

You Are
Not Alone.
Help Is Here.

Teen & Youth Addiction Recovery Program

For Teens and Youth Ages 14-22

Do you feel powerless and out of control? **H**as your use of drugs or alcohol led to actions you're not proud of? **H**ave you driven away friends and family? **A**re you having difficulty holding down a job? **I**s your health at risk? **A**re you struggling at school? **D**o you have any arrests or a criminal record? **D**o you feel ashamed and hopeless?

SMART Will Help You To:

- Get and stay motivated
- Cope with urges
- Self-manage your thoughts, feelings and behaviors
- Live a balanced life.



"A good friend to have by your side."

SMART is a self-help program with tools to help you change drinking or drugging or other stuff that's holding you back. The program and tools are non-judgmental. It's all about "self" – SMART stands for Self- Management And Recovery Training. You don't have to attend SMART for a lifetime. You'll move on with your life after overcoming the challenges you now face.

Reclaim Your Life Today.

- Non 12-step based
- You are in control
- Provides tools for all stages of recovery
- Accepted by many courts as required meeting attendance
- Topic-based meetings, which encourage discussion
- A message board for any questions, issues, or discussions
- Peer support
- Run by qualified volunteers who used the SMART 4-Point Program
- Supported by experienced Volunteer Advisors
- SMART Recovery is recognized by NIDA and other agencies

Message Board Discussion Groups & Online Meetings

Enjoy a safe and welcoming anonymous online support group led by an experienced, compassionate and trained volunteer where you can share your challenges and get support from other teens and young adults with similar issues and experiences.

To access our private online Teen & Youth meetings, you must first sign up for our message boards. We look forward to welcoming you!