Day 1

1. Introduction of participants and SMART Recovery trainer

2. SMART’s Perspective regarding the Recovery Process
   - SMART Recovery a Fresh Approach
   - Fundamental Differentiators
   - Position Statements (disease model, spirituality, personal labels, abstinence)
   - Global Recognition
   - Best Psychiatric Hospitals host SMART Meetings

3. The SMART 4-Point Program®
   - Building & Maintaining Motivation
   - Coping with Urges
   - Self-Management of Thoughts, Feelings and Behaviors
   - Living a balanced Life
   - 43 Seconds
   - SIDS

4. Stages of Change
   - Precontemplation
   - Contemplation
   - Preparation
   - Action
   - Maintenance
   - Exit

* BREAK */
1. Meeting Structure Outline
   - Welcome and Opening Statement
   - Check-in
   - Set the agenda
   - Agenda Discussion
   - Check-out/pass the hat/homework

2. Focus on Tools for Point 1 – Maintain Motivation to Abstain
   - Hierarchy of Values (HOV)
   - 3 Questions
   - Cost Benefit Analysis (CBA)
   - Change Plan Worksheet

3. Motivational Interviewing
   - OARS
   - DEARS
   - Practice

LUNCH

1. Meeting Structure (In-Depth) What happens in a meeting?
   - Welcome and Opening Statement
   - Check-in
   - Set the agenda
   - Agenda Discussion
   - Check-out/pass the hat/homework
   - Role Play

BREAK

2. Focus on Tools Associated with POINT 2: Urge Coping
   - Urges and Refusal Skills
   - Unrealistic and Realistic Beliefs About Urges
   - Coping with Urges
Trigger identification
- Using the Urge Log
- DEADS
- DISARM
- ABC Problem-solving Tool
  - Activating Event
  - Beliefs (self-talk)
  - Consequences
  - Disputations
  - Effective New Belief

3. Relapse Prevention
- Danger situations
- Prevention tips and Help Tips

Day 2

1. Focus on Tools Associated with POINT 3: Managing Thoughts, Feelings & Behaviors
- Strengths and Weaknesses
- Three primary unconditional acceptances
  - Unconditional self-acceptance (USA)
  - Unconditional other acceptance (UOA)
  - Unconditional life acceptance (ULA)
- Rational/Helpful beliefs vs Irrational/Unhelpful beliefs
- Awfulizing
- Anger
- Disputing Irrational Beliefs
- ABC of REBT for emotional upsets
- Words Matter
- Cognitive Distortions
- Hula Hoop Boundaries

BREAK
1. Why a balanced lifestyle?
   - Developing Vital Absorbing Creative Interests – VACI
   - Lifestyle Balance Pie

2. Facts about working with Teens and Young Adults
   - Posters
   - College facts
   - Pronouns and Gender Identity
   - What would you say?

3. The Brain in Teens and Young Adults
   - Alcohol exposure during adolescence
   - Results of substance misuse in adolescence
   - The Hand Model of the Human Brain
   - Common Topics
   - Moderation?
   - Suggestions for Meeting Intro

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**LUNCH**

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1. Authority vs Influence
2. Fault vs Responsibility
3. SMART Facilitator’s Manual
   - CH1: Being a SMART facilitator
   - CH2: Code of Conduct
   - CH3: Starting a face-to-face meeting
   - CH4: Running the meeting
   - CH5: Facilitation skills
   - CH6: Facilitation Challenges
   - CH7: Using the tools
   - CH8: Questions facilitators are asked

4. Additional Facilitation Concepts
   - Reduce the Stigma
   - Trauma (We are not therapists)
   - Professional vs Open Meetings
   - What would you say?
1. Review of the tools
   - Role Play
2. Wrap Up
   - Getting your meeting underway
   - Ongoing Training
   - SMART Recovery Website
   - Volunteer HQ

Day 3

1. Intro to Family & Friends

2. SMART Recovery Family & Friends
   - An evidence-based program
   - Personal Bill of Rights
   - Based on Get Your Loved One Sober, Alternatives to Nagging, Pleading and Threatening by Dr. Robert Meyers and Brenda Wolfe

3. Why Should “I” Change?
   - Are your coping behaviors working?
   - Stages of Change
   - Weighing the Pros and Cons – Cost Benefit Analysis tool

4. Self-Care and Self Rewards
   - Where are you on the emotional spectrum
   - Oxygen Mask Rule
   - The importance of Self Care

5. Inner Dialog
   - Exchange Vocabulary
   - Helpful and Unhelpful self-talk
1. The ABC’s of REBT
   - The ABC Model – How thinking affects behavior
   - The Notorious 5 ways we upset ourselves (DORAL)

2. Positive Communication
   - “I” Statements
   - Planning a conversation using PIUS
   - Listening
   - Seven Elements of Positive Communication

3. Healthy Boundaries
   - Identifying and Communicating Healthy Boundaries
   - How to communicate a boundary effectively
   - Planning a Boundary Request

LUNCH

1. Evaluation

2. Safety and Support
   - Define “Violence”
   - Develop a Safety Plan

3. Coping with Lapses
   - Lapse vs Relapse
   - Guilt and Shame
   - Resentment and Blame

4. Disable the Enabling Behaviors
   - Enabling Behaviors
• The Fixer
• The Nagger
• The Protector

5. Trust and Forgiveness
  ✷ What is Trust
  ✷ Trust Bank
  ✷ Acceptance
  ✷ Fear and choices
  ✷ Forgiveness
  ✷ Exploring the option of forgiveness

6. Discover the Power of Choice
  ✷ When to Quit

*BREAK*

1. Role Play
  ✷ Discussion of Role Play

Thank you for attending! Please be sure to register with Volunteer HQ. Our Staff and Board are at your service if we can be of help in any way.