

Does Smart Recovery Work?

Yes! If you're willing to work hard and persistently at helping yourself, the tools and techniques offered through the SMART Recovery program can make your efforts more productive.

SMART Recovery builds its program on rigorously tested scientific methods accepted in modern psychology, particularly with Cognitive-Behavioral techniques, Rational Emotive Behavior Therapy (REBT) principles and the non-confrontational principles of Motivational Enhancement Therapy.



GRATIOT INTEGRATED
HEALTH NETWORK

Hours of Service

Monday and Wednesday
8:00 a.m. to 7:00 p.m.

Tuesday, Thursday, Friday
8:00 a.m. to 5:00 p.m.

Emergency Services Available
24/7

989-463-4971

1-800-622-5583

Michigan Relay Center
1-800-649-3777

Customer Service
989-466-4192

Gratiot Integrated Health Network
608 Wright Avenue
Alma, MI 48801

224 North Mill Street
St. Louis, MI 48880

Find us on social media!



Learn more about Gratiot Integrated Health Network and see the complete list of services and descriptions on our website:

www.gihn-mi.org



**Smart
Recovery**
Self-Management and
Recovery Training

Take Control Of Your Addictive Behaviors

With Our Weekly Self Management
and Recovery Groups



Come With A Purpose, Leave With A Plan:

Weekly Meetings (90 Min)

**Focus On The Addictive
Behaviors Not On The
Substance Itself**

**Evidence Based Tools and
Techniques**

**Focus On The Here And Now
Next 7 Days, Last 7 Days**

**Set Your Own Achievable Goals
For The Week Ahead**

**Mutual Aid:
Participants Share Practical Solutions**

Smart Recovery's

4 Point Program:



1

**Enhancing & Maintaining
Motivation**

2

Coping With Urges

3

Problem Solving

4

Lifestyle Balance

- Pros and Cons of Problematic Behavior
- Triggers, Beliefs, and Consequences
- Cravings and Urges
- Goal Setting
- Areas of Importance



How does SMART Recovery work?

In our friendly, small group settings, we talk freely. Sharing ideas, support, and experience. We learn proven, practical, self-management and recovery skills through these discussions and self-help activities.



When is SMART Recovery?

Tuesdays

1:00 PM -2:30 PM

608 Wright Ave.

Alma, MI. 48801

**For more information
contact group facilitator:
Kate Setterlund at
ksetterlund@gihn-mi.org**