

Recovery Training Support Group Available for Family and Friends

The Department of Correction Addiction Treatment Unit is currently offering Self-Management and Recovery Training (SMART), to incarcerated young adults with a history of substance use. SMART is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (examples: drugs or alcohol, gambling or over-eating).

Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by a science-based and sensible 4-Point Program®. To learn more about the SMART program you can go the following webpage: <https://www.smartrecovery.org/>

SMART Recovery Family and Friends support group is also being offered as a resource that provides online and in-person support groups with information for family members who are affected by the substance use or other addictive behaviors of incarcerated people.

SMART Recovery: Help for Family & Friends utilizes the tools of SMART Recovery and evidence-based Community Reinforcement and Family Training (CRAFT) to provide support to families.

Your loved one does not need to be participating in SMART to attend our Family and Friends group.

https://www.smartrecovery.org/family/?_ga=2.134431285.556966749.1622743383-1820175965.1555326873

If you are interested in joining this group or would like more information, please email DOC.ATUSmartRecovery@ct.gov with your request. Be sure to include the name of your incarcerated loved one along with the name of the facility they are currently located.