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 Counseling Center.

What can I do next?

- Visit the SMART Recovery website for more information about this unique program, www.smartrecovery.org.
- Visit us on Facebook for details about our weekly, in-person meetings on campus, Facebook/SMART Recovery ETSU.
- Drop by a SMART Recovery ETSU weekly meeting and see for yourself.

DISCOVER THE POWER OF CHOICE!

FALL/SPRING 2012 Meeting Schedule
(Starts 9/20/12)

Thursdays, 7-8:30P
Culp Center, 3rd Floor
Room 339

The Counseling Center
East Tennessee State University
Culp Center, 3rd Floor
Box 70724
Johnson City, TN 37614
ccoutreach@etsu.edu

Self Management And Recovery Training

No matter what your addiction SMART Recovery tools and techniques can help you overcome.

The Counseling Center
ONLINE AND INPERSON SUPPORT GROUP
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 require lifelong attendance, but rather hopes participants can graduate when they feel healthy and ready.

How do SMART Recovery meetings work?

SMART Recovery meetings follow an outline:

- Agenda setting
- Working time that focuses on the 4-point Program
- Meeting review and discussion of personal plans for the week
- Announcements
- Socializing

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.

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?

Cost/Benefit Analysis. Useful for increasing motivation for change.

Change Plan Worksheet. A chart which lists personal goals, specific ways to attain them, and methods for overcoming obstacles.

The ABC’s of REBT. Helps identify and dispute irrational beliefs that lead to negative consequences.

DISARM. Exposes the inaccurate thoughts, excuses and rationalizations that urge individuals to pursue addictions.

Brainstorming. Non-judgmental ideas and suggestions that help solve 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 support with any substance or behavioral addiction.

www.smartrecovery.org