## **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.



#### **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.

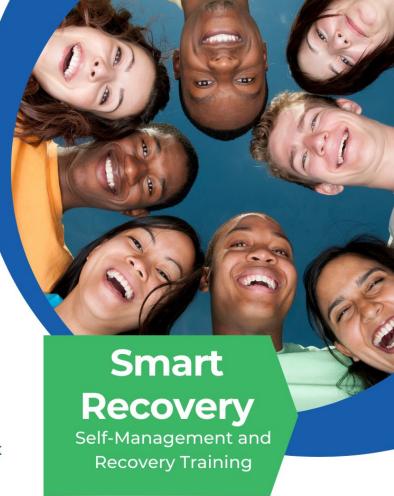
**Emergency Services Available** 24/7

> 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



#### Find us on social media!



**MIGIHN** 

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

## **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



- Enhancing & Maintaining Motivation
- 2 Coping With Urges
- 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 Gratiot Integrated Health Network 608 Wright Ave. Alma, MI 48801 Thursdays
1:00 PM -2:30 PM
Gratiot County
Hope House
1001 Washington Ave.
St. Louis, MI 48880

For more information, contact GIHN or your primary case holder.