

**SMART** Recovery Australia

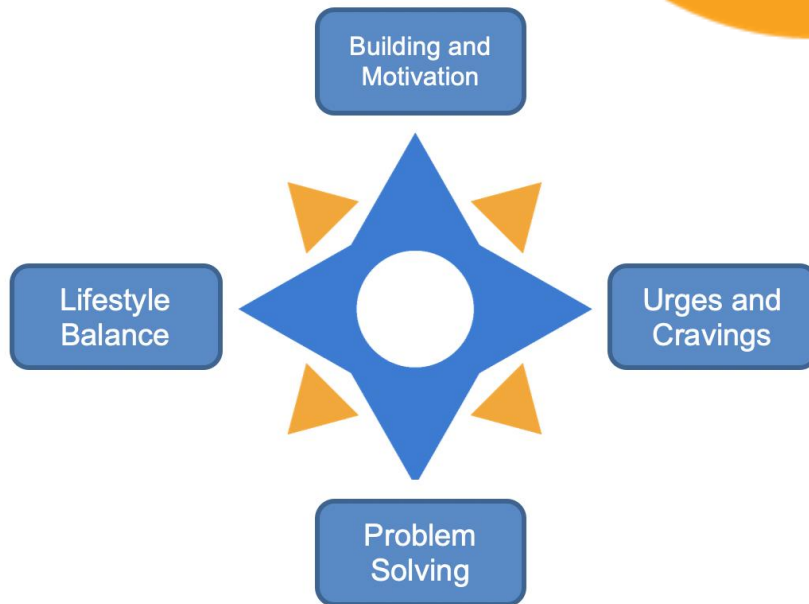
# A Service Snapshot

**Dan Raffell**  
**National Engagement and Membership Manager**



## Our Program

- ✧ Self management mutual aid
- ✧ All addictive behaviours
- ✧ Harm Minimisation
- ✧ Solution Focused, strength based
- ✧ Evidence led
- ✧ CBT and MI Principles
- ✧ Established in 1994 (USA) 2004 (AUS)
- ✧ 30 countries (3000+ globally)
- ✧ Translated into 13 languages
- ✧ Currently 280 meetings in Australia and NZ
- ✧ Imbedded in 100+ organisations across Australia



## Other Programs



Family and Friends



Youth



First Nations



Inside Out

## Research Collaboration



### SMART Recovery Australia Research Advisory Committee (RAC), formed in 2014

SMART Recovery International's Global Research Advisory Committee (GRAC), formed in July 2020



Provides advice to SMART and service partners to inform research, evaluation and best practice in support of program enhancement and better outcomes for participants



Includes leading researchers in the sciences of substance dependence and harm minimisation



Highly successful track record of research collaboration with our service partners



Collaboration opportunities for funding / grants



**Assoc. Prof.  
Peter Kelly**  
*(Chair) Research  
Advisor*



**Prof. Amanda Baker**  
*Research Advisor*



**Associate Professor  
Victoria Manning**  
*Research Advisor*



**Dr Angela Argent**  
*Research Advisor*



**Prof. Anthony  
Shakeshaft**  
*Research Advisor*



**Dr Alison Beck**  
*Research Advisor*



**Dr Elizabeth Dale**  
*Research Advisor*



**Prof. Leanne Hides**  
*Research Advisor*



**Prof. Frank Deane**  
*Research Advisor*



**Dr Briony Larence**  
*Research Advisor*

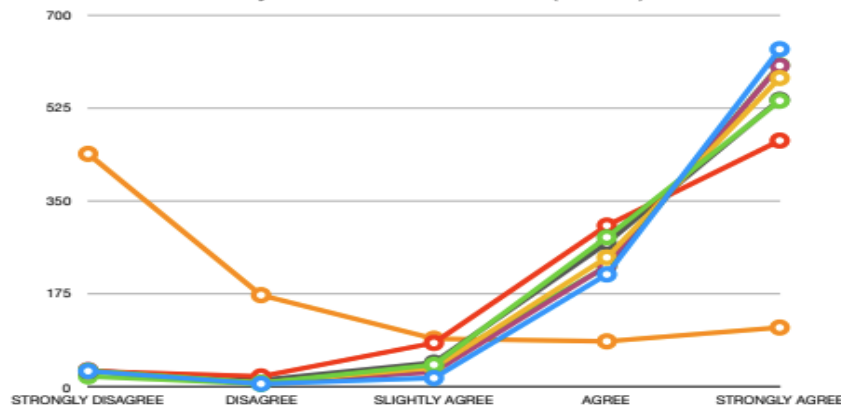
## Accessibility

- ✧ Online training and online meetings have made SMART more accessible
- ✧ During Covid-19 SMART program 2022 evaluation online meetings demographic measured that 24.8% participants were from rural and remote
- ✧ Methamphetamine Study 2022 : 13% First Nations attendance overall across Australia in 2017
- ✧ Development of SMART Indigenous Advisory Council for our First Nations program
- ✧ Cohort specific groups- Gambling, Indigenous, CALD, Men, Women, LGBTQI+, Veterans, Youth
- ✧ Strategic aim to partner with remote, regional community controlled organisations to make sure SMART meets community needs better

## SMART participants report experiences positively during COVID-19



July 2020 to March 2021 (n=901)

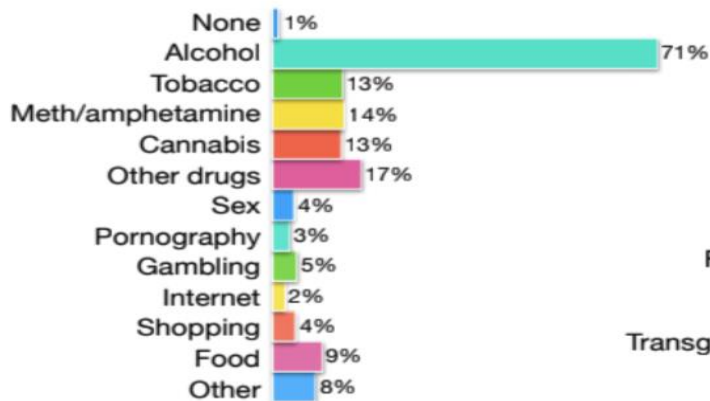


- I felt welcome at today's meeting 96% agree
- I felt supported and understood by people attending the meeting 96% agree
- I had an opportunity to contribute to the group discussion 96% agree
- I took away practical strategies/ideas/tools from today's group to help me manage my behaviour 94% agree
- Today's group was well facilitated 96% agree
- Overall, I found today's group helpful 95% agree
- I experienced technical difficulties during the meeting 32% agree
- I plan on continuing to attend SMART online 97% agree

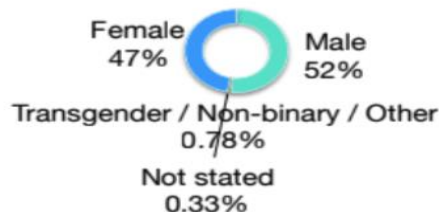
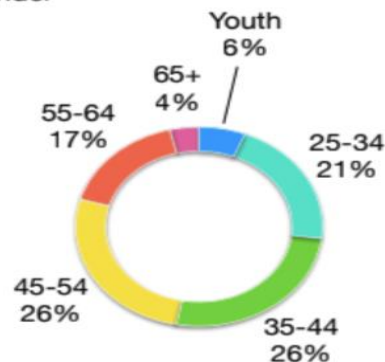
## 71% of surveyed SMART online participants reported concerns relating to use of alcohol during COVID-19

- 14 question Online SMART Recovery post-meeting survey (n=901, to 1-Apr)

- Q5. What behaviours of concern prompted you to attend today's meeting?**  
It's OK to tick multiple behaviours.



 3%  
Aboriginal and/or  
Torres Strait Islander



## What our participants say...

"In the first SMART Recovery Group I found a freedom that I never thought possible"

"I love these groups! it is whatever works for you and it is okay that everyone is different and may have different beliefs and ideas"

"There can be a shamefulness of addressing situations ... where this meeting has been made more blackfella friendly and more open"

"I like the fact that I don't have to call myself an addict. I think the fact that it's problem solving and setting your own goals"

"It's flexible and understanding. It's not based in guilt. Goals are about promoting a life worth living rather than focusing on the problematic behaviour."

"I like focusing on setting realistic goals and not demanding perfection"

"SMART helped me say goodbye to toxic unhelpful ideas and make a new plan for my life"

"I love SMART, the meetings are a game changer"





## Our Partners



"SMART Recovery was a natural fit. The SMART Facilitator Training helped us to apply our existing CBT knowledge in a group setting."

Kadesh Rehabilitation Services



I have been very satisfied with the SMART training. I score the SMART Recovery Training 10/10 and highly recommend"

Armajun Aboriginal Health Service

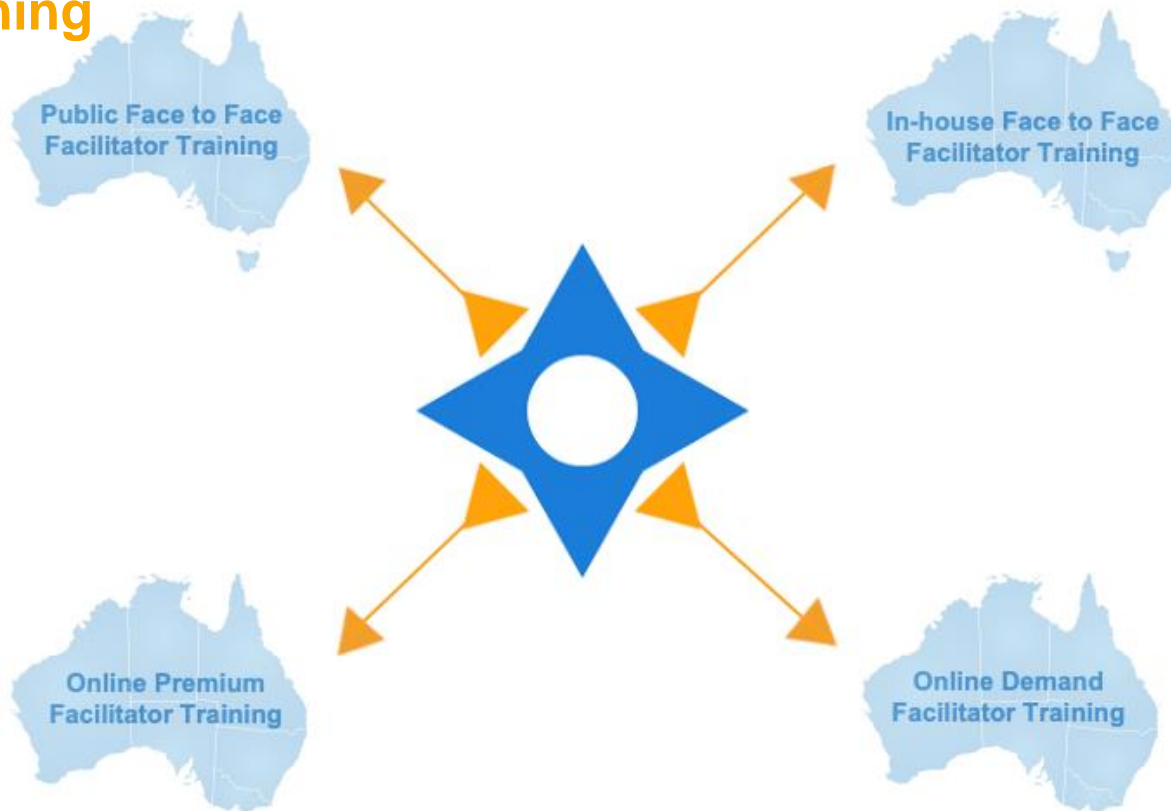


"As a long-term partner, we continue to see the positive change that people engaged with the program can bring to their lives"

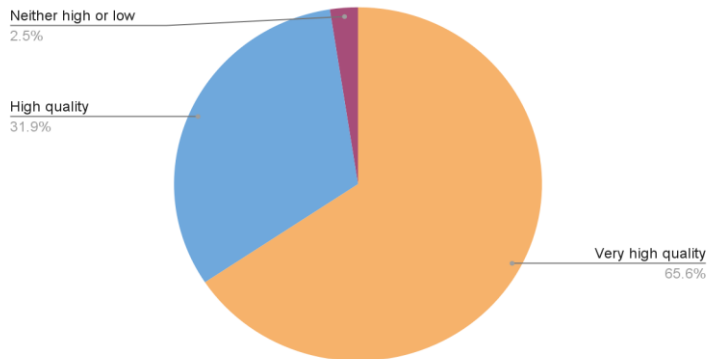
Drug Arm



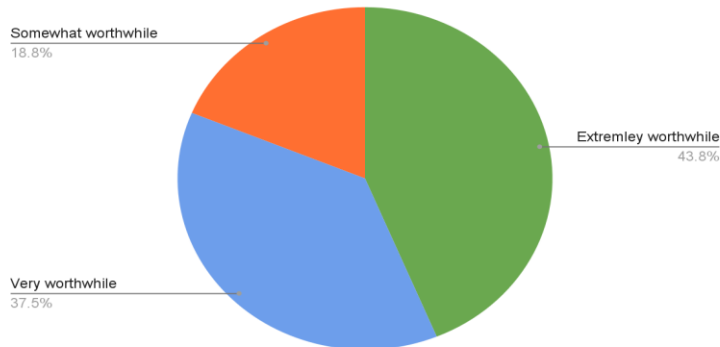
## Our Training



Quality of training



Quality of training material

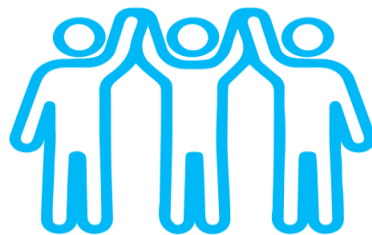


- ★ “Diverse and well presented content”
- ★ “Course was Easy to follow, very enjoyable”
- ★ “Great resources and ongoing support”
- ★ “Loved the interactive session”
- ★ “Purposeful, informative and engaging”
- ★ “Very interesting and loved the structure”

*Previous Trainees*

## Our Community Support

- ✦ Membership model
- ✦ Facilitator support
- ✦ Facilitator Portal
- ✦ Refresher sessions
- ✦ Facilitator network
- ✦ Needs led support
- ✦ Future development and research



**SMART** Recovery Australia

**Thank you**

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