

WHAT MAKES SMART RECOVERY DIFFERENT?



Self-empowering

SMART Recovery provides tools to increase self-reliance, self-resilience, and self-empowerment. This includes teaching proven strategies to manage thoughts, feelings, and behaviors without shame or blame. You are in charge of your own recovery.

Science-based

Addiction psychologists developed SMART Recovery using principles, practices, and tools from cognitive and motivational psychology with proven effectiveness in treating addictive and related problematic behavior. Facilitators are trained to lead meetings using motivational interviewing—a discipline that encourages participants to choose for themselves measures that will advance their recovery, rather than telling people what they must do. SMART recognizes the value of medication-assisted treatment (MAT) to help people recover from addiction, especially opioid use disorder. Individuals undergoing MAT are welcome at SMART meetings. All participants reap the benefit of evidence-based approaches to recovery.

Stigma-Free

SMART Recovery discourages the use of labels like “addict,” “alcoholic,” and “clean.” SMART regards addiction as a behavioral problem that can be resolved; this condition does not define who you are. As is often said at meetings, “Labels belong on jars, not people.” SMART helps move you toward a balanced, productive, and satisfying life.

Inclusive/Non-Religious

The SMART Recovery program does not involve religion or spirituality. We encourage individuals to find the power within themselves to make necessary life changes. This approach fits many individuals who may not have found success in other programs. While SMART is not spiritually based, we support the choice of individuals who include spirituality or religion in their recovery journey.

Recognized

SMART is a widely recognized pathway for recovery support and behavioral change by leading government and medical institutions worldwide, including in the U.S., the National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism, Substance Abuse and Mental Health Services Administration and Federal Bureau of Prisons; in the UK, the National Institute for Health and Care Excellence and Public Health England; and the Australian Government Department of Health.

WHAT WE DO

- Recovery Meetings:
In-Person and Online
- Facilitator Training

WHO WE SERVE

- Individuals
- Family & Friends
- Treatment Professionals
- Courts & Corrections Officials
- Young Adults
- Veterans
- Volunteers

CONTACT US

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SMART
Recovery

Life beyond addiction

LEARN MORE

Visit www.smartrecovery.org to learn more about SMART Recovery.