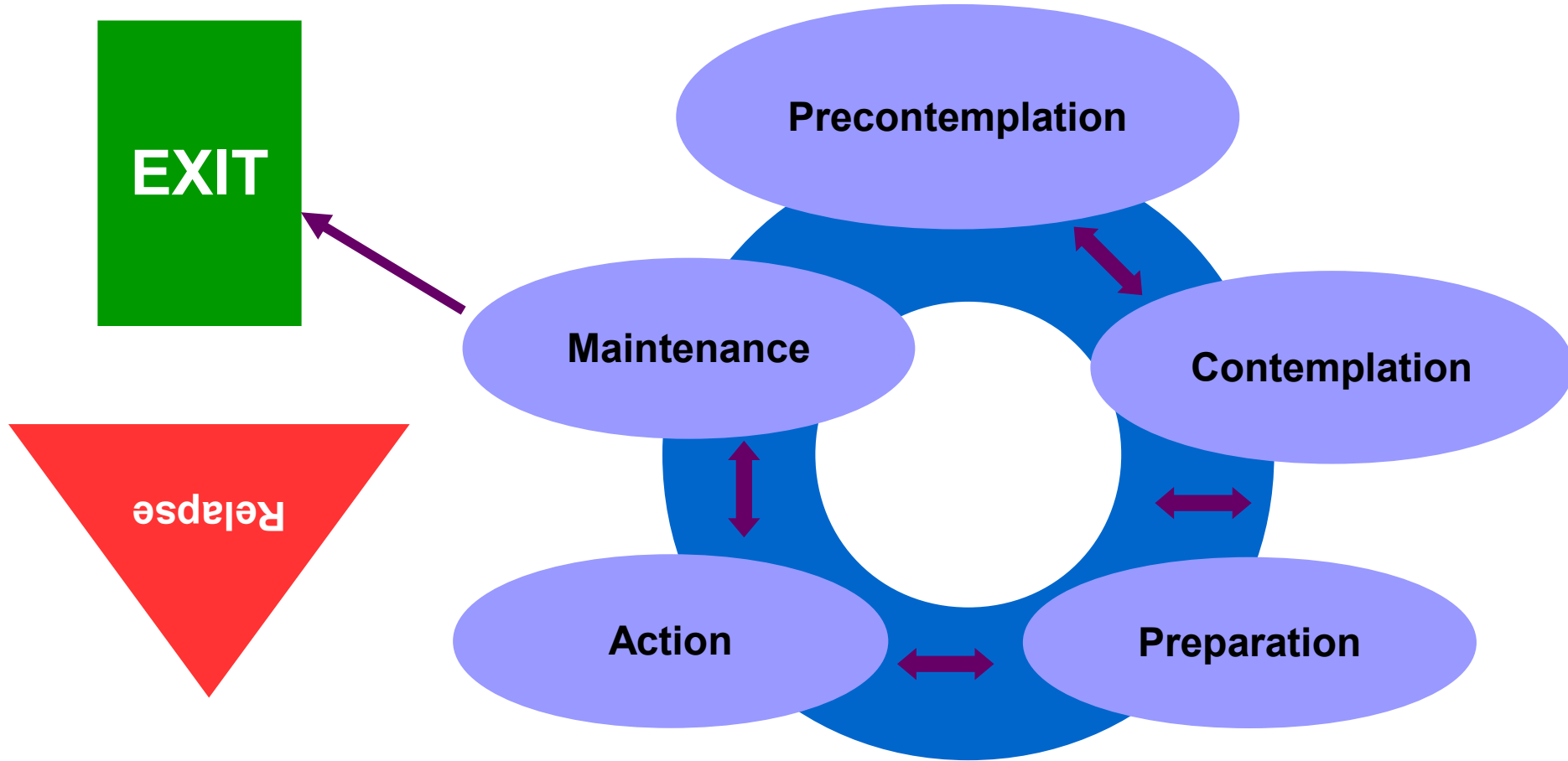
What is motivational interviewing?

- Constantly evolving!
- “Motivational interviewing is a **collaborative**, goal-oriented **style of communication** with particular attention to the **language of change**. It is designed to **strengthen personal motivation** for and commitment to a specific goal by **eliciting** and exploring **the person’s own reasons for change** within an atmosphere of acceptance and compassion” (<http://www.stephenrollnick.com>)
 - ▶ Clinician partners with the client to help him/her voice personal concerns and intentions
 - ▶ Not trying to convince him/her that a transformation is necessary
 - ▶ Clients, not the clinician, ultimately argue for change and persuade themselves that they want to and can improve





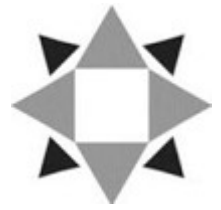
Stages of Change: Transtheoretical Model





SMART Recovery[®] Four-Point Program

- 1) Building and Maintaining Motivation
- 2) Coping with Urges
- 3) Managing Thoughts, Feelings and Behaviors
- 4) Living a Balanced Life



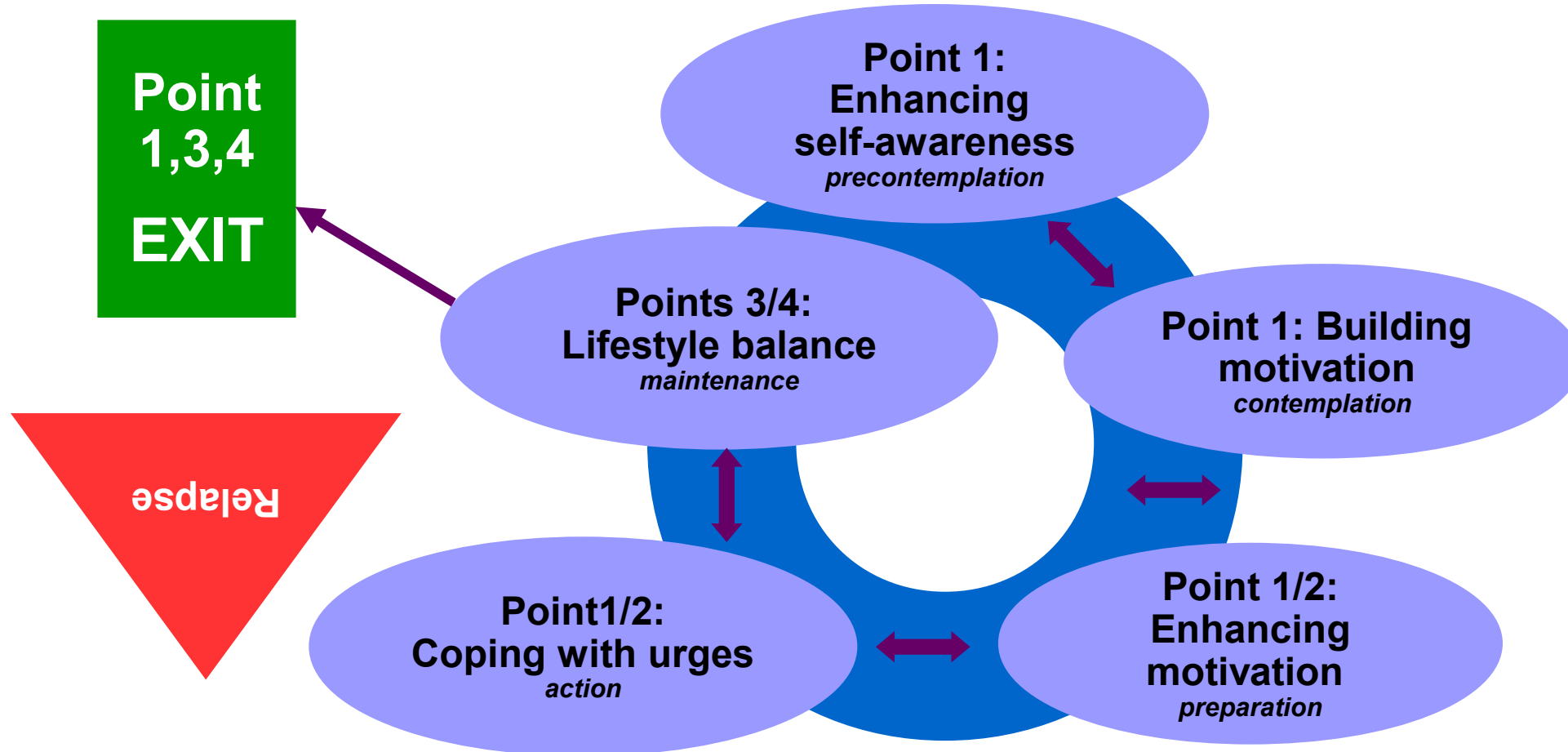
Meeting format (60-90 minutes)

- Welcome
- Opening Statement
- Check-In
- Agenda Setting
- Discussion
- Pass the hat
- Reflections (check out), homework
- Closing Statement





SMART Stages of Change





Engaging Participants

- **Sharing is Caring:** reading of Opening and Closing statements by 3 participants
- **Check-in:** each person has an opportunity to update on current challenge or success
- **Of the People:** participants decide what the meeting will focus on
- **Cross Talk:** is a crucial element of our meetings and demonstrative of how mutual help groups support each other
- **Take turns** reading concepts or contributing to exercises in around-the-circle exercises





CBA

Cost-benefit analysis

- Advantages (benefits, rewards) vs. Disadvantages (costs, risks) of USING
- Advantages (benefits, rewards) vs. Disadvantages (costs, risks) of NOT USING
- **Point 1**—developing discrepancy

I am so much more aware, when making decisions, of the short-term gratification vs the long-term benefits—SMART participant DS

Cost Benefit Analysis—"CBA" Decision Making Worksheet



The substance or activity to consider is: _____ Date: _____

Using or Doing

| ADVANTAGES (benefits and rewards) | SHORT TERM | LONG TERM | DISADVANTAGES | SHORT TERM | LONG TERM |
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NOT Using or NOT doing

| ADVANTAGES (benefits and rewards) | SHORT TERM | LONG TERM | DISADVANTAGES | SHORT TERM | LONG TERM |
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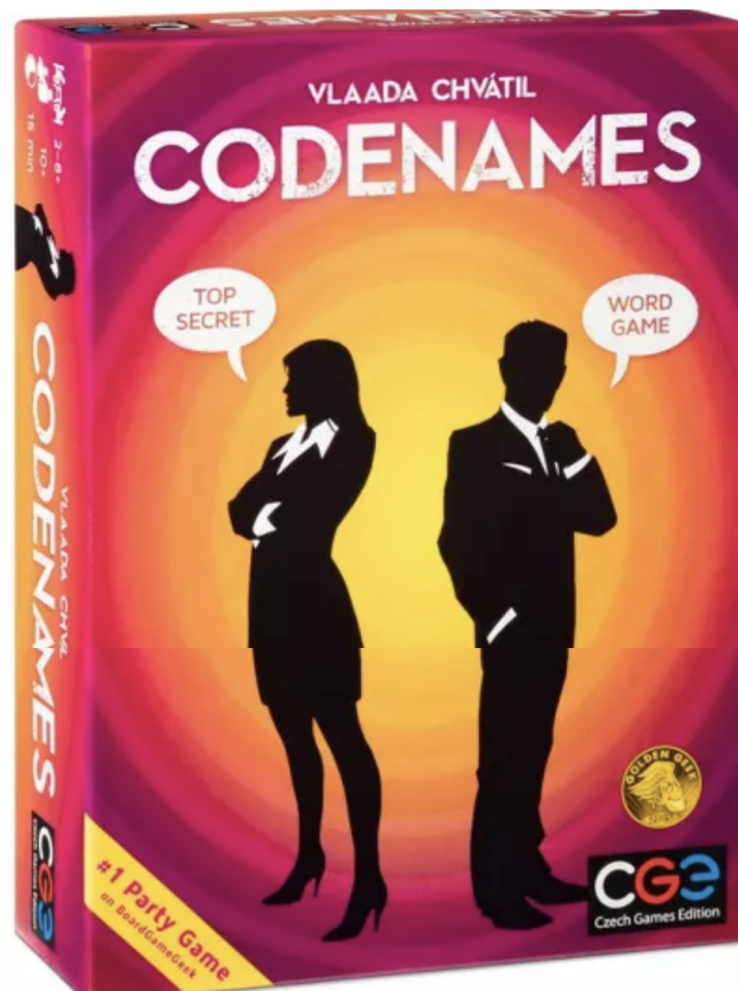
VACI Show & Tell Tuesday, April 21 at 7pm

Hi NYC smarties lets bring a tool to life. We are talking about the [Vitality Absorbing Creative Interest](#), VACI (Vā-'kē) or as I say it Vaa-Kee, is a Point 4 tool that may help rekindle passion in your life and bring back the simple pleasures that made your life fun and meaningful.

I can't take credit for this idea, Brian, from one of the local meetings, had a recent success with this tool and thought it would be fun to gather next [Tuesday April 21 at the 7pm meeting](#) and do a little show & tell. Join us to share or, support those that share, the absorbing creative interest that has given you a positive escape during this trying time.

It could be anything, from creative endeavor like painting, writing, picture taking to puzzles, family game night, cooking, etc. For example my VACI is to bring this post to you and be involved with helping others. Or being silly, yes that's me in the pic

Look forward to seeing you.



Join is for Game Night Friday July 10th 7-9pm

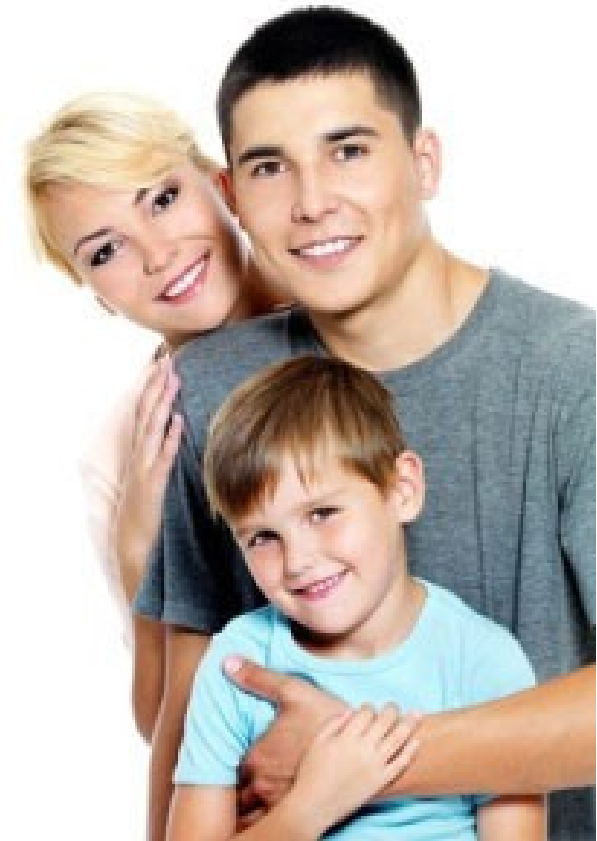
Credit here goes to Dottie who suggested a fun night playing a game online and have some fun. To join in the fun click [here](#)





SMART Recovery[®] Family & Friends

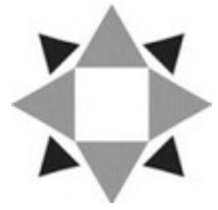
- Focus is on Concerned Significant Other (CSO), not Loved One (LO)
- Two main goals:
 - ▶ Provide support/education for CSO, through use of SMART tools
 - ▶ Help CSO increase the likelihood that LO will achieve recovery, through Community Reinforcement Approach and Family Training (**CRAFT**)





CRAFT: Three Goals

- 1) Get LO into treatment
- 2) Decrease LO's substance use
- 3) Increase CSO's happiness, regardless of LO's treatment status
 - Friends/family have access/control over reinforcers and contingencies in LO's environment (operant conditioning)
 - CRAFT trains CSO to identify and manage contingencies:
 - ▶ Reward sober behaviors
 - ▶ Make addictive behavior less appealing



Basic CRAFT Procedures

- Enhance CSO's motivation
- Functional analysis of LO's addictive behavior
- Domestic violence education/precautions
- Communication skills
- Positive reinforcement delivery training
- Appropriate negative consequences for IP
- Helping CSOs improve their own lives
- Inviting LO to sample treatment





Healthy Boundaries

exercise

Sample Format:

Inform: When you do (your behavior) I feel (my reaction)

Request: can I ask you to (stop or change this behavior)?

+

Protective Action:

If you are not willing to (stop or change
this behavior,

I will need to (take protective action)

Healthy boundary building beliefs:

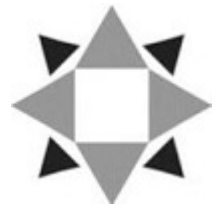
I have the right to ask for what I want.
I have the right to have my needs and wants respected by others.
I have the right to be treated with dignity and respect.
I have the right to be happy.
I have the right to express all of my feelings, positive or negative.
I have the right to follow my own values and standards.
I have the right not to be responsible for my LO's behavior, actions, feelings or problems.
I have the right to expect honesty from others.
I have the right not to give excuses or reasons for my behavior.
I have the right to make decisions based on my feelings.
I have the right to be in a non-abusive environment.
I have the right to feel safe in my own home.

Adapted from Dr. James J. Messina's "Healthy Boundaries" at www.coping.us



Get to know more about us

- Websites: www.smartrecovery.org and <http://www.smartrecoverynyc.org>
- NYC meetings: <http://www.smartrecoverynyc.org/meetings>
- LinkedIn: www.linkedin.com/company/smart-recovery-nyc/
- Facebook: www.facebook.com/SmartRecoveryNYC/
- Facebook Español: www.facebook.com/SmartRecoveryEs/



THANK YOU!

