Opening Doors Using SMART Recovery

“I cannot do everything but I can do something. And I will not let what I cannot do interfere with what I can do.”

Josette Freeman & Jim Villamor
Coordinators
SMART OVERVIEW:

What does SMART stand for?

- **S** = SELF
- **M** = Management
- **A** = And
- **R** = Recovery
- **T** = Training
HISTORY

• In Australia since 2003
• A non for profit, charity - August 2007
• SMART Recovery - nationwide
• Cater for all addictions & associated behaviours
• Adaptation of SMART
SMART OVERVIEW:

• Based on CBT principles
• Focuses on “self” management
• The “here and now”
• Spirituality & labels are left up to the individual
• Includes all addictions
• Focus on “behaviours”
• Teaches practical tools and techniques for change
• Groups are interactive
• Solution focused
Four key points to the program

1) Finding motivation to change
2) Developing helpful coping strategies
3) Problem Solving
4) Lifestyle Balance
SMART Partnerships:

• NSW Department of Corrective Services
• Getting SMART Program -2004
• 12 sessions
• Planning and strategies
• Attend SMART groups
SMART Partnerships:

- Juvenile Justice
- Grant money
- Teen/Youth manual
- Coordinator
- Training
- Reiby JJ Centre
Be SMART: Family & Carer’s Program

- Grant money from NADA
- Isolated population
- 8-week
- 90 minutes
- Based on SMART principles
- E.g.; self care, resisting guilt & blame, assertive communication, safety, lapse and relapse.
CONTACT DETAILS

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