SMART Recovery® and the Central Eight Criminogenic Risk Factors

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A little about Doug...
No, this part of your brain doesn’t grow when you use drugs, but it seems to hijack sense, reason and responsibility as SUDs progress and control is impaired.

From Experimentation to an SUD to Recovery our job is to help people put their thinking cap back on and stop letting their lizard brain act like it is in charge of their lives!
Substance Use Disorders Come in All Shapes and Sizes

- Taking the substance in larger amounts or for longer than you meant to
- Wanting to cut down or stop using the substance but not managing to
- Spending a lot of time getting, using, or recovering from use of the substance
- Cravings and urges to use the substance
- Not managing to do what you should at work, home or school, because of substance use
- Continuing to use, even when it causes problems in relationships
- Giving up important social, occupational or recreational activities because of substance use
- Using substances again and again, even when it puts the you in danger
- Continuing to use, even when the you know you have a physical or psychological problem that could have been caused or made worse by the substance
- Needing more of the substance to get the effect you want (tolerance)
- Development of withdrawal symptoms, which can be relieved by taking more of the substance.

Source: http://addictions.about.com/od/aboutaddiction/a/Dsm-5-Criteria-For-Substance-Use-Disorders.htm
SMART Recovery® is an abstinence-based SELF-EMPOWERMENT Program.
Concepts

- Human beings have the capacity within themselves to overcome even severe addictive behaviors and lead meaningful lives.

- Lifelong attendance at SMART Recovery meetings is neither required nor encouraged.

- Gaining independence from addictive behavior can involve changes that affect an individual’s entire life, not just changes directly related to the addictive behavior itself.
Ideally, an individual should be matched to the program that is most consistent with his or her values and thinking style.

Individuals who have been successful in gaining independence from addictive behavior appear to have made changes in all areas of SMART’s 4-Point Program.

Promotes self-empowerment; does not require belief in a higher power; focuses on addictive behavior; does not promote the use of labels such as alcoholic or addict.

SMART’s motto is *Discover the Power of Choice* and the symbol we often associate with this is a compass.
Purpose

To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities) by teaching them how to change self-defeating thinking, emotions and actions…and to work towards long-term satisfactions and a higher quality of life.

NOTE: a SMART Recovery meeting is not a therapy group; rather, it is an educational (concepts, tools, experiences, etc.), self-help support group.
SMART Recovery is recognized by

- National Institute on Drug Abuse (NIDA)
- National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- American Society for Addiction Medicine (ASAM)
- American Academy of Family Physicians (AAFP)
- National Association of Drug Court Professionals (NADCP)
Background

- Program is SCIENCE-BASED: We change and expand based on scientific evidence and accumulated experience from research, conferences and SMART meetings.

- Provided a network of Face-to-Face meetings for over 15 years (Over 1100 face-to-face meetings per week).

- SMART Recovery has spread to communities (including correctional facilities) around the world: Canada, UK, Australia, New Zealand, Sweden, Estonia, Ukraine, Uzbekistan, Vietnam, Iran and China.

- The SMART Recovery Handbook has been translated from English into German, Spanish, Russian, Portuguese, Swedish, Farsi and Mandarin Chinese.
Background (Continued)

- SMART Recovery is a VOLUNTEER-DRIVEN organization. Volunteer Board of Directors (professionals and recovered participants) direct the operation of 2.5 full-time employees in Mentor, Ohio.

- Past International Advisory Council: Eminent scientists in the addiction field (e.g., Aaron Beck, Carlo DiClemente & Albert Ellis).

- SMART Recovery incorporated as a 501(c)(3) not-for-profit corporation in 1994 and subsists on donations and a modest income from sale of materials. Other supporters include the Robert Wood Johnson Foundation and SAMHSA. NIAAA provided a $1,000,000 grant to a SMART Recovery licensee Recovery for development of a corrections-oriented SMART Recovery program: InsideOut.®
The SMART Operations Model

- Includes professionals and scientists in order to evolve as scientific findings evolve (disseminated via SMART CAL, ListServ, quarterly newsletter, meetings, etc.)

- Board of Directors currently includes about 50% membership by individuals with a recovery history

- Recognizes the expertise of individuals in recovery, but also encourages individuals not in recovery to volunteer as meeting facilitators

- Provides long-distance facilitator initial and on-going training
Operations Model (continued)

- Promotes the ideal scenario of volunteers and professionals working together for the good of SMART Recovery - our desire is to increase the availability of SMART Recovery meetings for everyone, and to use all reasonable means to do so.

**NOTE:** SMART Recovery is not averse to the use of appropriate, medically-prescribed medication for treatment of addiction or ancillary psychiatric conditions by participants.
SMART integrates...

- **Stages of Change Model:** Prochaska & DiClemente
  Trans theoretical Model of Behavioral Change

- **Cognitive-Behavioral Therapy (CBT) / Rational-Emotive Behavioral Therapy (REBT):**
  Focuses on resolving emotional and behavioral problems and empowering people to lead happier and more fulfilling lives

- **Motivational Interviewing Technique:** Directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

- **Urge-Coping Skills - Behavioral and Cognitive**
SMART Recovery 4-Point Program®

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings and Behaviors
4. Living a Balanced Life
SMART Recovery Meeting Outline

1. Welcome and Opening Statement
2. Check-in: Success and challenges
3. Agenda Setting
4. Discussion of challenges or tools/4-points
5. Pass Hat
6. Summarizing and Closing Statement

Meeting times vary between 75-90 minutes.
Website & Online Activities


- Over 58,000 “registered participants” from around the world in our Message Board Forums, Chat Rooms and 28 weekly Online Meetings (typically 2 per day)

- 1500 new on-line registrants per month

- Meetings, Message Board, Chat room, Tools, Articles, Podcast, Blog
Handbooks
Tools used at SMART Meetings

CHANGE PLAN WORKSHEET: This is a chart in which you list your goals, how you will attain them, the ways in which you will overcome obstacles and challenges, etc. The very 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. The ABC process helps us dispute our irrational beliefs and thoughts until they no longer trigger the consequences we’re tired of facing. We then create effective new beliefs to produce more positive outcomes.

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.

UNCONDITIONAL SELF-ACCEPTANCE: Helps you understand that you are not your behavior and cannot rate your ‘self’ but can rate you’re your traits and behaviors.

HIERARCHY OF VALUES/GOAL SETTING: These tools help individuals document what’s most important to them, and the impact their addictive behavior has on the things they cherish in life. We focus on building the life you wish to live.

URGE LOG: Helps you become more aware of your urges/triggers and strategies.
Tools used at SMART Meetings: ABC

ABC Problem Solving Worksheet

Activating event - What is the Activating event?—What happened? What did I do? What did others do? What idea occurred to me? What emotions was I feeling?

Consequence - Am I feeling anger, depression, anxiety, frustrated, self-pity, etc.? Am I behaving in a way that doesn’t work for me? (drinking, attacking, moping, etc.)

Beliefs - Beliefs (dysfunctional)—What do I believe about the Activating event? Which of my beliefs are my helpful/self-enhancing beliefs and which are my dysfunctional/self-defeating beliefs?

Dispute - Dispute the Beliefs to find which are dysfunctional—What is the evidence that my belief is true? In what ways is my belief helpful or unhelpful? What helpful/self-enhancing belief can I use to replace each self-defeating or dysfunctional belief?

Effective New Belief and Emotional Consequence - What helpful/self-enhancing new belief can I use to replace each self-defeating or dysfunctional belief? What are my new feelings?
Friends and Family

1. **Online Support Meeting**: Mondays 8pm CST. Tools are discussed that can be implemented by loved ones to help with emotional upsets, effective communication methods when dealing with loved ones, and more.

2. **Dedicated web page** at smartrecovery.org includes resources, handouts, recommended reading, podcasts, dedicated F&F message board and online meeting.

3. Techniques employed within the CRAFT Program (Community Reinforcement Approach and Family Training) will also be shared for the benefit of meeting attendees.
Facilitator Distance Training Program

1. Available monthly online at smartrecovery.org
2. Self-study using our new Moodle online learning platform
   • Training materials and video presentations
   • Homework
3. Group interactions in forum discussions and completion of tasks and homework
4. Two live (online) meetings with trainees and our Distance Training Team
   • Role playing
   • Q&A with President and Executive Director
Facilitator On-Going Training/Support

1. **Fresh Start Online Meetings**: Support for Facilitators and Volunteers who may or may not have another support system. It is a time to discuss your own personal issues and life struggles.

2. **Fast Forward Tool Training**: More training on the SMART tools.


4. **Message Board**: Dedicated message board.

5. **SMARTCAL**: Email listserv for facilitators and volunteers.

6. **Local Meeting**: Get together for local facilitators/volunteers.
SMART Recovery®

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Phone: 440/951-5357 ♦ Toll Free: 866/951-5357 ♦ Fax: 440/951-5358

E-mail: info@smartrecovery.org

Websites:

♦ www.smartrecovery.org
♦ www.smartrecovery.org.uk
♦ www.smartrecoveryaustralia.com.au
23 Million Americans say “I’m In Recovery”

Defined by SAMHSA as
• Home
• Health
• Community
• Purpose

~1.5 million in 12 Steps

~0.5 million (?) via other programs including SMART, LifeRing, SOS, Women For Sobriety, Celebrate Recovery, Rational Recovery, and mostly...

~21 Million in Self-Recovery!

Recovery involves reclaiming a sober, healthy identity
NOTE: a SMART Recovery meeting is not a therapy group; rather, it is an educational (concepts, tools, experiences, etc.), self-help support group.
Take a few minutes or so and make a list of the things that are important to you. Once that is completed, pick out the five things that you would place at the very top of the list—the five things that are **MOST** important to you. There is no "right" or "wrong" answers, as these are the things that are most important to **YOU**!

For the purposes of discussion, here's a sample list (in no order of importance):

1. Family
2. Friends
3. Happiness
4. Health
5. Independence; self-sufficiency; well-being

What’s missing? Is it missing from your list as well? What Joe has noticed is how rarely people put alcohol (or whatever other substance or maladaptive behavior) in the list of the things that they deem “most important” to them. Yet often their actions would suggest otherwise... that it was the most important thing in their lives! (Thanks to Joe Gerstein).
ASSESS THE “BIG 8” CRIMINOGENIC NEEDS

The more you help offenders drive down criminogenic needs, the better are their chances of quitting crime.
The Central Eight Criminogenic Risk Factors*:

- Criminal History
- Criminal Associates
- Antisocial Attitudes
- Antisocial Pattern
- Work/School Trouble
- Lack of Leisure Activity
- Family Conflict
- Substance Use Disorders

SMART Recovery’s Four-Point Program®:

- Motivation
- Urge Management
- Problem Solving
- Lifestyle Balance

*Andrews and Bonta, 2006
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- Lifestyle Balance
InsideOut® Addresses Criminal Thinking Directly

- Facilitator and Participant Workbooks
- Built Around SMART Meeting Format
- Features Additional Exercises and Content to Further Reduce Criminogenic Risks
- Easy To Implement with Existing Staff
- Cognitive Behavioral Skill-Building
- Includes the Four-Point Program®
InsideOut® Addresses Criminal Thinking Directly

- 24 Manualized Sessions
- Addresses CTEs within the “Problem Solving” Module
- Includes Anger, Thrill-seeking, Stress and Depression Sessions
- Pre-Release Sessions on “Building Your Support Network” and “Eliminating Prison Attitudes and Behaviors”
Lifestyle Balance Pie Exercise
- Tied To Values
- Can be Updated to Reflect Progress and Growth
- Facilitates Conversation about Life Areas Including Central 8 Risk Factors
- Helps People in Recovery to Visualize a Balanced Life
THANK YOU!

Special Thanks to Patrick Garnett for the SMART Recovery Slide Show