



Cigna®

Behavioral Awareness Series: Coping with Substance Use Disorders



Freedom from Addiction

Bill Greer

SMART Recovery USA President

SMART Recovery International Board of Directors

May 15, 2019



SMART Recovery[®]
Self-Management and Recovery Training

- **Not Smart because we know it all**
- **Don't need a college degree**
- **Based on some science**
– **but mostly common sense**
- **S.M.A.R.T. is an acronym**



SMART Recovery[®]

Self-Management and Recovery Training

Self-

Management

And

Recovery

Training

Origins and History



- **SMART Recovery (1994)**
 - AA Not Working for Those Seeking Power to Recovery
 - Spiritual/Religious Orientation a Concern for Some
- **Professionals Created SMART Based on Science**
 - Cognitive Therapies to Change Behavior
 - Motivational Therapies to Find Power to Change
- **Support Group Meetings Led by Experienced Peers**
 - Recovered From Addiction
 - Helped Family Members or Friends Recover
 - Trained to use science and tools
- **SMART Is Only Professional-Peer Partnership**

Freedom from Addiction



SMART Recovery Mission (updated in 2017)

**Empower People to Achieve
Independence from Addiction
With Our Science-Based 4-Point Program[®]**

SMART 4-Point Program[®] Works For Addiction and Other Life Challenges



**All Needed to Overcome Any Addictive Behavior
Any Life Challenge**

Freedom from Addiction



Global Vision
SMART Recovery International

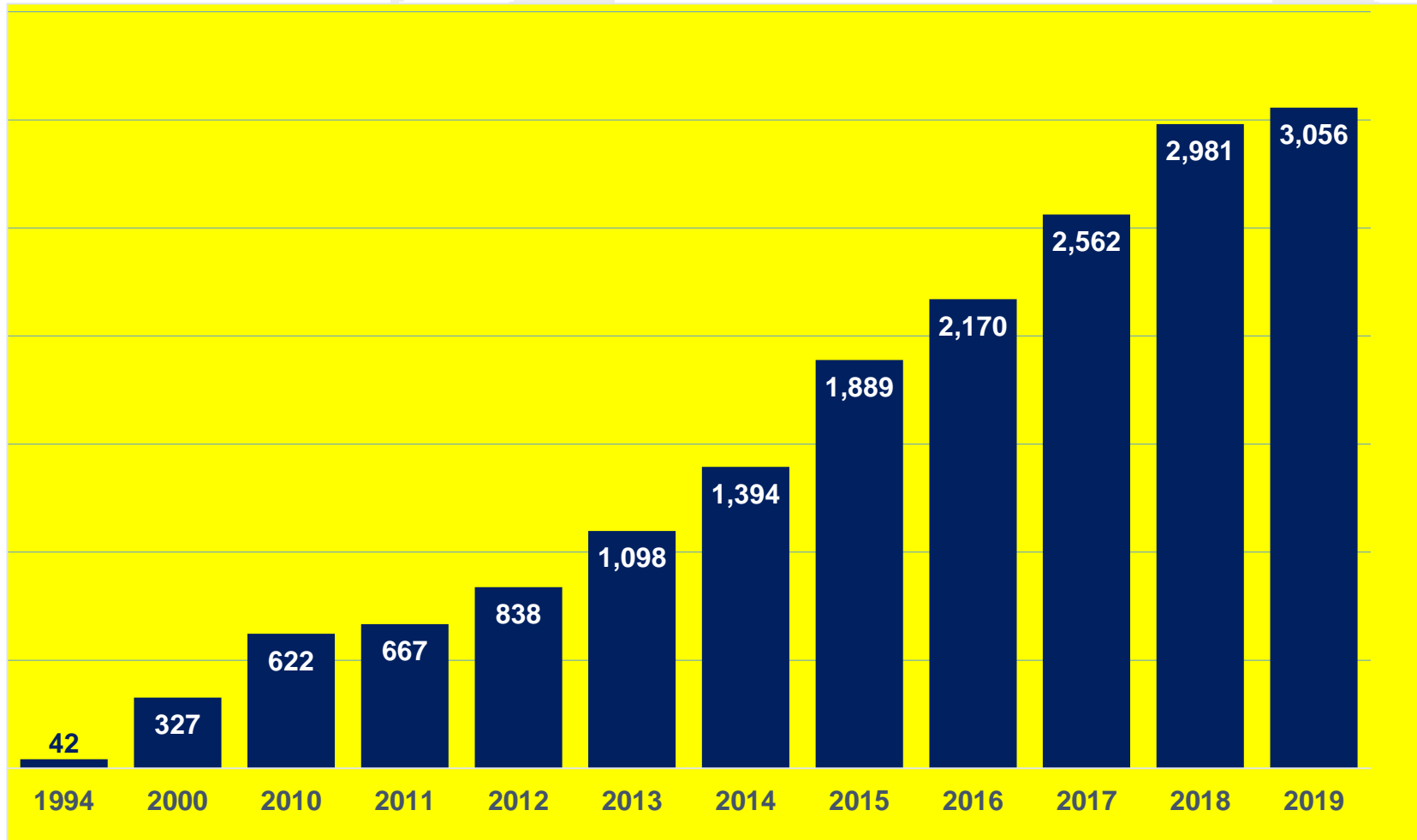
Life Beyond Addiction

**SMART Community of 5,000 Professionals,
People in Recovery, Family Members and Friends**

Meetings Quintuple This Decade



24 Countries with SMART Meetings



- Australia
- Canada
- China (and Hong Kong)
- Denmark
- India
- Iran
- Ireland
- Kenya
- Malaysia
- Mexico
- Namibia
- New Zealand
- Nigeria
- Romania
- Russia
- Singapore
- South Africa
- Spain
- Sweden
- Thailand
- United Kingdom
- United State
- Uzbekistan
- Vietnam

Through February 2019

SMART Today



- **Largest Community of Support Groups Based on**
 - Self-Empowerment
 - Science (CBT, Motivational Interviewing)
- **Well Over 3,000 Groups, 20+ Countries**
 - 1,800+ in U.S., **6-Fold Increase This Decade**
 - Large Numbers in UK, Australia, Canada

Reasons for Growth



- **Professionals Discover SMART**
 - Take SMART Training, 2,000/year
 - Send patients to SMART meetings
 - Incorporate SMART into Practice
- **SMART Meetings in Professional Settings**
 - Hospitals, Treatment Centers
 - Recovery Community Organizations
- **Courts Must Order Non-Religious Option**

SMART Recovery: End the Addiction Epidemic

- **Drug overdoses took more than 70,000 U.S. lives in 2017. 90,000 alcohol-related deaths per year – or 430 per day. The new normal? NO!**
- **Some proclaim success because these numbers leveling off. With no increases, 1 million Americans will die by 2025**
- **At peak of AIDS epidemic, 41,600 deaths/1996 – far less than opioid deaths alone today**

This Is Personal: Epidemic Should Not Be

- **Addiction not Stage 4 cancer, heart disease, kidney failure – three illnesses that ended wife’s life four years ago.**
- **Addiction tough to overcome but highly treatable**
 - Many proven therapies
 - Meds to reverse overdoses, ease withdrawal, reduce cravings, keep people alive while recovering from OUDs
 - More support groups for people with different orientations
- **We have the tools, treatments, BUT we’re not using them**

No Shame, No Blame SMART Recovery

- **Paralyzed by our prejudices? Stigma? Better term:
No Shame, No Blame SMART Recovery**
- **Worst example lack of access to medication-assisted treatment – MAT – for those recovering from opioid addiction**
- **Where medications available, people can't find support groups – stigma with MAT.**
- **Largest obstacle to reducing opioid deaths**
 - When opioid use stops, tolerance goes down
 - One relapse causes death by respiratory failure
 - Especially with synthetic opioid fentanyl (50x more potent than heroin)
 - MAT with small opioid content maintains tolerance while people recover

Freedom from Addiction U.S. Growth Campaign

- **Historically, SMART not engaged in the advocacy. Volunteers lead meetings to help people recover.**
- **We don't talk about SMART Recovery. We DO SMART Recovery through program to change behavior, build life beyond addiction.**
- **SMART Freedom from Addiction Campaign**
 - Launch 2,000 new U.S. groups over 2-3 years
 - Double number to 4,000.
 - 5,000-10,000 by middle of next decade

SMART for People With Different Needs

- **Meetings for teens, young adults, college students**
- **Military veterans with PTSD**
- **InsideOut Program for inmates in correctional facilities developed with \$1 million in NIDA grants**
- **Family & Friends program for those with loved ones suffering from addiction**

Training and Resources to Accelerate Growth

- **3,000 people take training each year – two-thirds professionals**
- **Groups already increasing 300-400 per year – increase growth in low-income communities, inner cities, rural America**
- **Collaborate with drug courts, recovery community organizations that serve homeless and poor families**
- **More tools, resources, ongoing training for facilitators, cultivate new ones in meeting helpers, hosts, peer recovery specialists**

SMART Support for Medication-Assisted Treatment

- **More groups and meetings for those recovering with MAT**
- **Start meetings in rural areas that lack treatment centers, counselors.**
- **As other medical professionals qualified to administer MAT, give them training, marketing support to establish groups.**
- **In less populated areas, can use video technology (Zoom) to run meetings for people who can't travel long distances.**

SMART Support for Medication-Assisted Treatment

- **Can increase meetings through partnerships with organizations for people with opioid addictions and their family members, including those who have lost loved ones to opioid overdoses.**
- **Faces of Opioids represents more than 54,000 people worldwide.**
 - Recovered members can start and lead SMART meetings.
 - Family members want to starting Family & Friends meetings.
 - Offering them training scholarships to initiate this effort.
- **Working with correctional facilities to start meetings for inmates on MAT. California introducing SMART meetings in all 35 state prisons**

Paired SMART Meetings Can Reunite Families

- **Hold regular SMART meetings in tandem with those for family members**
- **Connecticut doing this with SMART meetings for teens and family members at the same place and time.**
- **Teens go to one meeting while parents attend Family & Friends meeting.**
- **Afterward, they share experiences, insights and support with a better understanding of addiction and recovery, aware of the different challenges each face.**
- **Federal grant funding this program, known as CROSS – Connecticut Recovery-Oriented Support System for Youth.**
- **With more grants, could replicate same concept in many states.**

SMART Recovery Future

- **Building infrastructure and state and local levels to strengthen meeting quality, work with community leaders**
- **Exploring advanced use of technology**
 - Many more online meetings – 100, 200, 500 – international, national, regional, local
 - Online training for professionals, program to certify clinicians in self-empowering therapy
- **Aggressive fundraising to build staff and resources need to run an organization supporting network of 10,000 meetings**
- **International forum where scientists can collaborate on research – critical role for SMART Recovery International**

Endorsed by



- National Institutes of Health
 - National Institute on Drug Abuse
 - National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Federal Bureau of Prisons
- National Institute of Drug Court Professionals
- American Society of Addiction Medicine
- National Institute for Health and Care Excellence (UK)
- Government Health Agencies in Australia, Canada, Denmark, Ireland

Thank You



Bill Greer, SMART Recovery USA President, SMART Recovery International Board
bgreer17@gmail.com | 202 577 1664

Mark Ruth, SMART Recovery Executive Director
markruth@smartrecovery.org | 440 477 8000

Christi Alicia, SMART Recovery Assistant Executive Director
christif@smartrecovery.org | 440 479 6288

Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Chantelle Hoogland – 888.244.6293 x 329159

Lisa Osborne – 770.779.2023