



What is SMART Recovery Family and Friends?

SMART Recovery® Family & Friends (F&F) aims to provide a network of support meetings for people who are affected by the addictive behaviour of someone close to them.

Rather than focusing on their Loved One, the F&F programme invites participants to spend time concentrating on themselves and their goals, this also includes looking at some of their habitual responses to their Loved One and exploring whether these are helpful or not. SMART F&F explores ways that participants can look after themselves better, even in difficult and stressful circumstances, and establish healthier relationships with their Loved One.

The programme combines elements of SMART Recovery and the Community Reinforcement and Family Training (CRAFT).

SMART Recovery® is a skills-based, self-help programme for individuals struggling with dependencies of all kinds. An alternative to 12-step models such as Alcoholics Anonymous, SMART Recovery uses well-established techniques from modern psychology to equip people with practical skills and tools to overcome their addiction.

CRAFT is an evidence-based programme designed to teach family and friends new ways of interacting with a person who has an addiction, with a goal of increasing the chances that the person will seek recovery. CRAFT was developed by Dr. Robert J. Meyers, who is a member of the internationally advisory board of SMART Recovery and is supportive of the SMART Recovery Family and Friends programme.

This is a new project for the UK, alongside the existing network of SMART Recovery meetings which are there to support the individual with addictions themselves. The package was originally developed by the SMART Recovery community in the USA, who have been running meetings for several years.

The materials have now been anglicised and SMART Recovery UK and Adfam are working together to build this important network of support.

To find out more about F&F, join the F&F Group at the SMART Recovery online Community and attend online meetings every Monday evening at 7.30pm. Here's how....

1. Register for the Online Community at www.smartrecovery.org.uk
2. Select Family & Friends on the registration form
3. Go to the F&F Group, where you will find updates and information and a separate discussion forum
4. A link to the online meeting is posted in the group every Monday

Register Now!

- Connect with others interested in SMART
- Learn more about the tools
- Share videos and recovery resources
- Link to others in your area
- Build your recovery community
- Separate space for families and professionals

Join us now!

Members Login

Username:

Password:

Remember me

[Forgot your Password?](#)

Family and Friends
For family members or friends of people in recovery.

Created on: Monday, 23 April 2012

219 Members 7 Discussions 86 Wall Posts

SMART Community Registration

Signup

Please read first.

Please complete the form to create an account on the SMART Recovery Community. This will allow you to access the training platform, chat system and the online 'social network' feed.

After completing the form, you will be sent a 'verification' email. This will contain a link that you click to confirm your account.

Check your spam folder if it does not arrive in a few minutes.

After that, you can login by clicking the 'community' menu.

The Community site itself is only visible to people who register and on most of the site we only display 'user' names, not full names. We prefer you to register with your real name, though if being here is very sensitive you could use a 'made up' name to remain anonymous. Facilitators, Champions and interested professionals must use real names.

The terms of [use are available here](#) and the specific rules of the community [are here](#).

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First Name:

Last Name:

Username:

Password:

Confirm Password:

Email Address:

What is your interest in SMART?

Monthly Newsletter? SMART participant / in recovery

Where do you live? Family and Friends

I have read and accept the Terms of Use.