Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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S.M.A.R.T RECOVERY

SELF MANAGEMENT FOR ADDICTION RECOVERY

4-POINT PROGRAM

The SMART Recovery 4-Point Program offers tools and techniques for each program point:

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

THE SMART APPROACH

- Teaches self-empowerment and self-reliance.
- Provides meetings that are educational, supportive and include open discussions.
- Encourages individuals to recover from addiction and alcohol abuse and live satisfying lives.
- Teaches techniques for self-directed change.
- Supports the scientifically informed use of psychological treatments and legally prescribed psychiatric and addiction medication.
- Works on substance abuse, alcohol abuse, addiction and drug abuse as complex maladaptive behaviors with possible physiological factors.
- Evolves as scientific knowledge in addiction recovery evolves.
- Differs from Alcoholics Anonymous, Narcotics Anonymous and other 12-step programs.

PRIVACY STATEMENT

SMART Recovery® and SMART Recovery On Line (both hereby jointly referred to as SROL) is committed to protecting your personal information. Personal information includes personal communications. We recognize that your privacy is very important to you and that you have a right to control your personal information. Unless you give explicit consent for SROL to act otherwise, the following policies govern how SROL will use and safeguard your privacy.

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CONFIDENTIALITY

Personal information is held on confidential data bases maintained by SROL and its hosting services.

Your information is stored on secured servers that are protected in controlled facilities. Our employees and volunteers are obligated to respect the confidentiality of any personal information held by SROL.

INSIDE OUT

Inside Out®

A SMART Recovery Correctional Substance Abuse Program Inside Out is a cognitive-based (CBT) program for inmate substance abuse treatment (offender rehab) in correctional settings, and is based around the 4-Point Program® of SMART Recovery. The primary goal is to prevent offender recidivism through a carefully designed and scientifically-based secular program designed for the criminal justice system.

Inside Out is used by drug courts, family "problem solving" courts, correctional institutions (jails, prisons), offender reentry programs, DUI diversion programs, and related aftercare programs. Inside Out can help your facility to quickly and inexpensively deliver a science-based and engaging substance abuse treatment program.

FROM *CORRECTIONS TODAY*

"SMART addresses the offender's problems where they begin: in the mind. The program differs from 12-step regimens because it relies primarily on a cognitive approach and helps offenders take control of their lives by targeting there thought patterns in very specific ways. This focus on cognitive change fits well with other correctional programs that focus on the root of criminal thinking errors. The ultimate goal is to prevent recidivism, which often ties directly into substance abuse relapse. Unlike AA and NA, the goals are accomplished in groups led by volunteer (facilitators), who are trained to guide the group process and assist participants in recognizing irrational thought patterns."

THE SMART RECOVERY TEEN & YOUTH SUPPORT PROGRAM

- Non 12-step based
- You are in control
- Provides tools for all stages of recovery
- Accepted by many courts as required meeting attendance
- Topic-based meetings, which encourage discussion
- A message board for any questions, issues, or discussions
- Peer support
- Run by qualified volunteers who are SMART members themselves
- Supported by professional Volunteer Advisors
- SMART Recovery is recognized by NIDA and other agencies
- SMART Recovery approaches teen addiction with the 4-Point Program

MESSAGE BOARD DISCUSSION GROUPS

This is a place where young people can discuss issues related to recovery, and share ideas and strategies for things like peer pressure, dealing with urges, and managing upsets. It provides a safe environment for both peer support and guidance from experienced and trained volunteers.

ONLINE TEEN & YOUTH MEETINGS

SMART Recovery meetings are practical, open discussion forums where youth can ask questions, bring up topics, and learn real-world applications for SMART tools. The meetings are facilitated by experienced and compassionate volunteers, who help guide discussion, while providing a safe and welcoming environment for youth to work on recovery. You need to sign up for our Message board to get access to the online meetings!

HELP FOR FAMILY & FRIENDS

SMART Recovery® Volunteer Facilitators provide online meetings to address specific issues encountered by friends or family members who have a loved one affected by addiction.
The meetings share SMART Recovery tools that can be implemented by family members to help with emotional upsets, effective communication methods when dealing with loved ones, and more. Techniques employed within the CRAFT* program are also shared for the benefit of meeting attendees.
To participate in the Family & Friends meetings, registration is required at the SMART Recovery Online website:
smartrecovery.org/community/register.php

FAMILY & FRIENDS ONLINE MESSAGE BOARD

Additional support is available through a special SMART Recovery message board. The forum for "Family & Friends (Concerned Significant Others)" offers the opportunity to exchange and share thoughts, ideas, questions and concerns. You'll find many helpful posts from our volunteers and members along with the opportunity to share your own thoughts and concerns.
Our mutual desire is that your loved one will take on the choice to pursue their own recovery and that y*ou will learn ways of improving your own life.*
Go to: smartrecovery.org/community