



Developed with a \$1 million NIDA grant

Substance Abuse Treatment in Corrections Settings from **SMART Recovery**[®]

WITH THE PRIMARY GOAL OF REDUCING OFFENDER RECIDIVISM, InsideOut is a carefully designed, scientifically-based program that can help drug courts, correctional institutions, DUI diversion programs and related aftercare programs quickly deliver a secular, high-quality, engaging substance abuse treatment program.

InsideOut Starter Kit (Male or Female Version) - \$299 + S&H

Component	Description	Use
InsideOut Facilitator Manual	Comprehensive guide for training corrections facility substance abuse counselors in the aspects of the 4-Point Program [®]	Self-guided training and protocols for conducting 36 InsideOut meetings
InsideOut Facilitator DVD	Five segments explain the 4-Point Program, and show footage of SMART Recovery meetings with male and female offenders. Reviews important SMART Recovery techniques.	Self-guided training on DVD
InsideOut Participant Workbook (10 in Starter Kit)	Describes SMART Recovery principles and provides exercises and homework assignments corresponding to each group topic.	Handouts and homework for InsideOut meetings.
InsideOut Participant DVD (Male or Female Version)	Three segments explain SMART Recovery principles, CBT and preparation for release from the correctional system. Footage of SMART Recovery meetings and interviews are used to illustrate techniques.	Motivational videos for InsideOut

Additional InsideOut Participant Handbooks (pack of 10) - \$79 + S&H

Ordering: online at <https://smartrecovery.org/InsideOut>
or call SMART Recovery Central Office at 866-951-5357.

From *Corrections Today*

“SMART addresses the offender’s problems where they begin: in the mind. The program differs from 12-step regimens because it relies primarily on a cognitive approach and helps offenders take control of their lives by targeting their thought patterns in very specific ways. This focus on cognitive change fits well with other correctional programs that focus on the root of criminal thinking errors. The ultimate goal is to prevent recidivism, which often ties directly into substance abuse relapse. Unlike AA and NA, the goals are accomplished in groups led by volunteer (facilitators), who are trained to guide the group process and assist participants in recognizing irrational thought patterns.”