



When a loved one struggles with addictive behaviors, affected family members and friends often want to offer support, but aren't sure how. SMART's Family & Friends program offers practical, easy-to-use tools to help individuals learn effective coping and self-care strategies for themselves, as well as tools to interact with their loved one more effectively.



SMART Family & Friends

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

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



Your Local Family & Friends Meeting:



SMART Family & Friends

for people affected by the
addictive behavior of a loved one



One person's struggles with addiction often negatively affect family members and friends who want to offer support but may not know where to turn. SMART Recovery offers families and friends practical tools and support.

In addition to tools from SMART's own 4-Point Program, SMART Family & Friends includes concepts from Community Reinforcement and Family Training (CRAFT). CRAFT is an evidence-based method for interacting differently with a loved one in the hope that they will seek treatment.

Tools from the Invitation to Change (ITC) approach are also included. Published by CMC: Foundation for Change, ITC is a holistic helping framework based on science and kindness specifically developed for the families and loved ones of people struggling with addictive behaviors.

HOW IT WORKS

SMART Recovery's Family & Friends program offers a two-pronged approach:

01

Tools to Support your Wellbeing

Our self-empowering program offers tools based in cognitive behavioral therapy to help you balance your emotional state and learn healthier ways of dealing with what is likely a very difficult situation in your life.

02

Tools to Enhance your Effectiveness Supporting your Loved One

The program also offers tools and strategies that can be used to improve the dynamics of your relationship with your loved one. Our approach is grounded in part in CRAFT, which has been shown to lead to better outcomes for loved ones than harsh interventions or complete detachment.

All SMART Recovery Family & Friends mutual support meetings are free and inclusive, with no religious content.

In our meetings you will ...

- ✦ Assess your readiness and build motivation to change
- ✦ Explore self-compassion, self-care, safety, and support
- ✦ Work on your inner dialogue
- ✦ Learn how to manage your thoughts, feelings, and behaviors
- ✦ Practice positive communication and reflective listening skills
- ✦ Discover the power of setting and protecting healthy boundaries
- ✦ Consider how you might recover more effectively from mistakes
- ✦ Optimize your supportive behaviors
- ✦ Explore trust, forgiveness, grief, and letting go, as you choose

