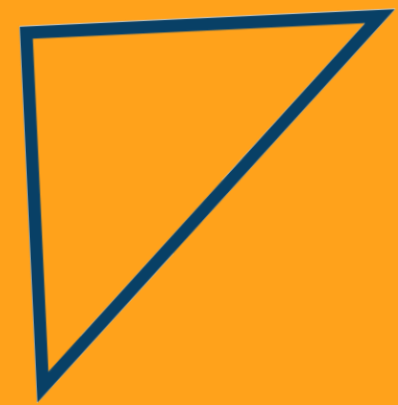




The Fletcher Group & SMART Recovery Successful Life Skills Program



- A 501(c)3 established in 1994
- Volunteer-driven organization
- Mutual support meetings (online and in-person)
- Self-Empowering Approach
- Evidence-based
- Abstinence-Oriented (MAT Friendly)
- Both alternative and Complementary



01

Build and maintain
motivation.

02

Cope with urges.

03

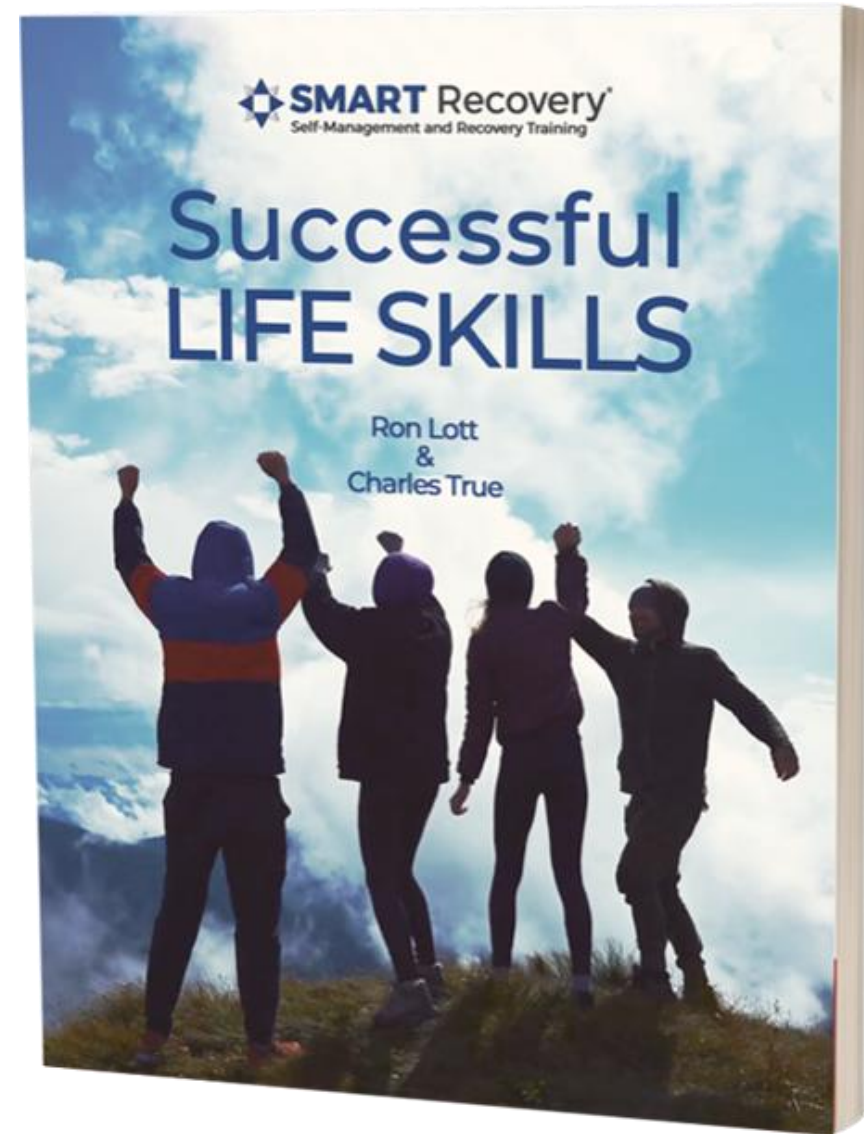
Manage thoughts,
feelings and
behaviors.

04

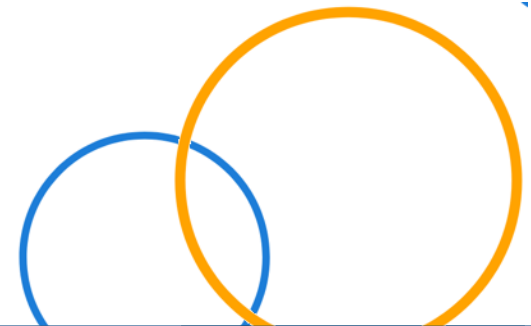
Live a balanced life.

- SMART and Successful Life Skills are built around this approach
- The Successful Life Skills Handbook is organized around these core concepts

- *Successful Life Skills* workbook
- Self-empowering approach
- Uses SMART's 4 Points as a framework
- Focuses on tools for recovery and everyday living
- Designed for residents working towards greater independence
- Successfully used in recovery homes, prisons, jails, and reentry programs.



- Locus of Control
- Recovery Capital
- Effective management of thoughts, feelings, and behaviors
- Handling stress and daily challenges
- Job skills and financial management concepts
- Achieving lifestyle balance



- Now that you know what you want for your future and what you need to get there, you need a plan. Changes I want to make:

- How important are these changes? (scale of 1-10, with 10 highest):

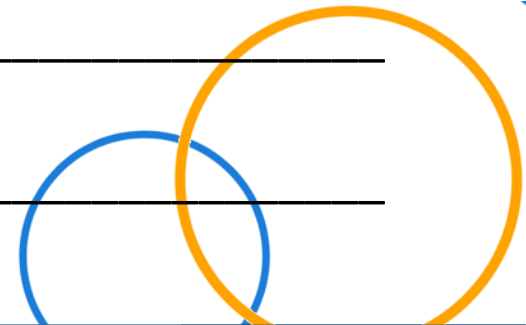
- How confident am I that I can make these changes? (1-10 scale):

- Most important reasons to make these changes:

- Steps to make the changes:

- How other people can help me:

- I will know my plan is working when:



The Fletcher Group RCOE Initiative...

- Is fully funded by a grant from the Health Resources & Services Administration (HRSA)
- Uses SMART's Successful Life Skills (SLS) handbook and curriculum
- Provides a 12-Session program led by a trained SMART SLS facilitator
- Is provided at no cost to recovery homes
- Partners with the University of Kentucky for an anonymous survey component
- Provides stipends of up to \$1,200 for participating homes

THANK YOU!

Open Discussion



- Johnna Allen, Fletcher Group Outreach & Engagement Specialist
jalien@fletchergroup.org
828-508-6327
- Brad Glaser, SMART Recovery Project Coordinator
bglaser@smartrecovery.org
504-389-4175
- SMART Recovery USA, Successful Life Skills Program, Family & Friends Program
- Fletcher Group RCOE

