

SMART Recovery's Purpose, Mission and Vision

Purpose: To help individuals gain independence from addictive behavior and lead meaningful and satisfying lives. To support the availability of choices in recovery.

Mission: To offer no-fee, self-empowering, science-based, face-to-face and on for abstaining from any substance or activity addiction.

Vision: Think SMART Worldwide!



Family & Friends Program

SMART Recovery 4-Point Program®

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

SMART Recovery's Board of Directors

A. Thomas Horvath, **President**
La Jolla, CA

Brett Saarela, **Vice President**
Brooklyn, NY

Claire Saenz, **Secretary**
Wexford, PA

Joseph Gerstein, **Treasurer**
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Lake Oswego, OR

Randy Lindel
Cambridge, MA

Roxanne Allen Sawchak
Midlothian, VA

Bill Stearns
Cincinnati, OH

Anthony Wales
North Sydney, Australia

Significant Achievements in 2015

- ✧ Funding solicited and received to create new online meeting room and chat room
- ✧ Sarah Zemore/Alcohol Research Group PAL study of non-12-step mutual aid groups funded and underway
- ✧ 1,000 meetings in US milestone
- ✧ 1,500 meeting worldwide milestone met/exceeded
- ✧ 1,890 meetings worldwide at year end
- ✧ Joseph Gerstein Award for Exemplary Service presented to Dick Bozian, Cincinnati, OH Facilitator, Regional Coordinator and general SMART ambassador
- ✧ Family & Friends Program celebrates five years
- ✧ Process established for "Obtaining Approved Access to SMART Recovery Participants for the Purpose of Scientific Research"

- ✧ Trello working groups established for volunteer committees
- ✧ Book printing and fulfillment outsourced to free up space and time at Central Office
- ✧ Recommended reading list altered to suggest reading list and additional resources included
- ✧ Process established to receive complaints and address concerns regarding volunteers or meetings

New/Revised Products in 2015

- ✧ Family and Friends Handbook – Kindle version
- ✧ Work begins to update/overhaul SMART Recovery website
- ✧ New iPhone Cost/Benefit Analysis app created by a volunteer
- ✧ Facilitator's Manual revision completed



Board and Central Office Updates

- ✧ Assistant Executive Director added to staff
- ✧ Board approved addition of a half-time staff member

Volunteer Training

- ✧ Work begins for online Family and Friends training
- ✧ SMART Recovery Ireland training course created
- ✧ SMART Recovery Sweden training course created
- ✧ Distance Training sliding scholarship fee program established
- ✧ Free online training for hosted discussion meetings implemented
- ✧ Onsite training provided to CompDrug, Solid Landings, NJ Dept. of Corrections, Worcester Recovery Center and Hospital, Syracuse Behavioral Health, and Gateway Behavioral Healthcare
- ✧ Implemented first onsite trainer at a treatment center
- ✧ Onsite Train-the-Trainer training provided to the Republic of Ireland

Events & Podcasts

- ✧ ACT SMART with Hank Robb
- ✧ Screening of The Anonymous People for SMART volunteers
- ✧ Helping loved ones get sober; Doctors Myers, Foote and Horvath
- ✧ Addiction in the 21st century; Doctors Peele and Horvath
- ✧ Cognitive tools for addiction and beyond with Dr. Michael Edelstein
- ✧ Anxiety – Dr. Bill Knaus

Visit <http://smartrecovery.libsyn.com/> to enjoy the recordings

International Development

- ✧ Denmark government funding continues as SMART program in Denmark expanding
- ✧ SMART Recovery Australia study: Group Cohesion and Between Session Homework Activities Predict Self-Reported Cognitive–Behavioral Skill Use Amongst Participants of SMART Recovery Groups
- ✧ SMART Recovery Ireland online training established
- ✧ Publications Licensing agreement with Republic of Ireland to print and sell SMART materials
- ✧ SMART Recovery International Transition Team makes progress toward creating new International SMART

Annual Conference

- ✦ Hosted in Cincinnati, Ohio on September 18-20
- ✦ The Business of Recovery Film debuted to Conference Attendees
- ✦ 5 years of Family & Friends program celebrated
- ✦ Dick Bozian presented the Joe Gerstein Award for Exemplary Service



Financial Overview

Revenues	Expenses	Liabilities	Net Assets
\$727,177	\$710,726	\$26,149	\$146,926

**Thank you to our supporters, volunteers
and program participants!**