



Young Adult Outreach Program

Do you work with or support young adults dealing with addiction in an educational or support setting, such as a school or university, or with a community-based organization (CBO)?

SMART Recovery would like to assist you in making our science-based, religion-neutral approach to addiction recovery support available for your school, CBO, or university by providing our training at a significantly reduced rate.

As a non-profit, we understand that making programs available is a challenge with a limited budget... and we'd like to help.

Those wishing to offer SMART Recovery meetings for young adults can be trained for a reduced registration fee of \$35 (regularly \$99) and once trained and registered, your organization will be able to order our handbooks at a discounted rate as well.

Speaking of our handbooks, our 3rd Edition Handbook is designed for a wide audience, including young adults.

For even younger people, we offer an addiction recovery handbook written specifically for young teens (and even pre-teens.)

It's our desire to partner with various organizations to bring young people throughout the world the support they deserve. Our staff and training team are available to brainstorm ways our organizations can collaborate to benefit young people in recovery.

IMAGINE

Parents and siblings who won't endure years of pain observing their family member progress through years of addiction.

The future partner, who will benefit from a solid and healthy relationship.

A child who grows up in a loving and addiction-free home.

Friends and colleagues who won't feel torn or at a loss about how to help their loved one.



What is SMART Recovery?

SMART stands for...

► Self Management And Recovery Training

SMART Recovery is a self-help program* that offers a friendly, non-judgmental community where participants can explore new ways of coping with the thinking and the hassles that can lead to addictive behaviors.

SMART Recovery is a 501(c)(3) non-profit organization that provides 1500+ free, donation-requested meetings each week.

Key Points of the SMART Recovery Program

- Non 12-step based (religion-neutral)
- Provides tools for all stages of recovery
- Accepted by many courts as required meeting attendance
- Topic-based meetings, which encourage discussion
- Peer support
- Run by qualified SMART Facilitators
- Supported by professional Volunteer Advisors
- SMART Recovery is recognized by NIDA and other agencies

The SMART Recovery 4-Point Program™

SMART Recovery approaches addiction with a 4-Point Program that uses a variety of tools and techniques:

Point 1 ► Building and Maintaining Motivation

This is where you find your REASONS to change, and the motivation to keep going!

Point 2 ► Coping With Urges

Urges happen! We provide tools to deal with these urges and understand why you have them. You can learn to control your responses to urges or even forget about them completely.

Point 3 ► Managing Thoughts, Feelings, and Behaviors

Our tools explain effective ways of dealing with sadness, anger, and other upsets, instead of using.

Point 4 ► Living a Balanced Life

Learn to maintain your sobriety by figuring out what's important to you, setting goals, and finding healthy interests to ultimately live a balanced and satisfying life.

Let's work together to reach and benefit the maximum number of young lives.

Call us at **440.951.5357** or visit **smartrecovery.org/youngadults** to learn more.
