

Country & Outback Health

SMART Recovery Groups



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Outback Health

DOH Funding Overview

Overview

Country & Outback Health have received Dept of Health funding under the South Australian Alcohol and Other Drugs Treatment-Support for Drug and Alcohol Abuse Treatment Measure to establish peer run AOD Recovery Groups in the

Mid North Country SA **Peterborough and Port Pirie**

These AOD Recovery Groups will be based on the SMART Recovery Model

Self-Management & Recovery Training (SMART) Recovery Model

Peterborough



The town was formerly the major service centre for SA Railways

Port Pirie-Railway Graveyard



SMART Recovery Group

SMART Recovery Focus

SMART Recovery focuses on self-empowerment

And adopts key principles (e.g. Self-efficacy) and therapeutic approaches (e.g. motivational interviewing and cognitive behavioural therapy) that have been shown to be effective in promoting recovery from addiction.

Group activities include goal setting, problem solving and cost benefit analysis.

Participants leave each group with a 'weekly plan' for self-management and development

<https://www.youtube.com/watch?v=fF4pqZ-5C1Q>

Welcome to SMART Recovery | Jenny Valentish

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 Four Point Program



About SMART meetings

- ✧ SMART Recovery meetings run once a week for 90 minutes
- ✧ Every meeting is run by a trained SMART Recovery facilitator
- ✧ Focus is on the problem behaviour, not the substance
- ✧ Participants identify goals and set their own achievable plan for the week ahead
- ✧ Meetings concentrate on the 'here and now,' not the past
- ✧ Participants learn evidence-based tools and techniques from CBT and Motivational Interviewing (MI) to apply to their daily lives



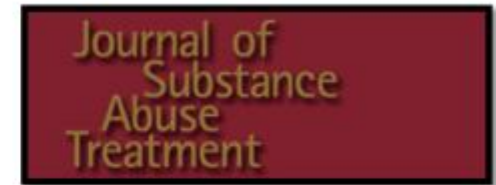
SMART Recovery: history & reach

- ✧ SMART started in the USA in 1994 after people sought an alternative to the 12 Step Model
- ✧ There are now 2500 meetings across 23 different countries
- ✧ SMART commenced in Australia in 2003.
- ✧ There are now over 245 meetings nationwide
- ✧ SMART Recovery is embedded in over 90 NGO and Government organisations across Australia



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)



SMART Recovery Group Service Model

Existing My Steps program

The My Steps program is an community outreach service that has a harm minimisation and demand reduction focus. Supports include:-

- Psychosocial education and self-help resources at individual and community level through a blended model of direct and technology assisted outreach.
- Low-intensity to high intensity non-residential community-based AOD rehabilitation and psychological services (Cognitive Behavioural Therapy based).
- Wrap-around service coordination and case management, using well-established referral pathways to other relevant services, such as DASSA, headspace, Community Mental Health Teams.
- Step up /step down services pathways with regional and urban residential rehabilitation centres and withdrawal management services as required



Thank You!