

SMART Recovery
International
Life beyond addiction



About the SMART Recovery Program

What is SMART Recovery?

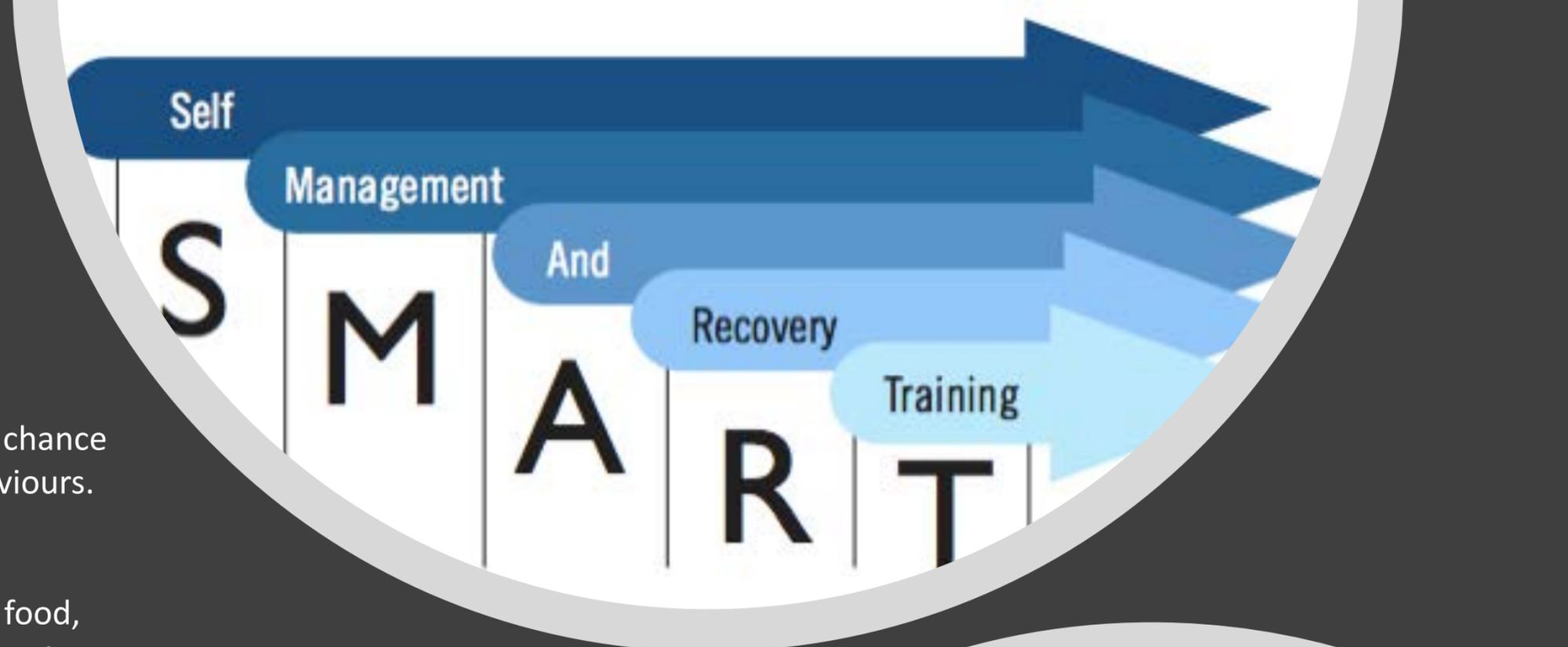
SMART Recovery is a self-help, mutual-aid program that offers the chance for people to work together to examine and change problem behaviours. Group participants are there to help themselves and each other.

Problem behaviours may relate to drinking, drug taking, gambling, food, shopping, internet, sex and other issues. SMART also helps participants manage associated problems such as depression, anxiety and anger.

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

SMART Recovery encourages individuals to determine a recovery pathway that is right for their needs and beliefs. Some may choose to use the program in combination with other mutual-support groups, or in conjunction with professional treatment.

SMART recognizes that there are many pathways to recovery.



SMART Recovery 4-Point Program

SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery.



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A Global Community

- SMART Recovery was developed in the USA in 1994 after people sought an alternative to the 12 Step approach.
- There are SMART Recovery organizations in Australia, Denmark, Ireland, the United Kingdom and the United States.
- There are SMART Recovery Meetings held in over 20 countries around the globe and our materials have been translated into eleven languages.





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What Makes SMART different ?

- SMART is a behavioral change program that is applicable to any addiction or problematic behavior
- SMART Meetings are interactive, dialogue and discussion is encouraged
- SMART focuses on the present not the past
- SMART is a self-management program
- SMART does not use labels
- SMART views addiction as a problematic, human behavior
- Participants set their own recovery goals, that may or may not include abstinence
- Participants can attend SMART Meetings for as long as they want, or until they feel they have achieved recovery
- SMART provides tools and techniques that equip people for the rest of their lives
- There is no spirituality or higher power invoked during SMART meetings



Online addiction support meetings

SMART Recovery online meetings use evidence-based tools to empower people seeking assistance for addiction to drugs, alcohol, gambling, cigarettes, food, etc. The meetings are free and run weekly for 90mins. Each meeting is guided by a trained facilitator. Meetings are conducted using a combination video (optional), voice and the chat box feature.

Family & Friends support meetings

Our online and in-person groups are run by trained facilitators who often have their own experiences as a family member affected by a loved one's relationship with alcohol, drugs, gambling or other problematic behaviours. We provide strategies to stay safe, seek support, problem solve and set goals.

InsideOut

SMART created the InsideOut program for use in correctional facilities. InsideOut has experienced tremendous growth and success in the US, the UK and Canada. Participants in InsideOut learn a wide range of coping skills that will help them while they are incarcerated and after they are released.



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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)



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For more information about our national offices, SMART Recovery International or to find a SMART Recovery Meeting near you visit the websites below:

[SMART Recovery International](#)

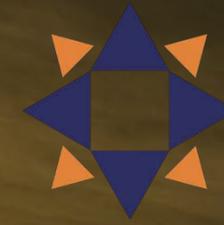
[SMART Recovery Australia](#)

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