



S.M.A.R.T Recovery Australia VAADA Conference

Presented by
Josette Freeman & Jim Villamor

20th February 2009



Objective:

To educate Health Professionals & Volunteers on the SMART Recovery principles & increase the number of SMART groups throughout Victoria & Australia.



S = SELF

M = MANAGEMENT

A = AND

R = RECOVERY

T = TRAINING



What is SMART Recovery?

It is a self- help group for people seeking practical strategies to manage all addictions.



History of SMART

- Originally developed in the US as an alternative to the AA/NA model
- Has been successfully running in the US for 18 years & 7 other countries
- In Australia for 5 years (started in NSW)
- SMART had a 2-year grant in NSW from AERF (ended in Dec 2006)
- Benefactor was interested in SMART
- Became a not for profit, nationwide charity organisation in August 2007



Founder : Albert Ellis (1950's)

- (CBT) Thinking leads to feeling which leads to action.
- Challenging irrational thinking
- Uses REBT - Rational Emotive Behavioural Therapy (REBT).
- Change manages beliefs and emotions that lead to drinking or using
- Is not a spin-off from AA or NA



Based on a 4 part program : -

1. Building Motivation
2. Coping with urges
3. Problem Solving
4. Gaining lifestyle balance

This underpins the program



Clinical Program works with:-

- ABC's of rational thinking
- Cost/Benefit analysis/ Pro's and Con's
- Urge Log- tracking cravings and urges
- Role playing for assertiveness and refusal techniques
- Exchange vocabulary- choices
- Recognising and resisting urges

The ABCs – how they are used in SMART

A **A**ctivating Event- Trigger

B Irrational **B**elief

C **C**onsequences

D **D**ispute Irrational belief

E New **E**ffects



Advantages of SMART:

- Provides another treatment option
- Teaches common-sense self help to:
change behaviours & develop a positive lifestyle &
to take responsibility
- Labels such as 'alcoholics' or 'addicts' are left up to
the participant
- Solution focused program



Advantages of SMART:

- Focuses on the 'here and now'
- Does not have life stories
- Abstinence/towards abstinence
- Provides tools to develop and maintain abstinence
- Has a manual/workbook
- Offers network & support for participants



Advantages of SMART:

- Encourages home work with specific achievable goals
- The focus on spirituality is left up to the participant
- Welcomes participants on pharmacotherapies
- Welcomes stabilised mental health client



Success of SMART:

- There are 65 groups in Australia
- Offers a self help alternative
- Success is measured by behavioural change
- Rehabs & Detoxification centres are adopting SMART
- Used as the main CBT based program in gaols in NSW, and other states
- It captures a wide variety of people experiencing problematic behaviours with addiction



Goals:

- Have SMART groups throughout Australia
- Rural groups accessible to population
- Modify for indigenous communities
- Train peers as facilitators in every location
- Have facilitators find support from local professional advisors
- Have a regular on-going facilitators for development and training
- Eventually have peers running SMART groups throughout Australia



1. For more information on SMART Recovery in Victoria contact :

- Sam Perks at Turning Point on 8413 8444
- Look up www.smartrecoveryaustralia.com.au
- Email jfreeman@srau.org.au
jvillamor@srau.org.au



Thank you!