

Restorative SMART Recovery



**a peer-led, trauma-informed
alternative to suspensions**

Restorative Practices

Increasingly, school administrators are re-evaluating the impact that punitive consequences have on students, and are considering alternatives that lead to long-lasting changes in behaviors. Instead of facing suspension and/or a fine, teens who have been caught with vapes/e-cigarettes, marijuana, or other substances on school campus will be referred to attend two 1-hour virtual workshops facilitated by the Kenneth Young Center Recovery Support Services team.

SMART Recovery

This program offers specific tools and techniques for:

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings and Behaviors
4. Living a Balanced Life

People using the SMART Program:

- Move away from addictions and toward satisfying lives
- Learn tools and techniques for self-directed change
- Benefit from improved tools as scientific knowledge of addiction recovery evolves.

Kenneth Young Center

Kenneth Young Center's Recovery Support Services staff are certified facilitators of the SMART Recovery program and believe in trauma-informed and peer-led group facilitation as the most effective way to engage teens in discussions about substance use and other harmful behaviors.

Next Steps: Students should Register at:
cpydcoalition.org/smart-recovery

Upon active participation in two 1-hour consecutive sessions (Tuesdays 4:30p to 5:30p), participants will receive a certificate of completion to submit to school personnel.



Scan the QR code
to learn more about
SMART Recovery



**RECOVERY RESOURCES
at Kenneth Young Center**

224-229-7456
recoveryresources@kennethyoung.org

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