

Innovations in
Supervision
Dosage
Probation
Program

PROVIDED BY:



What is “Dosage Probation”?

IDOC’s Innovations in Supervision Dosage Probation is a Bureau of Justice initiative seeking to remove barriers to treatment interventions supported by research to reduce criminal behavior and improve consumer participation and outcomes.

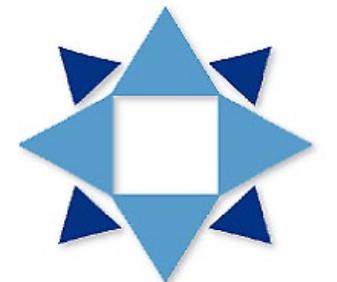
Why utilize “Dosage Probation”?

The Department has determined that participants may have an extraordinarily challenging time obtaining substance use and non-substance abuse-related treatment and programs via tele-behavioral-health due to the disruption caused by the COVID-19 pandemic.

SMART Recovery

Self Managed Addiction & Recovery Training

SMART Recovery uses techniques from Cognitive Behavior Therapy (CBT), Rational Emotive Behavior Therapy (REBT), and Motivational Enhancement Therapy (MET, a non-confrontational approach to helping people change behaviors.)



**SMART
RECOVERY**

SELF-MANAGEMENT AND RECOVERY TRAINING

SMART Recovery

Self Managed Addiction & Recovery Training

Trained and Certified SMART Recovery Facilitators help individuals apply these techniques as guided by the 4-Point Program:



“Discover The Power Of Choice”



Your recovery can be a realistic and self-directed journey; SMART can help you:

- Identify and understand the triggers that lead to your cravings and urges, and that they don't have to result in acting act.
- Recognize and understand your unhealthy patterns (rituals, triggers, and behaviors), and stay motivated and focused, even when recovery seems overwhelming.
- Cope with your urges, change how you think about the events in your life, and make better decisions.

Who can I refer to the SMART Recovery Dosage Program?

- First time probationers
- Must be assigned to the dosage study group (*not the control group*)
- Must have chosen the intervention (not ordered into it)



How does it work?

- ▶ Share the SMART Dosage Program flier with the client
- ▶ Complete your referral by filling out the online Referral Form at:
<https://www.peerrecoverysupports.com/idocdosageprogramsmart>
- ▶ Call us at 208 795 3018 or email:
monica.forbes@peerrecoverysupports.com if you have any questions!

