Family Recovery
Peer Support Resources: Connecticut And Beyond

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Connecticut Clearinghouse
In this presentation we will explore one resource in great detail (Youth Recovery CT/SMART Recovery) and also provide a brief overview of additional local and national resources.
Youth Recovery CT Uses The SMART Recovery National Model To Support Youth And Families In CT

Let’s Learn More About The SMART Recovery Model
SMART Recovery, nationally and internationally, serves people of all ages.

In Connecticut, in addition to all the ages meetings, we have a special emphasis on hosting meetings for teens (ages 15-18) and young adults (ages 18-30) through our Youth Recovery CT Initiative.
Populations Served

Under umbrella of both SMART Recovery there are two types of meetings

Youth Recovery CT also offers these two types of meetings, as well as alternative peer support groups for youth

Meetings For People In or Seeking Recovery

Meetings For People Who Care About A Person In Recovery/Using Substances
What is SMART Recovery?

SMART = Self Management and Recovery Training

Facilitated, free weekly SMART Recovery meetings

Self-help peer-support program with evidence-based tools

Emphasis is on self-empowerment. There are no steps or sponsors and no requirement of long-term membership

It has meetings all day long, all over the world, both in person and online
How SMART is Different

• We support medication assisted recovery
  - Prescribed medication can be critical to recovery and decrease overdose deaths

• We support a secular approach
  - The use of religious or spiritual beliefs and practices in recovery is a personal choice, but not part of the SMART Recovery program

• We are self-empowering
  - Participants are in charge of their own recovery and seek mutual support resources as they choose
SMART Recovery’s 4 Points

(1) Building and maintaining the motivation to change.

(2) Coping with urges to use.

(3) Managing thoughts, feelings, and behaviors in an effective way without addictive behaviors.

(4) Living a balanced, positive, and healthy life.
An Example Meeting Format

• Introduction/Orientation
• Check In is 1-2 minutes per person, participants can offer a discussion topic (all optional)
• Discussion of Topics:
  – “Cross talk” is allowed, sharing of tools/resources is encouraged
  – SMART Tools are brought up by the facilitator during the discussion
• Brief Check out
  (there are other meeting formats too)
A National Meeting Format

• Introduction/Orientation

• Successes, Milestones, or Gratitude (all optional)

• Discussion Topic:
  – “Cross talk” is allowed, sharing of tools/resources is encouraged
  – SMART Tools are brought up by the facilitator during the discussion

• Brief Check out
SMART Recovery is a Tool Driven Program
SMART Recovery’s Tools Are Accessible On Their Website And App

<table>
<thead>
<tr>
<th>Participant Toolbox</th>
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</thead>
<tbody>
<tr>
<td>ABC Tools</td>
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<tr>
<td>CBA: Cost-Benefit Analysis</td>
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<td>Change-Plan Worksheet</td>
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<tr>
<td>DEADs: Deny/Delay; Escape; Avoid/Accept/Attack; Distract; Substitute</td>
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<td>DIBs: Disputing Irrational Beliefs</td>
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<tr>
<td>DISARM: Destructive Images and Self-Talk Awareness and Refusal Method</td>
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<td>Goal-Setting</td>
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<td>HOV: Hierarchy of Values</td>
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<tr>
<td>Lifestyle Balance Pie</td>
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<td>Role-Playing/Rehearsal</td>
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<tr>
<td>Urge Log</td>
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<tr>
<td>VACI: Vital Absorbing Creative Interest</td>
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<tr>
<td>USA: Unconditional Self-Acceptance</td>
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SMART Recovery Toolbox - SMART Recovery
Tools for Urges

Destructive Imagery and Self-talk Awareness and Refusal Method

Defeat the Addiction Salesman in Your Head

DISARM is a tool that helps us see the self-talk and images that tell us to use as lies, excuses, and rationalizations. It challenges those urge-producing thoughts at every opportunity, shooting them down like a gunslinger or reducing them to the point of absurdity.
# Tools for Urges

## Urge Log Worksheet

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Rate 1-10</th>
<th>Length of urge</th>
<th>What triggered my urge?</th>
<th>Where/who was I with?</th>
<th>How I coped and my feelings about coping</th>
<th>Alternative activities, substitute behaviors</th>
</tr>
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</tbody>
</table>
Tools for Managing Thoughts, Feelings, and Behaviors:
The ABCs and DIBS (Disputing Irrational Beliefs)
Tools for Living a Balanced Life:
Lifestyle Balance Pie, VACI, Hierarchy of Values

VACI=
Vital And
Absorbing Creative
Interest

HOV=
Hierarchy of Values
Building Motivation: Cost/Benefit Analysis Tool

Decision Making Worksheet / Cost Benefit Analysis
The substance or activity to consider is: ___________________________  Date: __________

Using or doing

**Advantages** (benefits and rewards)  **Disadvantages** (costs and risks)

NOT using or NOT doing

**Advantages** (benefits and rewards)  **Disadvantages** (costs and risks)
Participant Quotes

“Super action based and helpful, it actually helps you find strategies to deal with things. SMART is helpful for anyone in recovery even if you don’t think abstinence will work for you”

“If someone is struggling, SMART is a great tool and an awesome community to be involved with. I look forward to meetings every week.”

“This was the first meeting I've been to where people were actually my age. All the other groups I've done, everyone was 35+. It was great hearing from younger people struggling with the same things.”

“I love this. So much more accessible [to me] than 12 step meetings. I love the guided discussion format”
SMART Recovery Has A Useful Website

SMART Recovery's Website

Ready to **Overcome Your Addiction?**

Participants tell us that our program is valuable because we stress self-directed action and base our practical tools on cognitive science. If you're choosing to learn how to move beyond an addiction of any kind, we're here to help with free mutual support meetings and resources of all kinds.

SMART Recovery's Website
SMART Recovery Has A Meeting Finder Tool

SMART Recovery Meetings

Meeting start times have been converted to your time zone (Eastern).

<table>
<thead>
<tr>
<th>Calendar</th>
<th>Type</th>
<th>Details</th>
<th>Location</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>In-Person</td>
<td>4-Point Recovery</td>
<td>Milford, CT</td>
<td>Tonya Blyth, Robert Alberio, Samantha Michon</td>
</tr>
<tr>
<td>Thursday, September 14</td>
<td></td>
<td>All Welcome English</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>In-Person</td>
<td>4-Point Recovery</td>
<td>Hartford, CT</td>
<td>Rey Ortiz</td>
</tr>
<tr>
<td>Thursday, September 14</td>
<td></td>
<td>All Welcome English</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Online</td>
<td>4-Point Recovery</td>
<td>National</td>
<td>Gerardo Matamoros</td>
</tr>
<tr>
<td>Thursday, September 14</td>
<td></td>
<td>All Welcome Spanish</td>
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<td>PATH®</td>
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SMART Recovery - Meeting Finder Tool
There is a Free SMART Recovery App
**Youth Recovery CT Local Partner Flyers**

**SMART RECOVERY**
**Every Thursday**
4:00-5:00 pm

The Institute of Living
Family Resource Center
Henneman Health Care
200 Edgewood Avenue
Hartford, CT

SMART Recovery is a peer-led, self-directed program, not a service organization. SMART Recovery participants enjoy opportunities to discuss and implement recovery strategies to change behavior, develop skills, and maintain recovery. SMART Recovery workshops provide a positive, 6-step model for life change.

**Join Us!**

To learn more, visit www.smartrecovery.org
or call 1-800-477-7800

**SMART Recovery CT New for September**
**SMART Recovery and Peer Activities 2023**

**Yoga 4 SMART Recovery**

**Hartford Healthcare Rushford**

**Smart Recovery Meeting**

**BI-WEEKLY WEDNESDAYS**

9:30 AM - 10:30 AM

8:30 AM - 9:30 AM

**Hartford Healthcare Rushford**

**Meetings are for anyone ages 18-29**

**Every Tuesday 7:30-8:30 PM**

Beginning August 1st, 2023

**Also: Fun Activity Once a Month**

**For More Information**

**Youth Recovery CT**

**Part Meeting Part Practice**

**Yoga 4 SMART Recovery**

**At Home**

Sarah's Studio

**SMART Recovery Meetings**

**For anyone ages 18-29**

**Sponsored by YouthRecoveryCT**

**For more information please contact:**

**Spencer Lambert 203-232-1367**

**YouthRecoveryCT**

**BREATHE-BODY-MIND WORKSHOP**

**3RD WEDNESDAY OF THE MONTH 5PM-7PM**

**PLEASE REGISTER FOR ANY OF THESE SESSIONS:**

- 9/20
- 10/18
- 11/15
- 12/20

**For more information, call 1-800-477-7800 or visit www.smartrecovery.org**
What is SMART Recovery Family and Friends?

- Facilitated, free weekly meetings for people impacted by a loved one’s substance use disorder or other harmful habit
- Tools from both SMART Recovery AND CRAFT (Community Reinforcement and Family Training)
- There are meetings in person or online
- There are no steps or sponsors and no requirement of long-term membership
- It has meetings all day long, all over the world
SMART Recovery
Family and Friends Groups

Only the family or friend that is impacted by another person’s habits attends this group. The person with the substance issue does not attend.

It is ok for multiple family members impacted by the addiction to attend together, such as both parents that are concerned about their teenager.

A “family or friend” could be a spouse, parent, a sibling, a roommate, a classmate, etc.
Family and Friends Groups

A two-pronged approach:

• The wellbeing of the attendee is strongly emphasized. Tools based on cognitive therapy are taught to help participants manage their emotions. Additional tools focus on balance and self-care.

• Tools are shared for providing effective, non-confrontational support for a loved one with a substance use issue:
  – Effective Communication Skills
  – Boundary Setting
  – Learning about the recovery process and dispelling myths
Family and Friends Groups

“Our mutual desire is that your loved one will take on the choice to pursue their own recovery and that you will learn ways of improving your life at the same time.”
How is SMART Recovery Family and Friends Different Than Other Groups for Families?

- It uses the CRAFT Model: This method has been proven to be more successful than harsh interventions or complete detachment.

- It helps a loved one understand both substance use disorder and the recovery process

- It has a trained facilitator guiding the meeting

- It is secular and science-based

- It can be attended in addition to other programs such as Al-Anon or Families Anonymous
An Example Meeting Format

• Introduction/Orientation

• Check In is 1-2 minutes per person, participants can offer a discussion topic (all optional)

• Discussion of Topics:
  – “Cross talk” is allowed, sharing of tools/resources is encouraged
  – SMART Recovery Family and Friends tools are brought up by the facilitator during the discussion

• Brief Check out
  (there are other meeting formats too)
Family and Friends Program:

- It has a different tool set than SMART Recovery and has a separate handbook.

- It contains 14 sections with a wide range of topics such as:
  - Change and Motivation
  - Positive Communication
  - Healthy Boundaries
  - Safety and Support
  - Coping with Lapses
  - Disable the Enabling
  - Trust and Forgiveness
Additional Resources For Family Recovery
Substance Exposed Infant Initiative CT | Creating Better Outcomes (sepict.org)
SEPI-CT’s List Of Family Recovery Resources Is Useful For Any Family

Family Recovery Resources
SMART Recovery Family and Friends Program

SMART’s methods are based on the tools of SMART Recovery and CRAFT Therapy (Community Reinforcement & Family Training). Our meetings — available both in-person and online — provide concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior. These tools also help Family & Friends better cope with their loved one’s situation and regain their peace of mind.

Family Recovery Resources | Substance Exposed Pregnancy Initiative (sepict.org)
Other Connecticut Resources

Parents & Caregivers | LiveLOUD Families
Hope & Support Groups – Tricircle
Young People and Family Services – CCAR
New Canaan Parent Support Group
NAMI Family Support Group
National Family Peer Recovery Supports

FAMILY Peer Recovery Meetings

<table>
<thead>
<tr>
<th>Meetings</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Al-Anon</td>
<td>12 Step, Families impacted by alcohol</td>
</tr>
<tr>
<td>Nar-Anon</td>
<td>12 Step, Families impacted by drugs and alcohol</td>
</tr>
<tr>
<td>SMART Family and Friends</td>
<td>Science-based, Family impacted by any harmful habit</td>
</tr>
<tr>
<td>Celebrate Recovery</td>
<td>Christian, Families impacted by harmful habits, Some teen groups</td>
</tr>
<tr>
<td>Learn To Cope</td>
<td>All Substances, Families impacted by substance use</td>
</tr>
<tr>
<td>Helping Families Help</td>
<td>Research-based, Families impacted by substance use</td>
</tr>
<tr>
<td>Families Anonymous</td>
<td>12 Step, Families impacted by any type of harmful habit</td>
</tr>
<tr>
<td>Alateen</td>
<td>12 Step, Teens ages 13-18 impacted by a loved one’s alcohol use</td>
</tr>
<tr>
<td>Narateen</td>
<td>12 Step, Teens impacted by a loved one’s drug use</td>
</tr>
<tr>
<td>Adult Children Of Alcoholics And Dysfunctional Families</td>
<td>12 Step, Adults that were impacted by a “dysfunctional home” growing up</td>
</tr>
<tr>
<td>PAL</td>
<td>Parents Of Addicted Loved Ones, Parents impacted by a child’s substance use</td>
</tr>
<tr>
<td>NAMI Family Support Group</td>
<td>National Alliance On Mental Illness, Families impacted by a loved one’s mental illness</td>
</tr>
</tbody>
</table>

There are many family peer recovery meetings however these are some the largest, most commonly attended ones.

Meetings can be online in person or both and are typically ONLY for the family members, not the person with the addiction.
(Note: Celebrate Recovery meeting often start with everyone together and then separate into separate groups depending on the issue.)
National Family Peer Recovery Supports

Link For Canva Family Recovery Handout
Contact Information
Youth Recovery CT Project Coordinator:

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lczeppieri@wheelerclinic.org

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