



## *Experts on Choice and SMART Recovery\**

### NADCP National Association of Drug Court Professionals

#### **2013 Best Practices Handbook for Adult Drug Courts**

Participants regularly attend self-help or peer support groups in addition to professional counseling. The peer support groups follow a structured model or curriculum such as the 12-step or SMART Recovery models.<sup>19</sup>

<sup>19</sup>Drug Courts must offer a secular alternative to 12-step programs such as Narcotics Anonymous because appellate courts have interpreted these programs to be deity-based, thus implicating the First Amendment (Meyer, 2011).<sup>1</sup>

### ONDCP President's Office on National Drug Control Policy

#### **Director Gil Kerlikowski**

Drug use in this country creates too many obstacles to opportunity — especially for young people. The good news is that we are not powerless against this problem. By emphasizing prevention and treatment, as well as smart law enforcement efforts that break the cycle of drug use, crime and incarceration, we know we can reduce drug use and its consequences in America. ...

I want to thank those of you at SMART Recovery for the work that you do. Your message of hope offers people with substance use disorders the power to choose independence above addiction.<sup>2</sup>

### SAMHSA Substance Abuse and Mental Health Services Administration

Research on mutual support groups indicates that active participation in any type of mutual support group significantly increases the likelihood of maintaining abstinence. ... Clients who are “philosophically well matched” to a mutual support group are more likely to actively participate in that group. Thus, the best way to help a client benefit from mutual support groups is to encourage increased participation in his or her chosen group.<sup>3</sup>

#### **SAMHSA's components for effective substance abuse treatment**

are aligned with the characteristics of SMART Recovery®:

Self-Directed  
Individualized and Person-Centered  
Empowering  
Holistic  
Non-linear

Strengths-based  
Includes Peer Support  
Respect  
Responsibility  
Hope<sup>4</sup>

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\*Reference to SMART Recovery have been changed from Smart to SMART throughout in accord with its registered name.



NIDA National Institute on Drugs and Addiction

## On Choice in Treatment

No single treatment is appropriate for all individuals. Matching treatment settings, interventions, and services to each individual's particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace, and society.<sup>5</sup>

## On Peer Support Programs

- Complement and extend treatment efforts.
- Most commonly used models include 12-Step (AA, NA) and SMART Recovery®.
- Most treatment programs encourage self-help participation during/after treatment.<sup>6</sup>

**Outpatient behavioral treatment encompasses** ... individual or group drug counseling ... [and] other forms of behavioral treatment such as—

- *Cognitive-behavioral therapy*, which seeks to help patients recognize, avoid, and cope with the situations in which they are most likely to abuse drugs.
- *Multidimensional family therapy*, which was developed for adolescents with drug abuse problems and their families, addresses a range of influences on their drug abuse patterns and is designed to improve overall family functioning.
- *Motivational interviewing*, which capitalizes on the readiness of individuals to change their behavior and enter treatment.<sup>7</sup>

*Discover the Power of Choice!*

## References

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- NADCP, Adult Drug Court Best Practice Standards, July 2013. NADCP Website:  
[www.nadcp.org/sites/default/files/nadcp/AdultDrugCourtBestPracticeStandards.pdf#page=54](http://www.nadcp.org/sites/default/files/nadcp/AdultDrugCourtBestPracticeStandards.pdf#page=54).
- <sup>2</sup> Video provided for SMART Annual Conference 2012, available at [www.smartrecovery.libsyn.org](http://www.smartrecovery.libsyn.org).
- <sup>3</sup> *Substance Abuse in Brief Fact Sheet*. SAMHSA. Spring 2008, Vol. 5, Issue 1. SAMHSA website:  
[http://162.99.3.213/products/brochures/pdfs/saib\\_spring08\\_v5i1.pdf](http://162.99.3.213/products/brochures/pdfs/saib_spring08_v5i1.pdf).
- <sup>4</sup> *SAMHSA's Working Definition of Recovery: 10 Principles of Recovery*. SAMHSA website:  
<http://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf>.
- <sup>5</sup> *Principles of Drug Addiction Treatment: A Research-Based Guide*. National Institute on Drug Abuse, NIH, Oct. 14, 1999. Retrieved 2/22/2014 from NIH/NIDA Website: [http://162.99.3.213/products/brochures/pdfs/saib\\_spring08\\_v5i1.pdf](http://162.99.3.213/products/brochures/pdfs/saib_spring08_v5i1.pdf).
- <sup>6</sup> *Understanding Drug Abuse and Addiction: What Science Says*. NIDA. NIH/NIDA Website:  
[www.drugabuse.gov/publications/teaching-packets/understanding-drug-abuse-addiction/section-iv/5-self-help-drug-addiction-treatment](http://www.drugabuse.gov/publications/teaching-packets/understanding-drug-abuse-addiction/section-iv/5-self-help-drug-addiction-treatment).
- <sup>7</sup> *DrugFacts: Treatment Approaches for Drug Addiction*. NIDA. Revised 2009. NIH/NIDA Website:  
[www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction](http://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction).