



# SMART Recovery Australia

## About the SMART Recovery Program

*SMART Recovery Australia is a registered health promotion charity*



# What is SMART Recovery?

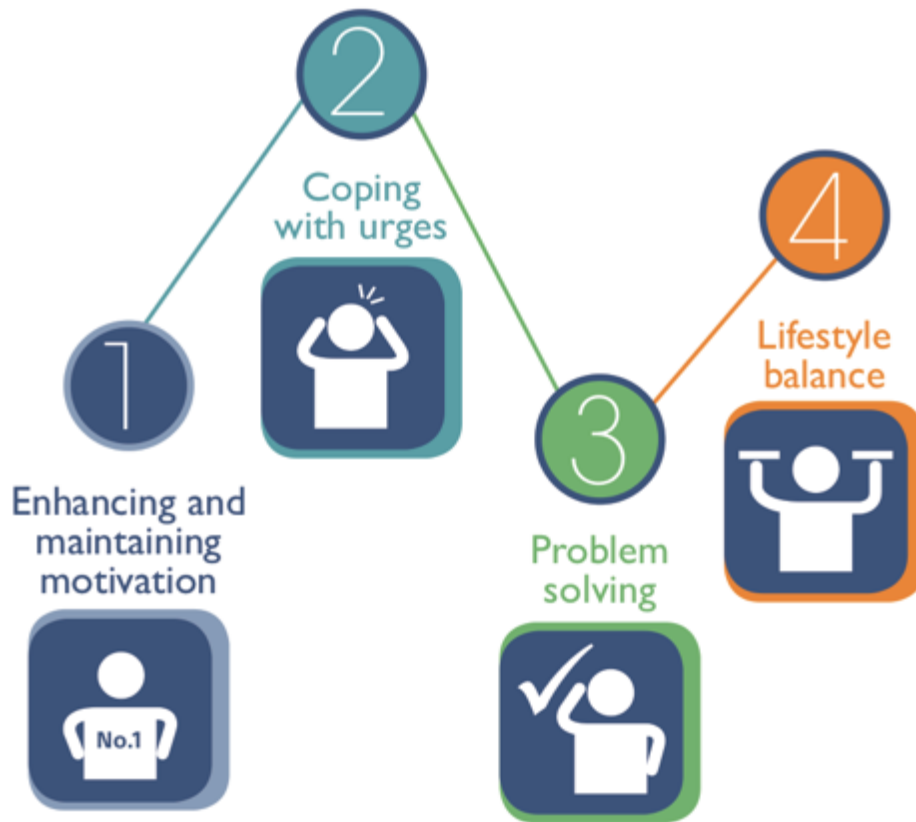


**SMART Recovery is a self-help, mutual-aid program that offers a place for people to get together to try to examine and change addictive behaviours that are harmful to themselves and others. Group participants are there to help themselves and help each other.**

These addictive behaviours may include problematic drinking, drug taking, gambling, over-eating, shopping, Internet, sex and others. It is also helpful for associated behaviours such as depression, anxiety and anger.

SMART Recovery is a practical and solution-focused program. It uses evidence-based tools and techniques from Cognitive Behavioural Therapy (CBT) to help people achieve their goals.

# SMART Recovery Four-Point Program



Some of the tools and techniques used to help manage addictive behaviours include:

- ✧ Identifying the pros and cons of problematic behaviour
- ✧ Recognising triggers, beliefs and consequences
- ✧ Coping with craving and urges
- ✧ Setting achievable goals
- ✧ Evaluating areas of importance

# About SMART meetings

- ✧ SMART Recovery meetings occur once a week for 90 minutes
- ✧ Every meeting is run by a trained SMART Recovery facilitator
- ✧ Focus on the addictive behaviour, not the substance itself
- ✧ Participants identify goals and set their own achievable plan for the week ahead
- ✧ Meetings concentrate on the present and future, not the past
- ✧ Participants learn evidence-based tools and techniques from CBT and motivational interviewing to apply to daily life



# SMART Recovery: history & reach

- ✧ Started in the USA in 1994 after people wanted an alternative to 12 Steps
- ✧ There are now almost 2500 meetings across 15 different countries
- ✧ Commenced in Australia in 2003, there are now almost 200 meetings nationwide
- ✧ SMART Recovery is embedded in over 80 NGO and Government organisations across Australia





# Evidence-based program

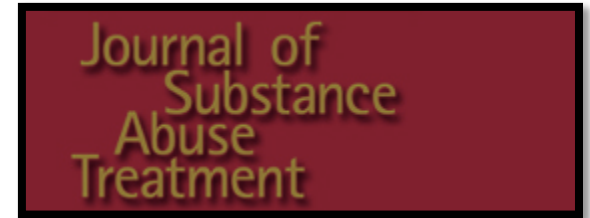
All SMART Recovery programs are based on scientific evidence. SMART Recovery uses cognitive behavioural therapy and non-confrontational motivational enhancement techniques.

- ✧ SMART Recovery Australia has a Research Advisory Committee to stay abreast of the latest addiction treatment methods
- ✧ The committee includes leading researchers in the addiction field
- ✧ The SMART Recovery program is committed to evolving as scientific knowledge evolves



# Research supporting SMART Recovery

- ✧ 'SMART's group cohesion (mutual-aid) equates to better utilisation of CBT skills & motivates people to meet action plans'  
(*Journal of Substance Abuse Treatment*, 2015)
- ✧ 'SMART reduces rates of reconviction among NSW offenders with alcohol & drug problems'  
(*The Journal of Forensic Practice*, 2016)
- ✧ 'Clients accessing SMART as aftercare have better outcomes and SMART Recovery assists the prevention of relapse'  
(*Turning Point Commonwealth commissioned report*, 2014)



# What our participants say

Since attending SMART Recovery meetings I have learnt a range of tools to assist me in managing my drinking. I have been able to explore the psychology surrounding my drinking habits, analyse when I am susceptible to binge drinking, evaluate the consequences of such actions and set clear, definable goals which I actively work towards each week.”

– Tony, Kirribilli

“I have been attending SMART Recovery meetings for the past 15 months as part of my recovery from an ice addiction. The CBT based focus of SMART has helped me remain abstinent by assisting me to identify strategies that I can use to combat cravings and triggers, and to develop plans to deal with troubling situations as they arise.”

– Fiona, Perth





## STRATEGIC STATEMENTS



### OUR VISION

Make SMART Recovery accessible to all people living in Australia.



### OUR PURPOSE

Empower Australians with practical skills, tools and support to manage addictive behaviour.



### OUR SOCIAL IMPACT

SMART Recovery Australia helps people help each other to manage addictive behaviours for the improvement of the health and social well-being of the community.



### OUR VALUES

#### ACCEPTANCE

We engage with the unique circumstances of each individual.

#### INTEGRITY

We honour our values and principles.

#### RESPECT

We acknowledge people's thoughts, feelings, choice, experiences, beliefs, and privacy.

### OUR PRINCIPLES

These program principles underpin all our decision making:

- Self-management • People can manage their own behaviours.
- Mutual aid • People learn best from each other.
- Choice • People choose their own goals, skills and tools.

### THE ORGANISATION PRINCIPLES

- Evidence-based • We encourage ongoing evaluation of our programs informed by research evidence.
- Innovative • We encourage creative development of our programs in line with the new evidence.
- Collaboration • We welcome opportunities to work with others to achieve common goals for people.
- People Centred • People with a lived experience is central to our work.

# Thank you

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