



POSITIVE PROGRAM OUTCOMES

CHAIR: VIC MANNING, TURNING POINT

1. SMART Inside Out Program: Innovating a SMART approach to justice health continuation of care
2. Utilising social media to expand the reach of harm reduction messaging amongst peer networks
2. The U-Turn Program

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SMART Inside Out Program: Innovating a SMART approach to justice health continuation of care

Daniel Raffell, SMART Recovery Aus. April Long, SMART
Recovery Aus.

Platinum Sponsors

SMART Recovery Australia

Inside Out: Through Care AOD Justice Program

April Long
Chief Executive Officer

Daniel Raffell
Senior National Program Manager



Acknowledgment of Country



We acknowledge the unceded and continuous connection to country, water and community. We pay our respects to Elders past and present and acknowledge community controlled Aboriginal organisations that we work with around the country. We value self determination, we learn by looking back and as we look to the future we center deep listening and collaboration in our work.



- ❖ SMART Program
- ❖ SMART Reach
- ❖ SMART Justice Program: Inside Out
- ❖ Research: NSW
- ❖ Practice: SA and WA Case Studies
- ❖ Practice: International Impact Stories
- ❖ Advocacy: Throughcare Model



Self Management And Recovery Training

Format: Structured weekly group program / 90 minute meetings / Participant led agenda supported by trained facilitator (clinician and/or peer) / 7-day goal setting & planning / Practical tools based on CBT & MI

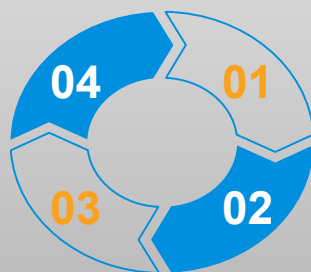
Program: Self Management, mutual aid Strengths-based program for helping people manage behaviours of concern

- | | |
|-----------------------------------|----------------------|
| 01 Self-Management, mutual aid | 04 Evidence Led |
| 02 Choice (harm minimisation) | 05 Person centered |
| 03 Weekly group, 90min duration | 06 Non judgmental |

SMART 4
Point Program

Achieve lifestyle
balance

Learn problem
solving techniques



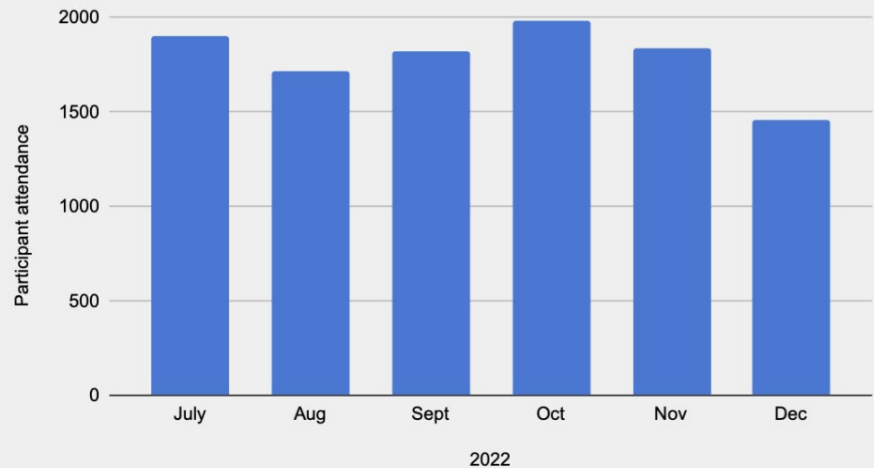
Build and maintain
motivation

Cope with urges



Our Reach

Participant attendance- 6 month snap shot



- Approximately 3000 meetings across 28 countries delivered in different cultural settings (translated into 13 languages- Arabic, Spanish, Chinese, Farsi, French, Vietnamese, Russian)
- Over 205 meetings currently across Australia (60 online *see diagram for attendance figures)
- Primarily embedded in over 100 NGO and treatment provider services but also run by volunteers and Lived Experience Peers
- Increased from 6 - 174 online groups engaged during Covid lockdowns 2020-2021

- ❖ In Australia, law enforcement consumes between 61 to 69% of the total drug budget, and treatment a mere 20 to 23%.
- ❖ Every year roughly half a million Australians cannot access the treatment and support they need and deserve, while 145,000+ are arrested for drug use.
- ❖ Reduce the risk of re-offending, treat alcohol and/or other drug use motivate people in custody to participate in ongoing SMART Recovery maintenance meetings in the community.
- ❖ Internationally delivered in over 200 prisons worldwide
- ❖ Designed to be Peer Led and creating a Recovery community Inside

42%

Lower reconviction rates in
violent offenders

21% lower reconviction
ratios in general
offences.

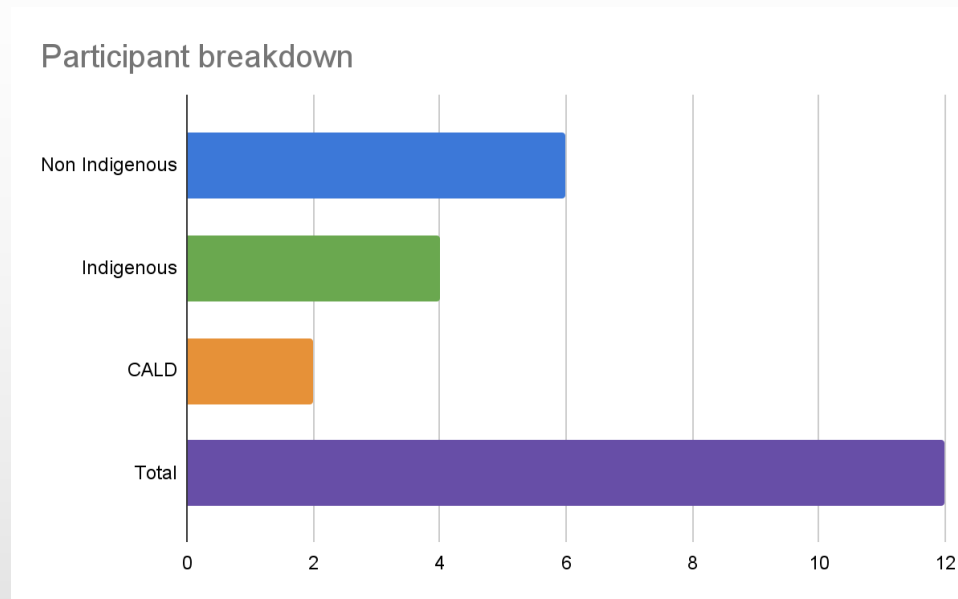
99%

Reported program was
useful in addressing their
drug problem

73%

Stated they achieved their
planned goals

81% Lacked confidence
at baseline prior to
program



“Recovery from the effects of AOD use involves changes in behaviour, attitude and beliefs. Support in making changes comes from each other, senior members of the Community and from staff.

The program draws upon therapeutic community principles and provides participants with a positive, pro-social recovery orientated culture and service to reduce risks of re-offending related to alcohol and other drug use.

Program runs for 9 months and is facilitated in a specially designed, sterile, residential recovery like Unit within the Casuarina prison.”

Solid Steps Program Manager



"I genuinely believe the tools I've learned during SMART training will help me reintegrate into the community with positivity and confidence"

Participant



"SMART group is a big part of the Solid Steps program. The group helped me look at myself and the things that make me give up on myself, now that I know this, I can do something about it"

Participant



"Through our SMART Recovery group here at Mallee rehab, it utilises Cognitive Behavioural therapy tools and approaches to addiction, alcohol, and substance abuse recovery. These approaches include motivational interviewing, goal setting, problem-solving and other strength-based approaches.

Here at Mallee, SMART recovery group promotes motivation of abstinence, identifying triggers and cravings, identifying thoughts – feelings – behaviours and promoting a healthy lifestyle."

Participant

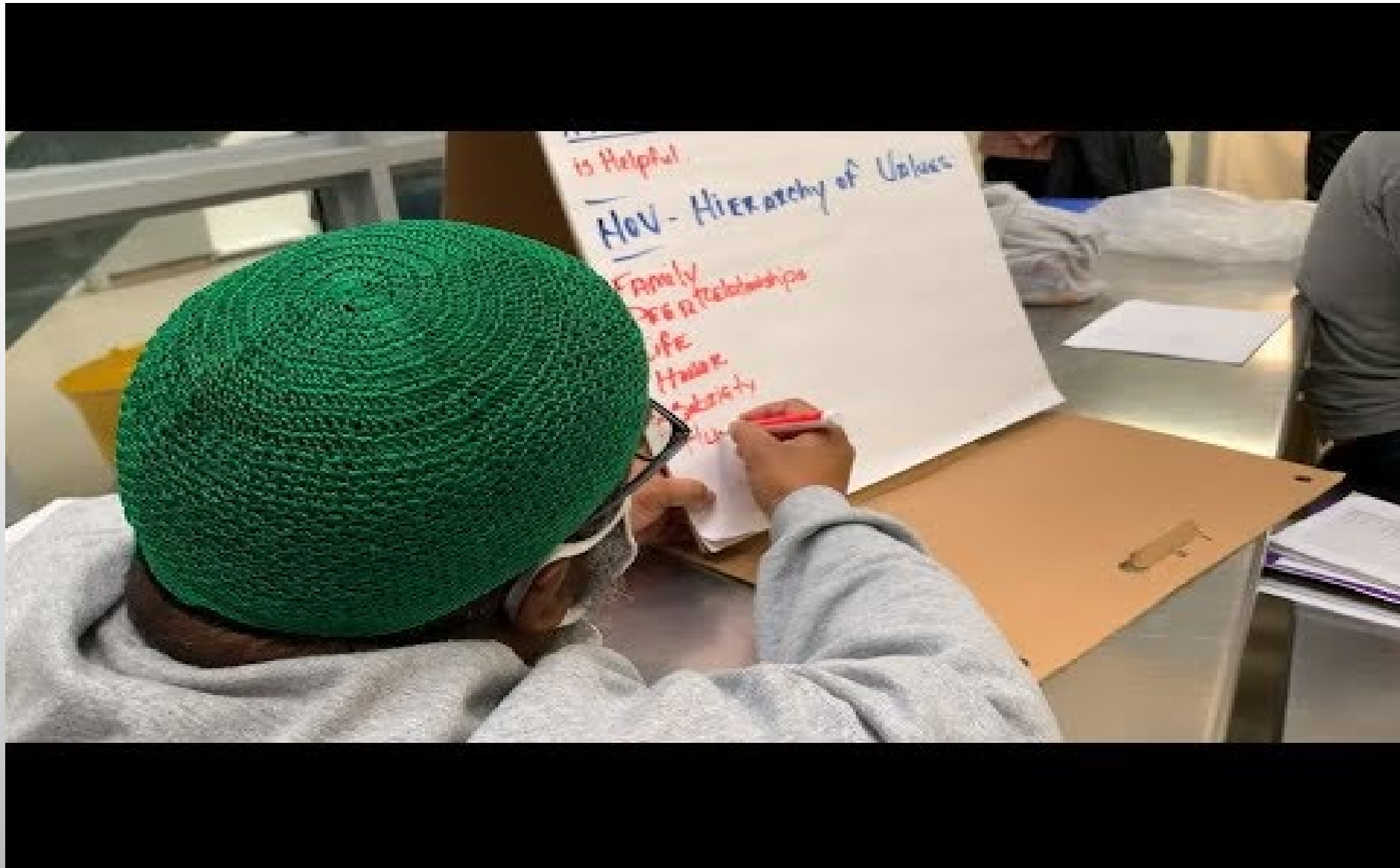


Client S a 36-yr old Female on remanded at Adelaide Women's Correctional Facility, with Poly-drug use spanning over 6 years.

O
A
R
S | Community
Transitions



The Power of Peer Support



International Results: Participants


I thank you and The SMART Recovery Program for providing us with tools to help us, help ~~ourselves~~ ~~ourselves~~. ~~As said by an important~~
As said by a very instrumental person, "No One Is Coming To Save You, You Have To Save Yourself."

SMART, SMART is the catalyst of change. Through this program I was able to conceptualize my very existence and began to manifest change, real and lasting change. At the age of 35, I allowed SMART to alter my course of life by attending Cognitive Behavioral Therapy group sessions. Now, I have been able to maintain relationships with myself, my family as well as a small group of remaining friends. The transformative powers of SMART, started with self and spread allowing me to become one of the lead facilitators of a cognitive peer centered program with over 400 participants.

The impact of being isolated in a place where you are not valued is demoralizing and dehumanizing. The color barriers, culture barriers, and language barriers create a place where to be heard is craved. Yet relationships begin through conversations that break barriers. Instead of a community with no resources, the SMART community assists by being willing to hear those who are rarely listened to. This is what not only moves the needle of criminal justice reform but is the place where rehabilitation becomes reality.

I am truly grateful for all that the SMART FAMILY have offered me, & accepting me into the program, it didn't just only help me but, this program has equipped me with the ability to assist others & for that, I am forever grateful...

International Results: Professionals



“The SMART Recovery Program is strong enough to stand its own merit, and can easily be incorporated into any modern AOD pre treatment of treatment system”

Regional Supervisor Office of Substance Abuse Services, Arizona
Department of Corrections

“SMART guys are ‘Smarter’ in that respect. They get less sanctions. They have less problems. They’re pretty much our leaders around here”.

Corporate Clinical Coordinator Roseland NJ

“We have a young lady who has a major anger problem and it is very easy to set her off. She just blows up at the drop of a dime. And using the cognitive approach to her anger enables her to take a really good look at where it is stemming from”

Senior Counsellor, Newark

Our Future: ThroughCare Model



SMART Family and Friends

We often incarcerate people with addiction and problematic behaviours with no consideration of the impact on their family and friends or the support they need.



Partnering with organisations through our membership



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

Armajun Aboriginal Health Service



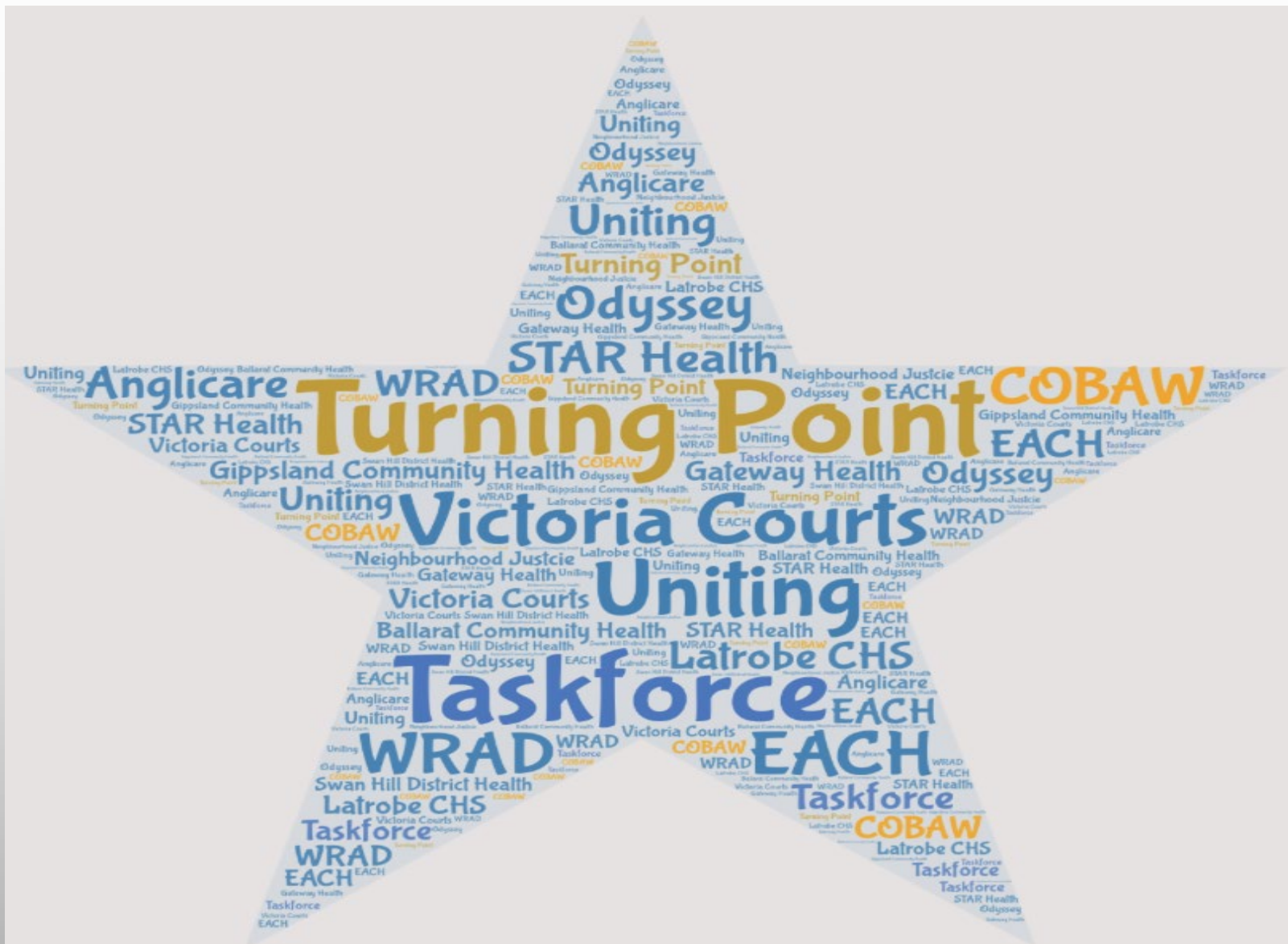
"As a long-term partner, we continue to see the positive change that people engaged with the program can bring to their lives"

Drug Arm

"When we looked for a program that we could offer former clients as well as people from the local community, 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





Our Training



**Public Face to Face
Facilitator Training**



**In-house Face to Face
Facilitator Training**



**Online Premium
Facilitator Training**



**Online Demand
Facilitator Training**

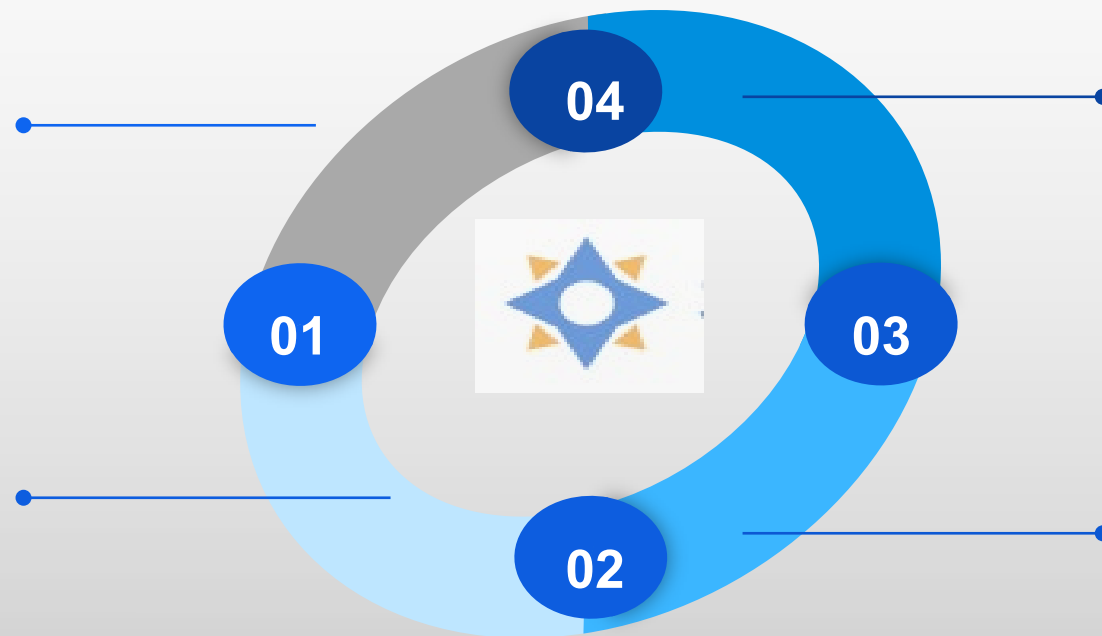
Next Steps

International working group

To develop a remand specific program for very short sentences.

Victorian Impact: Partner with organisations

Train Facilitators to deliver Programs



Continue to Evaluate our Practice

For impact on reduction of recidivism.

Scale our Reach: National Rollout

Of the Inside OUT program combining SMART Recovery and Family and Friends as a throughcare model.



Australia

Thank you

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