

# MODULE 2: THE THREE PILLARS OF RECOVERY

## Teaching SMART Goals

### LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY

#### Objective n° 2

##### ASSIST CLIENTS IN DEFINING REALISTIC GOALS

Support recovery mentors in guiding clients to identify goals that are realistic and aligned with their recovery journey, fostering motivation and a sense of accomplishment.

#### Objective n° 1

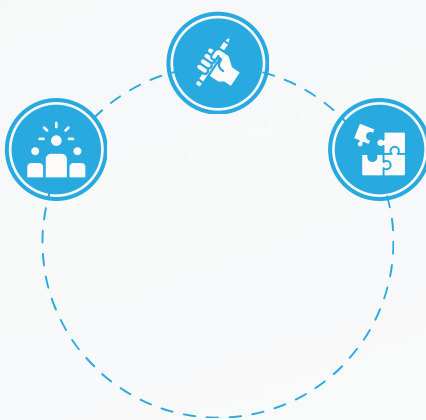
##### TEACH SMART GOAL- SETTING PRINCIPLES

Introduce recovery mentors to the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound) and demonstrate how it can be applied to help clients set clear, meaningful, and achievable recovery-related goals.

#### Objective n° 3

##### ENCOURAGE PROGRESS MONITORING AND ACCOUNTABILITY

Equip mentors with techniques to track client progress and ensure goals remain relevant and attainable, reinforcing a sense of responsibility and achievement in recovery.



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## TEACHING SMART GOALS

### ACTIVITY DESCRIPTION AND MATERIALS

#### Activity description

1. Target group – recovery mentors, adult educators, and social workers
2. Time – 1.5 hours per activity

1. SMART goal-setting worksheets
2. Example recovery-related goal templates
3. Whiteboard for group discussions and brainstorming
4. Handouts detailing client profiles and goal-setting scenarios

#### Materials

### METHODOLOGY USED FOR THIS ACTIVITY



#### CONSTRUCTIVIST LEARNING

Participants will actively engage in structured activities designed to explore and practice the process of SMART goal-setting within the context of recovery.



#### PROBLEM-BASED LEARNING

Real-life scenarios will challenge participants to identify and refine recovery-related goals for clients, emphasizing practical application of the SMART framework.



#### LEARNING FROM PEERS

Participants will share insights and strategies with their peers, fostering a collaborative environment to enhance understanding of effective goal-setting methods.



#### EXPERIENTIAL LEARNING

Through role-play and scenario-based exercises, participants will practice guiding clients in setting SMART goals, observing outcomes, and adjusting their approaches as needed.



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## TEACHING SMART GOALS

### ACTIVITY 1 - SMART GOAL-SETTING ROLE-PLAY

Participants engage in role-playing sessions where they guide clients (represented by peers) in setting SMART goals. Scenarios provided will reflect diverse client needs and recovery stages.

#### Key Points

- Encourage specificity to ensure goals are clear and actionable.
- Highlight the importance of measurable outcomes to track progress.
- Stress the need for realistic goals based on client circumstances.
- Ensure goals are relevant to the client's recovery journey.
- Set clear timelines to maintain motivation and urgency.

### ACTIVITY 2 - RECOVERY GOAL REVIEW AND ADJUSTMENT

Participants review sample recovery-related goals and evaluate them against the SMART criteria. They will revise the goals as needed to make them SMART-compliant, followed by a group discussion on the challenges and solutions encountered during the process.

#### Key Points

- Demonstrate the value of ongoing evaluation and adjustment of goals.
- Highlight the role of client input and collaboration in defining meaningful goals.
- Discuss strategies for overcoming common obstacles in goal-setting.

### FOLLOW-UP NOTES

After each session:

- Conduct a wrap-up discussion to reflect on the use of the SMART framework in enhancing recovery outcomes.
- Encourage participants to share insights on how goal-setting positively impacts resilience, character strength, and the development of support networks in clients.

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## TEACHING SMART GOALS

### SMART GOAL-SETTING WORKSHEET

**Instructions:** use this worksheet to help clients define and refine their recovery goals using the SMART framework.

#### 1. Define the Goal

- What do you want to achieve?

2. Example: *"I want to establish a daily self-care routine to support my recovery."*

#### 3. Apply the SMART Criteria

- **Specific:** What exactly do you want to accomplish?
- Example: *"I will set aside 30 minutes every morning for self-care activities, including journaling and meditation."*
- **Measurable:** How will you measure progress or success?
- Example: *"I will log my self-care activities in a journal daily."*
- **Achievable:** Is this goal realistic for you?
- Example: *"I have the time and support needed to make this routine a priority."*
- **Relevant:** How does this goal align with your recovery journey?
- Example: *"This routine will help me manage stress and maintain focus on my recovery."*
- **Time-bound:** What is the timeline for achieving this goal?
- Example: *"I will implement this routine for the next 30 days and evaluate its effectiveness."*

#### 4. SMART Goal Statement

- Combine all elements into a clear statement:
- Example: *"I will dedicate 30 minutes each morning for journaling and meditation over the next 30 days, logging my progress daily to reduce stress and enhance focus in recovery."*

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## TEACHING SMART GOALS

### EXAMPLE RECOVERY-RELATED GOAL TEMPLATES

#### Goal 1: Improve Sleep Habits

**Specific:** I will establish a bedtime routine to improve the quality of my sleep.

**Measurable:** I will track my bedtime and wake-up time daily using a sleep app.

**Achievable:** I can commit to a consistent sleep schedule with the help of reminders.

**Relevant:** Better sleep will support my overall recovery and mental health.

**Time-bound:** I will follow this routine for the next 2 weeks.

**SMART Goal:**

*"I will follow a consistent bedtime routine, sleeping for 8 hours nightly, and log my sleep patterns for 2 weeks."*

#### Goal 2: Build Support Networks

**Specific:** I will attend one support group meeting per week to build a recovery network.

**Measurable:** I will record my attendance and reflect on each session.

**Achievable:** I have access to a nearby support group.

**Relevant:** Building a support network will provide encouragement and accountability in recovery.

**Time-bound:** I will commit to this goal for the next 3 months.

**SMART Goal:**

*"I will attend weekly support group meetings for 3 months and reflect on each session to strengthen my recovery network."*

#### Goal 3: Develop Coping Skills

**Specific:** I will practice a breathing exercise daily to manage cravings.

**Measurable:** I will log each practice session in a journal.

**Achievable:** The exercise is simple and only takes 5 minutes.

**Relevant:** Coping with cravings is essential for staying substance-free.

**Time-bound:** I will practice daily for 1 month.

**SMART Goal:**

*"I will practice deep breathing exercises for 5 minutes daily and log my sessions for 30 days to manage cravings."*

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## TEACHING SMART GOALS

### CLIENT PROFILES AND SCENARIOS FOR PERSONALIZED COACHING HANDOUTS

#### **1: Anna – Early Recovery, Seeking Routine**

Anna, a 30-year-old woman, is in the first stages of recovery from opioid addiction. She struggles with maintaining a daily routine and often feels overwhelmed. Anna wants to regain a sense of normalcy in her life but isn't sure where to start.

**Suggested Goal:** Help Anna establish a simple daily schedule that includes 15 minutes of mindfulness practice to reduce anxiety.

#### **Tom – Focusing on Relationships**

Tom, a 42-year-old man, is in recovery from alcohol dependency. He wants to rebuild trust with his family but doesn't know how to approach this. Tom expresses a desire to reconnect with his son but feels guilty about past actions.

**Suggested Goal:** Guide Tom in scheduling weekly quality time with his son, such as attending a game or cooking dinner together.

#### **Maria – Building Resilience**

Maria, a 25-year-old woman, is recovering from methamphetamine use. She struggles with low self-esteem and avoids social situations. Maria wants to improve her confidence but fears rejection.

**Suggested Goal:** Encourage Maria to join a local hobby group once a week to practice social interaction in a supportive environment.

#### **James – Career-Oriented Goals**

James, a 35-year-old man, has been in recovery for a year and is seeking stable employment. James feels unsure about how to start applying for jobs.

**Suggested Goal:** Help James draft a resume and apply to at least three jobs per week for the next month.

#### **Elena – Physical Health Goals**

Elena, a 50-year-old woman, is in recovery from prescription medication misuse. She wants to improve her physical fitness but hasn't been active in years. Elena is motivated but unsure of what activities are suitable for her.

**Suggested Goal:** Support Elena in creating a plan to walk for 20 minutes three times a week for the next month.