

SMART Recovery is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups.

The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities.



1340 Wall Street  
Bend, OR 97703  
(541) 213-6851

[www.deschutes.org](http://www.deschutes.org)

In Partnership with:



Deschutes County Health Services is an equal opportunity service provider and encourages persons with disabilities to participate in all programs and activities.

This program is accessible to people with disabilities. If you need accommodations to make participation possible, or to request this information in an alternate format, please call (541) 322-7400 or (541) 322-7500.



TEEN AND YOUTH  
PROGRAM

Wednesdays

Starting

December 6, 2017

5:30PM—6:30PM

- Open to anyone ages 14-22
- Enrollment with Deschutes County or Rimrock is not required
- Drop Ins Welcome





## What is SMART Recovery?

**SMART** stands for...

Self  
Management  
And  
Recovery  
Training

SMART Recovery is a self-help program that offers a place where teens can get together to try to look into and change behaviors that hurts themselves and others like smoking, drinking, fighting and using drugs, to name a few.

## SMART Recovery for Teens & Young Adults

- Available for youth ages 14-22
- Non 12-step based
- You are in control
- Provides tools for all stages of recovery
- Accepted by many courts as required meeting attendance
- Topic-based meetings, which encourage discussion
- A message board for any questions, issues, or discussions
- Peer support
- Run by qualified volunteers who are SMART members themselves
- Supported by professional Volunteer Advisors
- SMART Recovery is recognized by NIDA and other agencies

## The SMART Recovery 4-Point Program™

SMART Recovery approaches teen addiction with a 4-Point Program that uses a variety of tools and techniques:

*Point 1 - Building and Maintaining Motivation*

*Point 2 - Coping With Urges*

*Point 3 - Managing Thoughts, Feelings, and Behaviors*

*Point 4 - Living a Balanced Life*

Groups are held weekly at:

**The Drop**

**1340 Wall Street**

**Bend, OR 97703**