



WHO IS SMART RECOVERY?

We are leaders for the future of recovery.

SMART Recovery is a fresh approach to addiction recovery, a transformative method of moving from substance addiction and negative behaviors to a life of positive self-regard and willingness to change.

In our mutual support meetings, offered online and in-person, we learn practical skills, design, and implement our own recovery plan, and create a more balanced, purposeful, fulfilling, and meaningful life.

SMART was created for people seeking a self-empowering way to overcome addictive problems. What has emerged is an accessible method of recovery, one grounded in science and proven by more than a quarter-century of experience teaching practical tools that encourage lasting change.



*We are about more than just health;
we are about hope and happiness.*

Contact us today for stigma-free support.

SMART Recovery
7304 Mentor Ave., Ste. F
Mentor, Ohio 44060
440.951.5357

To find a meeting, visit:
www.smartrecovery.org



**LIFE
BEYOND
ADDICTION**



We are a diverse community.

SMART is a diverse and powerful recovery community that includes others who have recovered using SMART, passionate volunteers driven to help others, and peers and professionals working together.

Our community includes family members and friends of loved ones suffering from addiction. We offer specialized meetings and resources for teens and young adults, veterans, LGBTQ+ and ESL persons, and more.



We are stigma-free and self-empowering.

SMART views addiction as a behavior that can be corrected, not a condition that defines a person's identity. We discourage the use of labels such as "addict" or "alcoholic." Research has shown that labels undermine motivation for many people.

SMART participants are empowered through the use of our **4-Point Program** where participants develop their ability to:

01

Build and maintain motivation

02

Cope with urges

03

Manage thoughts, feelings, and behaviors

04

Live a balanced life

We focus on creating a better future.

SMART focuses on what people *can do* today. Our goal is to help participants build lives with new behaviors that transcend addiction. **Life Beyond Addiction** is our highest goal.



We believe in the power of choice.

No single solution will work for everyone, and SMART offers a science-based, secular approach to recovery that works for any harmful addictive or negative behavior. We also support the use of Medication Assisted Treatment (MAT), recognizing that prescribed medication can be critical for a person's recovery.