

# The Code of Conduct for SMART Recovery<sup>®</sup> Volunteers

Although the following principles and behavioral guidelines for ethical conduct by SMART Recovery<sup>®</sup> volunteers may seem obvious, we state them here to reflect without doubt what is expected.

We have deep and abiding trust in those who have done so much for SMART Recovery<sup>®</sup>. We have put these principles and guidelines in writing so that any reader can see the level of ethics and efficacy that is expected and found in our volunteers.

## Principles of being a SMART Recovery<sup>®</sup> Volunteer

- **Promote Independence from Addictive Behavior:** *We promote gaining independence from addictive behavior based on the principles and concepts of SMART Recovery<sup>®</sup>.*
- **Serve as a Community Resource:** *We make SMART Recovery<sup>®</sup> available to our local neighborhoods and serve as a resource for our communities.*
- **Respect the Dignity and Worth of the Person:** *We strive to treat each meeting participant with care and respect, mindful of individual differences and cultural and ethnic diversity.*
- **Act with Integrity:** *We strive to act honestly and responsibly and to conduct ourselves in a manner consonant with the goals and principles of SMART Recovery<sup>®</sup>.*

## Behavioral Guidelines

**Honor our Commitments:** In our capacity as Facilitators, we are responsible for conducting meetings consistent with the principles and concepts of SMART Recovery<sup>®</sup>. This includes striving to maintain focused discussions and to balance opportunities for individual participation with the needs of the group. We will endeavor to hold all meetings as scheduled. In other volunteer roles, we take our commitments seriously, understanding our roles are critical in the support of the overall functions of the SMART Recovery<sup>®</sup> organization.

**Support Self-Determination of Participants:** We respect and promote the right of participants to socially responsible self-determination and assist them in their efforts to identify and clarify their goals regarding addictive behavior within the context of SMART Recovery<sup>®</sup>. Where a participant's goals are outside the scope of SMART Recovery<sup>®</sup>, we can encourage them to seek more appropriate options for assistance.

**Pursue Knowledge and Competence:** All volunteers are expected to learn about the concepts of SMART Recovery<sup>®</sup>. Facilitators apply these concepts in meetings and function as leaders within a peer-group, self-help setting to help foster a group process that encourages learning and development in gaining and maintaining independence from addictive behaviors.

**Support Social Diversity:** We strive to actively understand and respect issues of social diversity, including race, ethnicity, national origin, color, sex, sexual orientation, age, marital/partner status, political belief, religion, and mental or physical ability.

**Protect Confidentiality:** We respect and promote confidentiality and the participants' right to privacy at all times, both in and out of meetings, including all verbal, written, and electronic communications. A Volunteer should not solicit or disclose private information about a participant that is unrelated to the focus of SMART Recovery® or that may put a participant at risk. If a participant appears to be at risk of imminent harm to self or others, a Volunteer may contact the local SMART Recovery® Volunteer Advisor, the local crisis intervention agency, or the local police/medical/mental health authority. If required by local law, we may be required to report to local authorities regarding disclosures relating to child or elder abuse.

**Avoid Conflicts of Interest:** Under no circumstances should we exploit a participant relationship or meeting to further personal, religious, political, or business interests. We should strive to be alert to and avoid conflicts of interest.

**Avoid Engaging in Harassment:** Under no circumstances should we engage in any form of verbal, emotional, or physical harassment. Under no circumstances should we seek to exploit a participant relationship for sexual activity or engage in sexual harassment of participants, including sexual advances, sexual solicitations, requests for sexual favors, and other verbal or physical conduct of a sexual nature.

**Work Together:** We strive to work cooperatively with other members the SMART Recovery® organization. We strive to acknowledge the positive contributions of other programs aimed at gaining independence from addictive behavior.

**Provide Accurate Representation:** We make clear distinctions between statements made as a private individual and those made as representatives of SMART Recovery®. We represent ourselves as knowledgeable only within the scope of our experience.

**Seek Solutions:** In the event that a Volunteer or Volunteer Advisor has an ethical lapse or an addictive behavior relapse, appropriate members of the SMART Recovery® organization will be contacted to determine an appropriate course of action.