



# Self-Management and Recovery Training (SMART) in Court and Correctional Environments

SMART works within jails, prisons, and drug-court facilities across America to provide people needing help with addiction problems non-religious, self-empowering recovery support. In as many as ten cases, federal appellate and state supreme courts have ruled that defendants and others required to attend support group meetings be offered a non-religious or secular option. In all these cases, the courts regard any 12-step program as religious.

SMART is dedicated to giving individuals the power of choice in their recovery journey. This power begins with the support meetings they attend and extends to how people learn to manage their thoughts, feelings and behavior over the course of recovery.

Research and therapeutic practice have established that individuals who choose their approach to recovery are more successful—a foundational principle in the widely used treatment discipline known as Motivational Interviewing. SMART facilitators are trained in MI and use this discipline while leading meetings.

## SMART Recovery's InsideOut® Program

InsideOut is the correctional version of the SMART Recovery program. It was developed by a private company under a license from SMART Recovery, using a \$1 million NIDA grant. After tremendous success around the world, our InsideOut program has been further developed for use in local and federal law enforcement facilities.

SMART Recovery and InsideOut are well established, religion neutral, and evidence based. Participants in InsideOut learn a wide range of successful life skills that will help them while they are incarcerated and after they return to their community.

### 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

SMART Recovery  
7304 Mentor Ave., Ste. F  
Mentor, Ohio 44060  
440.951.5357  
[www.smartrecovery.org](http://www.smartrecovery.org)

## Contact Us

We are available to help in the area of providing addiction recovery support for correctional institutions and environments. Visit [www.smartrecovery.org/courts](http://www.smartrecovery.org/courts) to learn more.





# About Self-Management and Recovery Training (SMART)

Addiction treatment professionals, together with people in recovery, founded SMART in 1994 as a 501(c)3 nonprofit organization. Since then, it has grown into the world's largest community of mutual-support groups that help people recover from any addiction with a self-empowering, science-based approach. SMART helps more than one million people a year—including individuals working to recover and family members caring for loved ones who need help—through free weekly meetings in well over 20 countries and hundreds of gatherings and other resources online.

Meeting participants help each other resolve problems with addiction to drugs, alcohol, gambling, eating disorders, and other harmful activities by sharing experiences and using tools from the most effective therapies.

Participants develop the power to change and lead fulfilling and balanced lives through our sensible 4-Point Program®:

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

## SMART Recovery Tools

SMART's 4-Point Program offers tools and techniques for taking a careful look at negative behaviors and learning how to stop them. Tools include worksheets, hands-on activities, and methods grounded in cognitive and motivational psychology.

## Religion and Other Recovery Groups

SMART Recovery does not involve religion or spirituality, but supports the right of individuals to enhance their recovery with spirituality or religion. SMART participants are welcome to attend programs that draw from western and eastern religious traditions; in fact, life balance may include religious beliefs. SMART believes there are multiple pathways to recovery, and people often develop their own, drawing from many sources.

## Find a SMART Recovery Meeting

SMART Recovery hosts online and face-to-face meetings around the world listed at [smartrecovery.org/community](http://smartrecovery.org/community) and [smartrecoverytest.org/local/](http://smartrecoverytest.org/local/) (enter your city or zip code to finding the nearest ones). People can find 24/7 support at our online message board, an excellent interactive forum, at [smartrecovery.org/community](http://smartrecovery.org/community).

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