

WELCOME

Welcome to SMART, a mutual-help group for addiction recovery—where participants learn self-empowering techniques to aid their recovery through face-to-face and online meetings and services.

How Does SMART Recovery Work?

SMART is a science-based program built upon well-established scientific approaches used to help people manage behavioral problems and achieve successful change. As new information becomes available, SMART Recovery adjusts its program.

What Makes SMART Recovery Different?

SMART Recovery encourages choice, so that those seeking recovery can choose what works best for them from a variety of options.

The SMART Recovery goal is for you to achieve a healthy, positive and balanced lifestyle. We expect that you will move on when you feel your addictive behavior is behind you, and need not remain a permanent participant in the program.

Many SMART participants volunteer as meeting facilitators or in other capacities to help pass on the skills they learned and enhance their own recoveries.

The SMART Recovery 4-Point Program®

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

What's in a SMART toolbox?



*Some of the SMART
tools used at meetings.*

Where Can I Get More Info About SMART?

Visit the national SMART Recovery website for introductory information, articles and essays, slide shows and videos. All the tools are there for you to explore. You can also go there to participate in online meetings, chat sessions, discussion message boards and more. And...it's all FREE.

SMART Meetings

SMART Recovery NYC conducts face-to-face meetings in several locations around NYC. See **SMART NYC's website and the other side of this flyer for more information.** In addition, SMART Recovery's national site hosts daily online meetings.

National SMART Recovery website—www.smartrecovery.org
NYC SMART Recovery phone—212-631-1198

Some SMART Recovery Tools

No matter what your addiction, SMART Recovery tools and techniques can help you overcome the behavior. Here are some SMART Recovery tools that can help you in your recovery journey:

▶ **Change Plan Worksheet:**

This tool helps you make a change by breaking it down into simple steps. This can clarify your goals, the roadblocks to attaining them and how to overcome those roadblocks.

▶ **Cost/Benefit Analysis:**

Often called the "CBA," this tool helps increase your motivation to abstain from addictive behavior.

▶ **The ABCs of REBT:**

The ABC is a tool from Rational Emotive Behavior Therapy, founded by Dr. Albert Ellis. This analyzes beliefs that lead to problem emotions and behavior. By adopting a rational world-view, we can change our thinking, we can change our emotions, and we can change our behavior.

▶ **Disarm:**

This urge-coping tool exposes the thoughts and images which lead us to pursue our addiction as inaccuracies, excuses and rationalizations.

▶ **Brainstorming:**

This technique is often used in face-to-face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and suggestions without any judgment involved.

▶ **Role-Playing/Rehearsing:**

Using this tool, group members role-play upcoming social situations, like a party, to practice techniques for avoiding addictive behavior at the event.

A Special Welcome From the New York City Group

Congratulations on taking action towards a life free of addictive behavior. We know that walking into a meeting for the first time may be intimidating and scary. We applaud you on your courage!



How do I work through the SMART Recovery program?

SMART Recovery uses a variety of tools to help you abstain from self-destructive addictive behavior. The program works when you put these tools into action in your life. You can learn the tools through our handbook, online, and in face-to-face meetings. How you combine these is up to you!

What's expected of me at a meeting?

We ask that you share your name, the addictive behavior you want to change, and how you heard about SMART during the check-ins. You are also welcome to pass during the check-ins if you choose, and observe the meeting silently. If you are under the influence, you are welcome to stay, but we ask that you only observe the meeting.

After the check-ins have been completed, the facilitator will guide open discussion and work through tools. Participating is optional, but you may get more out of the meetings if you participate. Please be respectful to everyone in the room. All our meetings are confidential.

Who leads the meetings?

Our meetings are led by trained volunteer facilitators. Most of them have used the tools in their own recoveries and throughout their lives. They can answer your questions about SMART after the meeting.

How many meetings should I attend?

It's up to you. Attending multiple meetings a week may help in your recovery. As your knowledge of the tools progresses, you may not need to attend meetings as often.

Where can I find meetings in New York City?

We have meetings in New York City every day. Check out our schedule at www.smartrecoverynyc.org.

The meeting times/locations don't work for me. Are there online meetings?

Yes! SMART has online meetings every day, about five times a day, at www.smartrecovery.org. You can also participate in a 24-hour chat room and forums there.

What is a SMART meeting like?

Our meetings usually last 90 minutes and are led by a trained volunteer facilitator. Meetings give participants the opportunity to learn the SMART tools, discuss their recovery and gain and give support. A standard meeting consists of:

- ▶ **Opening** A participant reads a statement outlining our philosophy and ground rules for the meeting.
- ▶ **Check-ins** Participants introduce themselves and talk about the past week and the upcoming week of their recoveries.
- ▶ **Agenda Setting** The facilitator establishes a meeting agenda, based on the check-ins and any other group input.
- ▶ **Working Time** The group works through a SMART exercise, under the guidance of the facilitator. Group members have a chance to hold an open discussion about their recoveries.
- ▶ **Closing** A closing statement is read and a hat is passed for donations. There may also be an opportunity for check-outs.

SMART is awesome! How can I help keep it running?

In addition to donating at meetings or online, you can also volunteer to help us behind the scenes or train to be a facilitator yourself! Speak to a facilitator about ways to volunteer or send an e-mail to: volunteer@smartrecoverynyc.org.

I still have questions or suggestions. Who can I talk to?

You can talk with a facilitator after the meeting, or send an email to info@smartrecoverynyc.org. This is also the address to sign up for our weekly email which lists weekly meetings, time and location changes, and announcements. We never spam you or give out your e-mail address.