

Transcript

00:00:00 Speaker 1

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living (WNYIL). Our guest today is Tim Van Valkenburg, Addict 2 Addict, peer support specialist with Mental Health PEER Connection (MHPC), and I'm your host, Ernie Churchwell. Welcome to the program, Tim.

00:00:18 Speaker 2

Thank you for having me.

00:00:20 Speaker 1

It's our pleasure.

00:00:22 Speaker 1

From what I gather, you're an extremely well-traveled person who's been called upon to speak in a variety of situations in many places. So, we're very fortunate to have someone with your broad experience here, but you are the facilitator for the SMART Recovery support group that has recently been reinitiated at WNYIL MHPC.

00:00:50 Speaker 1

First of all, I imagine there'll be somebody listening that hasn't heard of SMART Recovery group. Can you tell us who that's intended for?

00:00:58 Speaker 2

Sure. SMART Recovery started in 1994 and SMART, which is an acronym for Self Management and Recovery Training, emphasizes self, your role in recovery. We're a nonprofit, science based program that helps people recover from addictive behavior.

00:01:21 Speaker 1

Ah, well, that sounds like it would cover a lot of stuff, does that include chemical substances and other, gambling and other such things?

00:01:35 Speaker 2

Absolutely Ernie, and anything addictive involving behaviors, whether it's SUD, whether it's sex, sex issues, whether it's gambling.

00:01:49 Speaker 2

Any addictive behaviors because how SMART works, it uses techniques from cognitive behavioral therapy involving REBT's, which are rational emotive behavioral therapy, and then also MET's, which is motivational enhancement therapy. And it helps you apply, we help you apply these techniques to your recovery.

00:02:12 Speaker 2

It's guided by a four-point program, right? And our four-point program is basically one building and maintaining motivation. Two, coping with urges. Three, managing thoughts, feelings and behaviors. And then last but not least, living a balanced lifestyle, a balanced life.

00:02:34 Speaker 1

Sounds like a fairly involved thing. I guess that's why you have two meetings a week of the support group?

00:02:41 Speaker 2

We do, we have two meetings here which are running on Mondays and Thursdays from 3:30 p.m. to 4:30 p.m., right here at 3108 Main St., Buffalo, NY 14214.

00:02:56 Speaker 2

And it's going to be located in the Job Club room on the lower West Wing here at WNYIL.

00:03:05 Speaker 1

And for the benefit of people that haven't been there before.

00:03:08 Speaker 1

When you go to 3108, you can't just waltz in the front door off of Main Street, you have to go to the off-street parking area and go in the middle door and be buzzed in and then go down to the lower West Wing.

00:03:25 Speaker 2

Correct.

00:03:26 Speaker 1

But I'm sure someone will be more than willing to help you. Do people who want to participate in this have to pre-register?

00:03:36 Speaker 2

You don't have to pre-register. You can show up, but you can RSVP by just contacting me and my work cell number is 716-931-2687. Again, that's 716-931-2687 to RSVP.

00:03:57 Speaker 1

I'm sure some people will wonder this, is there any charge for attending these groups?

00:04:02 Speaker 2

It is absolutely free.

00:04:05 Speaker 2

In the general public, when there is a SMART Recovery meeting, there is a pass the hat where donations are accepted. But here everything is absolutely free.

00:04:17 Speaker 1

That's terrific. Very valuable service and the price is quite right too.

00:04:24 Speaker 2

Absolutely.

00:04:25 Speaker 1

But it still sounds like it's a good idea to let people know that you're coming so they can plan on it.

00:04:32 Speaker 1

And you've already given us the contact information and we're about out of time. So, I'll thank you very much for being on the program.

00:04:41 Speaker 2

Thank you as well, Ernie. It's a pleasure.

00:04:44 Speaker 1

You've been listening to Independent Perspective, a public affairs presentation of WNYIL. Our guest today was Tim Van Valkenburg, Addict 2 Addict peer support specialist with MHPC. And I've been your host, Ernie Churchwell.