

*Discover the  
Power of Choice!*



**SMART Recovery**<sup>®</sup>  
Self-Management and Recovery Training

Welcome to SMART Recovery<sup>®</sup>, a science-based addiction recovery support group—where participants learn self-empowering techniques to aid their recovery through mutual-help face-to-face and online meetings and services. No matter what your addiction, SMART Recovery tools and techniques can help you overcome the behavior.

## How Does SMART Recovery Work?

SMART Recovery uses tools based on scientifically-proven methods for addiction recovery such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI) and Rational Emotive Behavior Therapy (REBT).

## The SMART Recovery 4-Point Program<sup>®</sup>

- # 1 ~ Building and Maintaining Motivation
- # 2 ~ Coping with Urges
- # 3 ~ Managing Thoughts, Feelings, and Behaviors
- # 4 ~ Living a Balanced Life

Some of the tools used in the program are outlined to the right in “Some Specifics.”

## What Makes SMART Recovery Different?

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a variety of options.

The SMART Recovery goal is for you to achieve a healthy, positive and balanced lifestyle and to “graduate” when you feel your addictive behavior is behind you, not to remain a permanent participant in the program. Upon graduation, many SMART participants volunteer as meeting facilitators or in another capacity to help “pay forward” the gains they achieved.

## When Can I Start?

TODAY! Visit the SMART Recovery website for introductory information, slide shows and videos, articles, meeting locations, online meetings, chat sessions, discussion message boards and much more. All the tools are there for you to explore. And . . . it's all FREE.

## Some Specifics

Here are some of SMART Recovery tools that can help you in your recovery journey:

**CHANGE PLAN WORKSHEET:** This is a chart in which you list your goals, how you will attain them, and the ways in which you will overcome obstacles and challenges. The process of completing a Change Plan Worksheet will clarify both your goals and the roadblocks to attaining them.

**COST/BENEFIT ANALYSIS:** Often called “CBA,” this tool is especially useful for increasing your motivation to abstain from your addictive behavior.

**The ABC's of REBT:** This tool from Rational Emotive Behavior Therapy, founded by Dr. Albert Ellis, helps identify our irrational beliefs, which in turn lead to poor consequences.

**DISARM (Destructive Imagery and Self-talk Awareness and Refusal Method):** This tool exposes the thoughts and images which urge us to pursue our addiction as inaccuracies, excuses and rationalizations.

**BRAINSTORMING:** This technique is often used in face-to face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and/or suggestions without any judgment involved.

**ROLE-PLAYING/REHEARSING:** This tool is used mostly in groups. An example would be rehearsing how to avoid addictive behavior at a wedding or other high-risk upcoming event with group members playing various roles.

## SMART Meetings

SMART Recovery conducts face-to face meetings in locations around the world, plus daily online meetings. Click the “Meetings” link on the SMART Recovery website for times and places most convenient for you.



VISIT SMART RECOVERY ONLINE: [www.smartrecovery.org](http://www.smartrecovery.org)

**Cincinnati S.M.A.R.T. Recovery:** For Cincinnati area face-to-face meetings, always visit [www.smartcincy.com](http://www.smartcincy.com) for the most up-to-date listings, facilitator contact info, Google map links to meeting locations, announcements, and current versions of this flier.

### Greater Cincinnati area meeting list (February 2019)

<b>Sundays</b>
4:00pm – 5:30 - Lindner Center Of Hope, 4075 Old Western Row Rd, Mason, OH, 45040 <b>(Open)</b> Please sign in at the front desk
4:00pm – 5:30 - Lindner Center Of Hope, 4075 Old Western Row Rd, Mason, OH, 45040 <b>(Open Family &amp; Friends)</b> Please sign in at the front desk
<b>Mondays</b>
4:30pm – 5:30 - Beckett Springs, 8614 Shepherd Farm Drive, West Chester, OH, 45069 <b>(Open)</b> Gather in the <u>outpatient</u> lobby.
6:00pm – 7:30 - St. Barnabas Church, 10345 Montgomery Road, Montgomery, OH, 45202 <b>(Open)</b> Meets in the library.
6:00pm – 7:30 - Hope Community Center (Not the Amelia GCB building), 4 Cecelia Drive, Amelia, OH, 45102 <b>(Open)</b>
<b>Tuesdays</b>
5:30pm – 7:00 - LCNB Bank, 30 W Park Pl, Oxford, OH, 45056 <b>(Open)</b> Meets in the 2 <sup>nd</sup> floor “Community Room” above the bank
6:15pm – 7:15 - Ft. Thomas VA Domiciliary, 1000 S Ft Thomas Ave, Fort Thomas, KY, 41075 <b>(Open)</b>
<b>Wednesdays</b>
7:00pm – 8:00 - Seventh Day Adventist Church, 456 W Spring Valley Road, Centerville OH, 45458 <b>(Open)</b> Meets in the “Multipurpose Room”
7:00pm – 8:30 - UC Hospital, 234 Goodman Street, Cincinnati, OH, 45219 <b>(Open)</b> The meeting is in Meeting Room 1117, right next to the <i>Au Bon Pain</i> cafe in the main cafeteria on the first floor
<b>Thursdays</b>
3:00pm – 4:00 - VA Hospital, 3200 Vine Street, Cincinnati, OH 45220 <b>(Open)</b> Meets on the 8 <sup>th</sup> floor
7:00pm – 8:30 - Mercy West Hospital, 3300 Mercy Health Blvd, Cincinnati, OH 45211 <b>(Open)</b> Meets in Room T002 (Classroom 2) on the Terrace Level (across the hall from the auditorium)
7:00pm – 8:00 - Hills Office Park, 9403 Kenwood Road, Suite C111, Blue Ash, OH 45242. <b>TEENS only</b> (but <b>Open</b> to outside teens)
7:00pm – 8:00 - Hills Office Park, 9403 Kenwood Road, Suite C111, Blue Ash, OH 45242. <b>(Open Family &amp; Friends)</b>
<b>Fridays</b>
8:00am – 9:00 - HOPE Center North, 4483 US Route 42, Mason OH 45040 <b>(Open)</b>
<b>Wednesday &amp; Thursdays (alternate weeks)</b>
6:00pm – 7:30 – Felicity Christian Church, 847 State Route 222, Felicity, OH 45120 <b>(Open ALTERNATE WEEKS)</b> Visit SmartCincy.com for schedule