SMART Recovery Australia
SMART Partnerships

Presented by
Josette Freeman, Lesley Sampson & Jim Villamor
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S = SELF
M = MANAGEMENT
A = AND
R = RECOVERY
T = TRAINING
WHAT IS SMART Recovery?

• Not for Profit
• Community
• CBT
• Uses ABC’s to manage/overcome addictive behaviours
4 POINT PROGRAM

• Building & Maintaining Motivation
• Coping with urges
• Problem Solving
• Lifestyle balance
ADAPTABLE PROGRAM

• Corrections
• Cultural
• Indigenous
• Youth
• Gender
GETTING SMART

• Correctional program

• 12 sessions

• structured
DEVELOPING PARTNERSHIPS

• How to develop ???
• Who are our partners?
• Future partners