Cheshire Human Services is offering a SMART Recovery Group for youth in grades 9-12 at Cheshire High School. SMART Recovery, is a science-based program to help people manage their recovery from any type of addictive behavior, including alcohol and other drugs and vaping/e-cigarettes. SMART stands for Self-Management and Recovery Training. SMART Recovery is recognized by NIH, American Academy of Family Physicians, VA HealthCare and SAMHSA.

SMART Recovery approach centers around the following 4 points:

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings, and behaviors
4. Living a balanced life

Cheshire’s SMART Recovery Group and SMART Recovery Family & Friends Group will be co-facilitated by Michelle Piccerillo, MS, LMFT and Fatime Yusuf, MS, MFT.

For more information, to register, or to make a referral please contact Cheshire Human Services at (203) 271-6690 or by email at mpicerillo@cheshirect.org.