Online Support For Family and Friends

SMART Recovery® Family & Friends is a science-based, secular alternative to Al-Anon and Johnson Intervention. Our method is based on the tools of SMART Recovery and CRAFT* (Community Reinforcement Approach & Family Training). Our purpose is to provide resources and support for those who are affected by the addictions of a loved one.

Online Support Meetings

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

Once registered you can reach the online meeting rooms at:

smartrecovery.org/community/123flashchat.php

"The meeting was great. I will definitely be making time to attend each week. I feel so much better tonight than I did this morning...I can tell already that this group is where I need to be."

"I came to SMART to get help dealing with my partner's addiction. What I got are tools that help me deal more effectively with every aspect of MY life."

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 *you will learn ways of improving your own life.*

Go to: **smartrecovery.org/community**

The "Family & Friends (Concerned Significant Others)" group is in the Specialized Group Forums section.

For more information on SMART Recovery for Family & Friends, please visit: smartrecovery.org/family

*CRAFT – Information on CRAFT (Community Reinforcement Approach and Family Training) can be found in an excellent book "Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening" by Robert J. Meyers, Ph.D. and Brenda L. Wolfe, Ph.D. This revolutionary program is a compassionate and effective approach designed to improve the lives of Family & Friends while making sobriety a more rewarding alternative for the problem drinkers or substance abusers they love. The CRAFT program is based on proven behavioral principles such as finding and rewarding positive behaviors. It is a program congruent with SMART Recovery®. In repeated clinical trials, CRAFT's approach proved twice as likely as the Johnson intervention and six times as likely as Al-Anon to get a loved one into treatment.

"I feel so much better tonight than I did this morning... I am reading 'Get Your Loved One Sober' and finding it to be helpful in feeling like I can make a plan and take control of at least some aspects. I have hope. I feel less alone."