What is Smart Recovery?

A science-based addiction recovery support group that seeks to empower individuals to take responsibility for their own recovery through everyday behavioral changes.

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

SMART Recovery ETSU is run by trained volunteers who are staff members, interns or graduate students at the ETSU Counseling Center.

Discover the Power of Choice!

What can I do first?
- Visit Facebook/SMART Recovery ETSU for details about our weekly, on-campus meetings.
- Email ccoutreach@etsu.edu to request more information.
- Visit SmartRecovery.org to learn more about the program, its tools and techniques.
- Drop by a weekly meeting and see for yourself if SMART is right for you. No guilt. No pressure. No blah, blah, blah. We promise!

No matter what your addiction, SMART tools and techniques can help you meet your goals.

<table>
<thead>
<tr>
<th>Alcohol binging</th>
<th>Pornography</th>
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<tr>
<td>Marijuana overuse</td>
<td>Excessive social media</td>
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<tr>
<td>Gaming</td>
<td>Gambling</td>
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Weekly Meetings *
Thursdays, 5:30 - 7P
ETSU Main Campus
D.P. Culp Center, 3rd Floor
Room 337

The Counseling Center
Division of Student Affairs
ETSU.edu/counseling
423.439.4841

Students helping students
* During fall & spring semesters only.
What makes SMART Recovery different?

SMART Recovery is about *choice in recovery*. Those seeking recovery need to know the variety of options available and feel empowered to choose among them.

SMART Recovery encourages a holistic approach, with the goal of a healthy, balanced lifestyle.

SMART Recovery is not faith-based, although spiritual exploration and development is encouraged.

SMART Recovery takes no position on whether or not addiction is a disease.

SMART Recovery does not offer individual sponsorship, but participants are welcome to seek out their own accountability partner if desired.

SMART Recovery does not require lifelong attendance, but rather hopes participants can *graduate* when they feel healthy and ready.

How do ETSU SMART Recovery meetings work?

ETSU SMART Recovery meetings follow an outline:

- Welcome
- Personal goal(s) review
- Check-in/Agenda setting
- Working time that focuses on the 4-point Program
- Meeting review and discussion of personal goals for the week
- Mindful meditation

**All in-person meetings** usually last 60-90 minutes and are designed to be highly interactive. Participants are encouraged to share their personal experiences and discuss tools that help them, as well as offer ideas and support to others.

**SMART Online meetings** last 90 minutes. Some are tool or topic specific, but most are general meetings that follow the same agenda as above.

What tools does the 4-Point Program use?

- **Stages of Change Circle.** Useful for understanding the normal process of change, including feelings of ambivalence and relapse.
- **Cost/Benefit Analysis.** Useful for increasing motivation for change.
- **Change Plan Worksheet.** An important step in preparing for successful change by identifying individual goals and potential barriers.
- **The ABC’s of REBT.** Helps identify and dispute irrational beliefs that lead to negative consequences, including relapse.
- **Brainstorming.** Group collaboration to identify potential solutions to identified problems.
- **Role-playing/Rehearsing.** A technique for learning how to avoid addictive behavior in high-risk situations.

**Is SMART Recovery ETSU just for students?**

**YES!** It is specifically designed as a safe place for currently enrolled ETSU students who need addiction support. It is an open and on-going group.