



**SMART**  
Recovery

Life beyond addiction

# PARTNERSHIP PROSPECTUS



Since attending **SMART Recovery** meetings, I have learnt a range of tools to assist me in managing my drinking. I have been able to explore the psychology surrounding my drinking habits, analyse when I am susceptible to binge drinking, evaluate the consequences of such actions and set clear, definable goals which I actively work towards each week.

**TOM, WOLLONGONG**



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## Welcome from Josette Freeman, Ambassador



**We all have difficult times in our lives and for too many Australians they face those difficulties without access to support.**

Every **SMART Recovery Australia** participant has a story to tell whether they are personally struggling with addiction or they are supporting a loved one, their journeys are intertwined with courage, resilience, and the pursuit of a better life.

In our **SMART Recovery** community, we believe in the impact of self-empowerment, and through a compassionate and non-judgmental evidence-based program we stand side-by-side with those facing addiction.

For nearly two decades, I have had the immense privilege of witnessing lives being transformed through journeys of self-empowerment, where participants learn practical tools and coping strategies, reclaim control over their lives and discover newfound confidence and self-belief.

Our approach is unique and transformative. We go beyond abstinence, focusing on positive change and personal growth. Participants set their own goals, embarking on a journey tailored to their individual needs and do the work themselves. With each step

forward, they reclaim their strength, rewrite their story, and embrace a future filled with possibilities.

From the first pilot program I was involved in at St Vincent Hospital through to today, I have seen lives changed, lives transformed and lives saved.

Thanks to the generous support of our visionary benefactor Tony Wales AOM who helped establish our organisation, and to the growing community around us, **SMART Recovery** has expanded its reach across Australia. Our vision is clear: to ensure every Australian has access to the support they need by being Australia's first choice in mutual support.

Now, we invite you to be a part of this extraordinary movement. Your support is what drives the seeds of hope in the lives of countless individuals. Together, we can create a world where addictive behaviour is met with understanding and support, where second chances become the norm, and where every participant and their family are lifted towards a future filled with promise.

**Together,  
let's redefine the  
landscape of addiction  
support and create  
a legacy of hope  
and healing for  
generations  
to come.**



## About SMART Recovery Australia



### OUR MISSION

**SMART Recovery Australia** provides evidence-based tools to support individuals and their families and friends to manage behaviours of concern and improve their well-being.



### OUR VISION

**SMART Recovery Australia** is Australia's first choice in mutual support.



### OUR 2027 AMBITION

Our **2027 Ambition** is to deepen our impact and grow our support for people living with behaviours of concern. Our aim is to scale to provide 1,000 recovery groups and 52,000 individual local recovery meetings, in order to reach over 520,000 Australians enabling them to access our services.

SMART helped me say goodbye to toxic and unhelpful ideas and make a new plan for my life.

**CHRIS**



## Our Story So Far

**1986**

- ▶ Jack Trimpey starting rational recovery as an alternative into AA and 12 steps program

**2004**

- ▶ Australian pilot and trial at St Vincent's Hospital led by Joe Gerstein, Alex Wodak and Josette Freeman
- ▶ Philanthropist Tony Wales began a key relationship with **SMART Recovery Australia** supporting the establishment and growth of **SMART Recovery Australia**

**2009**

- ▶ **BE SMART** launched by Josette Freeman
- ▶ **SMART Recovery** develops Family and Friends Program for people supporting a loved one struggling with addiction

**2014**

- ▶ Inaugural skilled board appointed, comprising accomplished legal, accounting, human resources, industry experience and professionals with diverse expertise
- ▶ **SMART Recovery** Research Committee formed to ensure evidenced informed practice

**1994**

- ▶ **SMART Recovery** was established in the United States of America

**2007**

- ▶ **SMART Recovery Australia** becomes an independent Not for Profit organisation
- ▶ Tony Wales is appointed as the inaugural Chair of **SMART Recovery Australia**

**2013**

- ▶ Inaugural Executive Director Ryan McGlauglin appointed

**2016**

- ▶ **SMART Recovery** Inside Out Program outcomes in reducing recidivism are celebrated in Journal of Forensic Practice



## 2017

- ▶ **SMART Recovery** achieves Accreditation under the Australian Service Excellence Standards

## 2019 – 2020

- ▶ COVID-19 accelerated our Innovation and growth of Online Meetings as we provided online service delivery options to over 50 AOD organisations and support to thousands of Australians during the pandemic
- ▶ Tony Wales receives an Order of Australia in recognition of contribution to recovery services and **SMART Recovery Australia**
- ▶ **SMART Recovery Australia** secures first significant Commonwealth Government funding from Department of Health
- ▶ **SMART Recovery** continues Accreditation under the Australian Service Excellence Standards

## 2021

- ▶ Liz Dale completed her PHD sharing insights from Australian Aboriginal Facilitators to inform First Nations Program development

## 2023

- ▶ **SMART Recovery** receives multi-year Commonwealth Government funding
- ▶ **SMART Recovery** launches Digital Transformation project to reduce the time it takes Australians to seek help for addictive behaviours
- ▶ **SMART Recovery** achieves 75 Member organisations and 260 meetings delivered nationally
- ▶ **SMART Recovery** Aboriginal Action Group develops First Nations specific training program – **Yarn SMART**
- ▶ **SMART – Unite for Recovery** global campaign achieves record number of people walking for recovery and donations

## 2018

- ▶ **SMART** grows reach and impact through increased meetings nationally and growing volunteer engagement
- ▶ **SMART Recovery International** is established to provide global governance, brand and digital transformation to **SMART Recovery Australia** and affiliate countries
- ▶ Partnership with University of Technology Sydney for Marketing and Business expert to join Board and conduct Sustainability review

## 2020

- ▶ Refresh of skilled board, comprising accomplished professionals with diverse expertise and living experience is appointed to drive strategic decision-making and steer the organisation towards continued success and impact
- ▶ **SMART Recovery Australia** appoints Brett Savill as Chairperson
- ▶ Aids Action Council (now Meridian) starts first **SMART Recovery Australia** LGBTQ+ specific meeting

## 2022

- ▶ **SMART Recovery Australia** appoints CEO April Long as Chief Executive Officer

## Summary

Our history is rich and our foundations are strong but there is still so much more to do to reach the 500,000 Australians currently struggling without support. It still takes 18 years on average for people to seek help. With your investment we can bridge the gap, ensuring that every individual has swift access to the support and resources required to embark on their recovery journey.





## Who is SMART Recovery Australia?

**SMART Recovery Australia** proudly stands as a secular champion of wide-ranging addiction recovery, partnering with over 75 member organisations nationwide to deliver more than 260 groups and 13,000 individual local recovery meetings to over 130,000 Australians each year.

We are part of a global community of 2,500 mutual-support groups led by **SMART Recovery International**. We believe in acting locally while thinking globally.

**SMART Recovery Australia** reduces the time taken to seek support by addressing the traditional barriers associated with seeking and accessing support for addiction.

Unlike other programs that are abstinence based, the **SMART Recovery** model adopts a more flexible harm-reduction approach, where individuals are encouraged to set achievable goals that lead to better self-management and improved quality of life.

By focusing on self-empowerment and by giving participants the tools to make informed choices to manage their behaviours in healthier ways, **SMART Recovery** aims to support sustainable, long-term change. Some individuals may eventually choose abstinence as their goal, while others may opt for controlled use or reduced harm, depending on their unique circumstances and progress.

This approach can be particularly appealing to those who feel overwhelmed or struggle with the traditional abstinence-based approaches. It also aligns with the understanding that recovery is a continuous process, and setbacks may occur along the way.

**SMART Recovery** provides a supportive and non-judgmental environment to help individuals learn from their experiences and keep moving forward in their recovery journey.

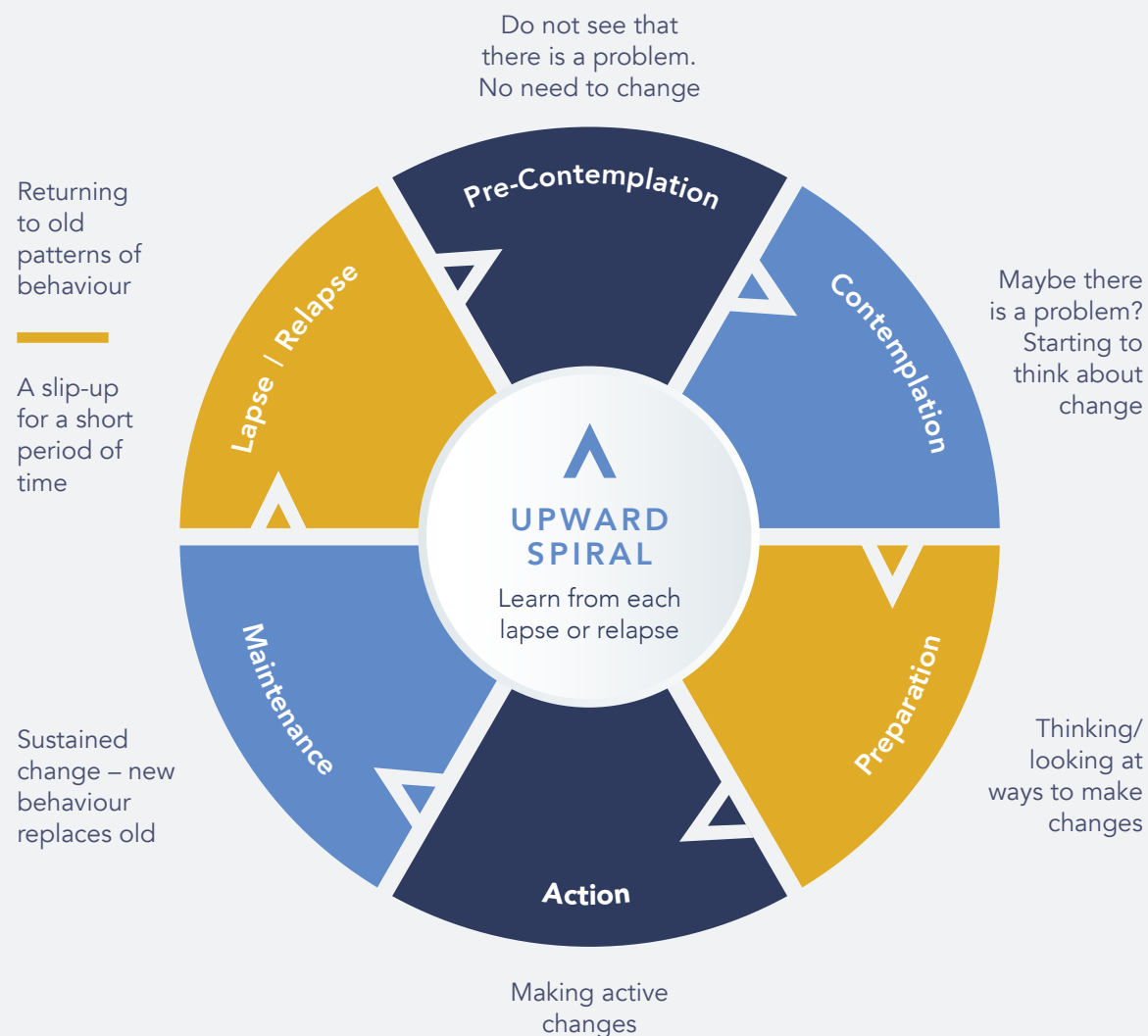


It's flexible and understanding. It's not based on guilt. Goals are about promoting a life worth living rather than focussing on the problematic behaviour. **GABRIEL**



# The Addiction Cycle

## STAGE OF CHANGE



The harm minimisation spared my life and health until I could make the decision for abstinence.

**JEN**



# The Key Differences Between SMART Recovery and 12 Step Support Groups

**SMART Recovery** stands out from other support groups in several key ways, embracing a unique and empowering approach to addiction recovery that works through:

## ► Self-empowerment and Cognitive-Behavioural Approach

Unlike many support groups that emphasise spiritual principles and abstinence from substances, **SMART Recovery** focuses on a self-empowerment and cognitive-behavioural approach. The program centres on self-management and control over addictive behaviours, empowering individuals to actively take charge of their recovery journey.

## ► Emphasis on Self-determination and Belief in Change

While other support groups often stress surrendering to a higher power and admitting powerlessness over addiction, **SMART Recovery** encourages self-determination and a strong belief in an individual's capacity to change. The program fosters a sense of personal responsibility and empowers participants to make positive, proactive choices in their lives.

## ► Flexibility in Attendance

Some support groups advocate lifelong attendance at meetings, but **SMART**

**Recovery** offers flexibility in this regard. Individuals can participate for as long as they find it helpful, adapting their involvement based on their needs and progress.

## ► Comprehensive Support for All Addictions and Behaviours of Concern

**SMART Recovery's** inclusive approach covers all types of addictions or concerning behaviours. The focus is not solely on the substance itself, but rather on the underlying behaviours and thought patterns contributing to addictive cycles. This broader scope allows individuals to receive support for a wide range of challenges.

## ► Evidence-Based Techniques

**SMART Recovery** integrates evidence-based techniques from cognitive-behavioural therapy (CBT) and motivational interviewing, among others. These strategies have been shown to be effective in promoting lasting behaviour change and emotional regulation.

## ► Non-Judgmental and Inclusive Environment

**SMART Recovery** meetings cultivate a non-judgmental and inclusive environment, providing a safe space for individuals to share their experiences and challenges openly. The focus is on constructive feedback and support, enabling personal growth and development.

## ► Tools and Resources for Everyday Life

**SMART Recovery** provides a space for participants to equip themselves with practical tools and resources that they can apply to their daily lives. These tools help individuals manage cravings, cope with stress, and make positive decisions to support their recovery journey.

In summary, **SMART Recovery Australia** sets itself apart through its self-empowerment focus, evidence-based techniques, flexibility, inclusivity, and comprehensive support for various addictive behaviours. By promoting self-reliance and providing practical tools, the program empowers individuals to take control of their lives and achieve meaningful, sustainable change.

## The SMART Recovery Australia Way

LIFE BEYOND ADDICTION



OUR 4-POINT PROGRAM  
POINT OF DIFFERENCE

I like that I don't have to call myself an addict. It is problem solving and setting your own goals.

**NOAH**



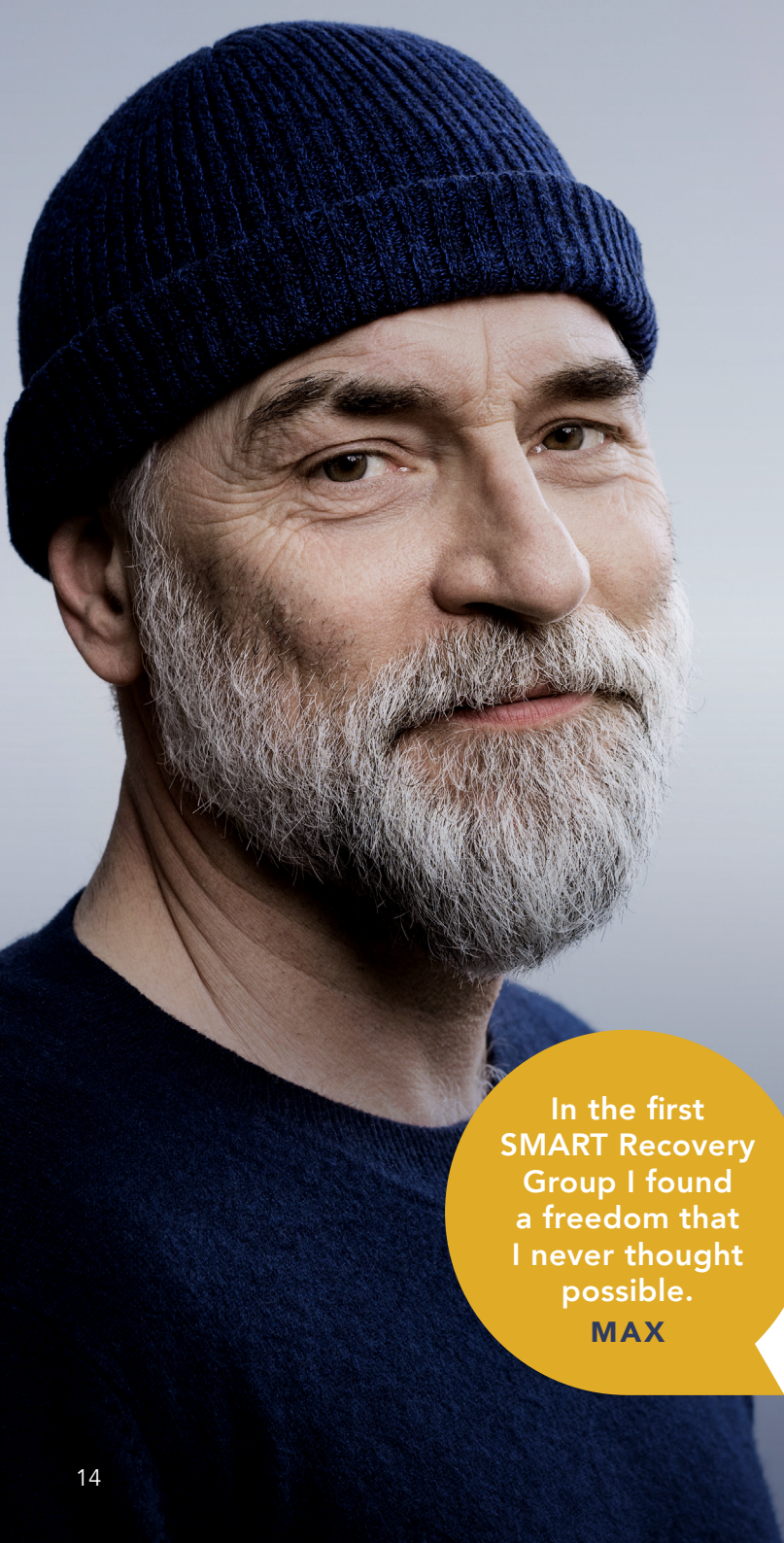
I HAD PREVIOUSLY  
ATTENDED AA  
MEETINGS BUT THEY  
DIDN'T REALLY AGREE  
WITH ME. **SMART  
RECOVERY** WAS A  
BREATH OF FRESH AIR  
AND ALLOWED ME  
TO TAKE CONTROL  
OF THINGS IN A WAY  
THAT MADE SENSE TO  
ME. THE MEETINGS  
AREN'T A LIFETIME  
COMMITMENT,  
INSTEAD THEY TAUGHT  
ME THE TOOLS I  
NEEDED TO MOVE  
ON WITH MY LIFE.

**JESS, MELBOURNE**









In the first  
SMART Recovery  
Group I found  
a freedom that  
I never thought  
possible.

MAX

## What Does SMART Recovery Australia Do?

Lives are saved and transformed when people gain access to **SMART Recovery's** evidence-led program. Our online meetings can be accessed by anyone in Australia. Equipped with the tools and resources provided, individuals can sustain their own change, creating a ripple effect of positive transformation in their lives and the lives of those around them.

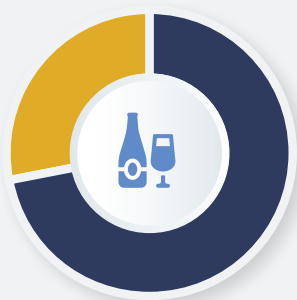
We are making seeking support easier, which speeds up the time taken to create and sustain change. We create peer-led, non-judgemental spaces where people can feel comfortable learning new strategies for their lives amongst others who understand them. **SMART Recovery** focuses on goals and choice rather than only abstinence.

**SMART Recovery Australia** supports Alcohol and Other Drugs (AOD), mental health and community service delivery organisations to grow the impact and reach of their services, by providing a flexible, evidence-based recovery program, and the training, tools and support to deliver this.

We train professionals from existing leading alcohol and other drug services, mental health organisations, clinicians, governments and community organisations so that Australians who are already familiar with those settings, can access practical and solution focused support to live healthier happier lives.

Effective drug and alcohol programs must be grounded in evidence. Guided by our skilled Board and Research Advisory Committee, **SMART Recovery Australia** continuously evaluates and updates our programs and approaches to ensure they remain relevant and effective, embracing innovation and staying at the forefront of advancements in addiction research, treatment and recovery support.

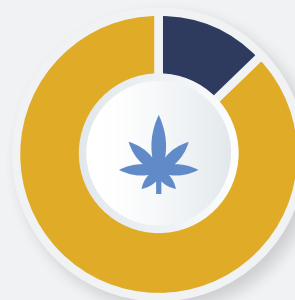
## Behaviours We Support



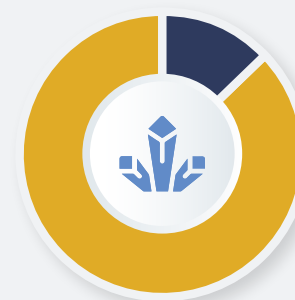
ALCOHOL  
72%



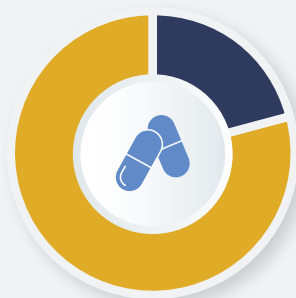
FOOD, INTERNET,  
SHOPPING  
21%



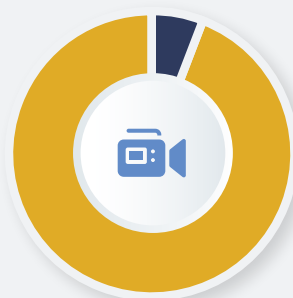
CANNABIS  
13%



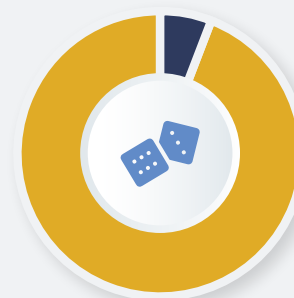
METHAMPHETAMINE  
13%



OTHER DRUGS  
18%



SEX/PORN  
6%



GAMBLING  
6%

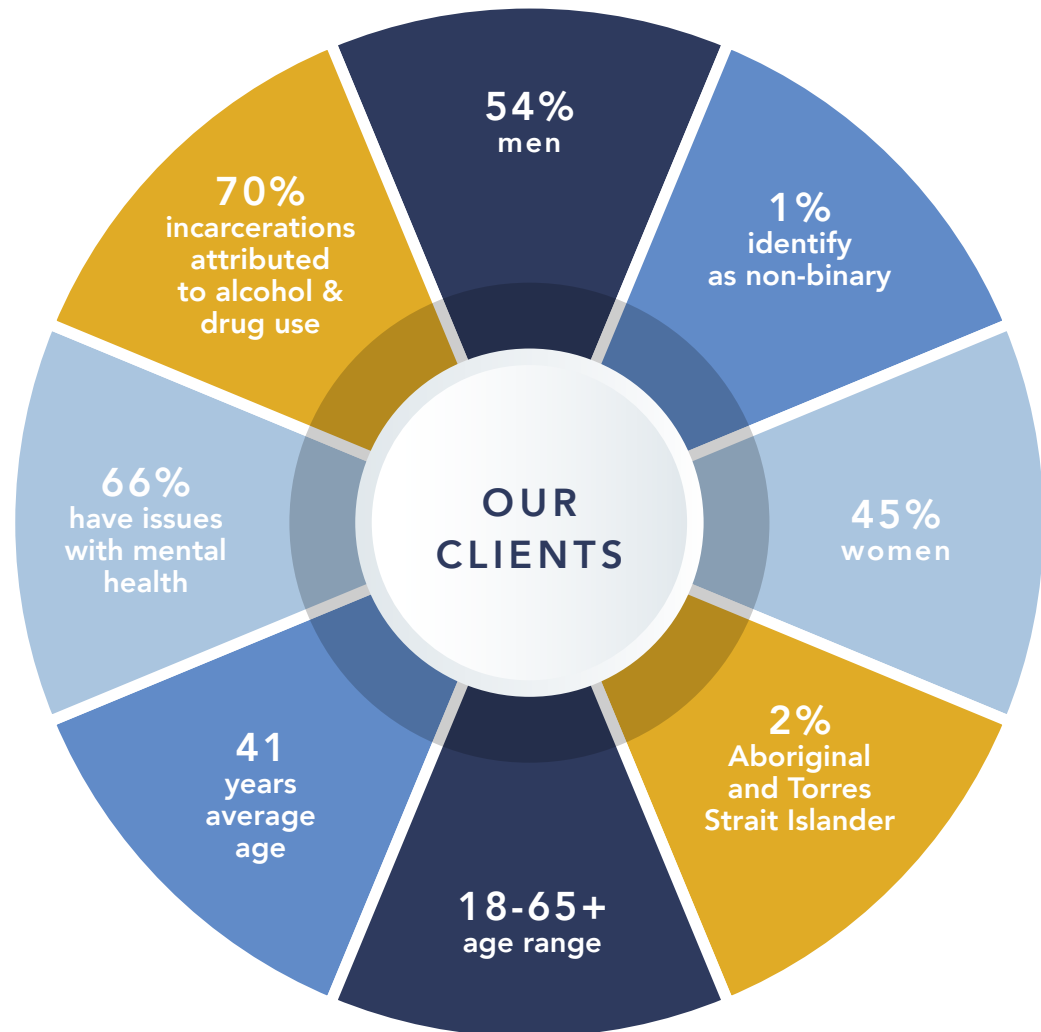




By identifying the unhelpful thoughts and beliefs, I was able to change the behaviours that followed.

**MARK**

## The People We Work With



## Addiction Impacts on Wellbeing

### THE STATISTICS IN AUSTRALIA

The numbers are hard to hear but we need to listen.



#### 1 IN 4

Australians will struggle with alcohol, drugs, or gambling in their lifetime<sup>1</sup>



#### 1 IN 20

Australians has an addiction or substance use disorder<sup>2</sup>



#### 1 AUSTRALIAN DIES

every 60 minutes from alcohol, drug or gambling related harm



#### 1 IN 4

Australians living with addiction will lose their lives to suicide<sup>3</sup>



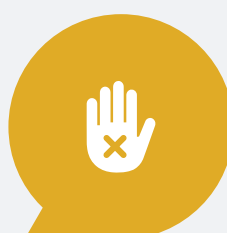
#### A LARGE PROPORTION

of criminal offenders have a history of substance dependency<sup>4</sup>



#### 18 YEARS

is the average time delay for seeking help for addiction due to stigma<sup>5</sup>



#### OVER 500,000

Australians are unable to access help for their addictions<sup>6</sup>



#### \$270 BILLION

is the annual cost of lost productivity for mental illness and substance use impacts combined in Australia<sup>7</sup>

SOURCE  
REFERENCES



## Why Support SMART Recovery Australia?

Currently, 1 in 4 Australians has an addiction or substance use disorder, with 25% of these individuals losing their lives to suicide. It takes on average 18 years for a person to seek help for their addictive behaviours. In conjunction with those hard to hear statistics, Rethink Addiction and KPMG estimated the cost to society of addiction is \$35.5 billion, excluding the value of lives lost as a result of addiction, which is a further \$36.5 billion.

**SMART Recovery Australia** supports people with problematic and wide-ranging addictive behaviours to create the change they need, by teaching self-management techniques, and connecting them with people in similar situations, providing a safe environment. **SMART Recovery's** focus on self-empowerment and building individuals' capacity for long-term recovery creates opportunities to provide real world impact and support sustainable solutions.



**SMART Recovery Australia** has a proven track record of effectiveness combined with a scalable model that allows for expansion across regions and communities. We currently have over 75 Member organisations which we have trained in the SMART Program to deliver 260 meetings across the country.

Currently, over 500,000 Australians are unable to access the support they need. We need to expand our capacity to provide innovative solutions and foster positive change to individuals living with problematic and addictive behaviours, enabling them to access evidence-led programs that help empower and equip them with the tools they need to sustain their own positive change, ultimately saving lives and transforming whole communities.

## Our Impact in 2023

### THE NUMBERS

58

Online  
**SMART** Groups



268

**SMART**  
Groups nationally



11,700

Individual meetings



500

**SMART** Facilitators  
trained nationwide



3,360

Volunteer hours provided  
by 30 volunteers



75

Member organisations  
(community service, mental  
health, health and AOD)



Over 2,000 a year

Certificates of  
attendance for criminal  
justice proceedings



130,000

Australian participants  
per year



130,000

**SMART** Groups  
internationally,  
in 23 countries



# Referral Pathways

## PARTNERS IN RECOVERY

### ADDICTIVE BEHAVIOURS OF CONCERN

- Alcohol
- Drugs
- Gambling
- Sex/porn
- Food
- Shopping
- Gaming



### REFERRAL AGENCIES

- General practitioners
- Family & friends
- Self-referral
- Referral partner
- Legal system



### MEETINGS & RESOURCES

- Face-to-face meetings
- Online meetings
- 7-day plan
- Check in with facilitators
- Recovery manuals
- Free online tools
- Certificate of attendance provided to courts for offenders and their families



### GRADUATION – SELF-MANAGED RECOVERY

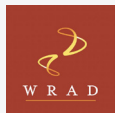
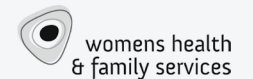
- Lived experience facilitator training pathway
- Facilitator portal
- Peer-to-peer online training module
- Trained facilitators support others through addiction recovery

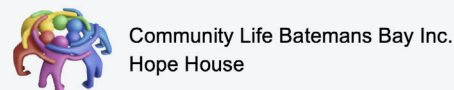




## Our Partner Network of Member Organisations

SMART Recovery Australia's trained and extensive partnership network of Members facilitate our programs throughout Australia, increasing our capacity to transform more lives.







## Member Testimonials

After extensive investigation of the options available to Lives Lived Well to support clients in aftercare with ongoing support and connection, we chose to partner and take up a membership with **SMART Recovery Australia**.

Our experience with **SMART Recovery** has been what I would describe as 'gold standard'. They have taken the time to understand our service, and work with us to embed the program to the best advantage for our clients. We are very excited how this collaboration may impact our service moving forward.

**Craig, Peer Advisor,  
Lives Lived Well**



The online training was excellent, as has been the technical support in setting up and running online meetings.

Most importantly, integrated **Smart Recovery Groups** into our recovery program has made a tangible difference to our clients, who hugely value the opportunity to come together with others in a similar situation to them, share and learn from one another.

We have already expanded to three groups weekly, including our first peer-led **Smart Recovery Group**, and are looking forward to continuing to expand over the coming year.

**Pia Clinton-Tarestad,  
Co-Founder and CEO,  
Clean Slate Clinic**



The Salvation Army is delighted to be in partnership with **SMART Recovery Australia** at both a national and local level (in several locations). We chose SMART for their aligned values and the quality of their 'product' and have been delighted to find that they are also extremely collaborative, flexible and innovative to work with. We look forward to working with them in partnership for many years to come.

**Kathryn Wright,  
General Manager,  
National AOD  
Programs**











I'm really  
feeling the  
queer love  
and it's a  
safe space.

LAYLA

## SMART Recovery Australia Programs

### SMART LGBTQIA+ MEETINGS

#### Program Summary

**SMART Recovery Australia** takes immense pride in offering specialised support through LGBTQIA+ meetings, providing tailored assistance to address the unique needs of the LGBTQIA+ community on their journey towards addiction recovery. We believe that inclusivity and understanding are essential in fostering a safe and nurturing environment for individuals to achieve lasting recovery, and our commitment goes beyond just offering support - we also empower leading LGBTQIA+ organisations to deliver these meetings effectively.

Substance abuse remains a notable concern within the LGBTQIA+ community, with LGBTQIA+ Australians being two to four times more likely to experience substance abuse disorders compared to non-LGBTQIA+ Australians. This stark disparity highlights the urgency of our mission to provide accessible and effective tools and resources for individuals within this community to address their addictive behaviours.

Our LGBTQIA+ meetings are thoughtfully designed to create a space that not only

acknowledges the unique challenges faced by LGBTQIA+ individuals, but also celebrates their strengths and resilience. By offering a supportive environment, free of judgement, we strive to empower participants with the necessary skills to manage their addictions in healthy and constructive ways.

#### Program Aims

- ▶ Our ultimate objective is to support LGBTQIA+ individuals to empower themselves and navigate their recovery journey confidently, equipped with practical tools, coping mechanisms, and a network of understanding peers and mentors. We firmly believe that every individual has the potential to overcome challenges and embrace a life of fulfilment, and we are committed to walking alongside them every step of the way.
- ▶ By partnering with leading LGBTQIA+ organisations, we ensure that our program's impact reaches far and wide, creating a positive ripple effect within the community. Through these collaborative efforts, we aim to break down barriers to recovery and foster a sense of belonging and support for all.

- ▶ Participants can openly discuss their experiences, including challenges related to societal pressures and discrimination. Traditional treatment facilities may not be as welcoming due to potential homophobic and transphobic behaviours.
- ▶ The program provides skill development with coping strategies, stress management, and healthy behaviours to empower participants in their recovery.
- ▶ The program fosters a sense of community support among LGBTQIA+ individuals, promoting mutual understanding and a strong network for successful rehabilitation.

## Program Activities

- ▶ **Trained Facilitators:** Facilitators are trained to work with LGBTQIA+ individuals and understand the unique needs of the community in addiction recovery and are able to create a safe and inclusive environment for all participants. With SMART training they have knowledge of evidence-based addiction treatment strategies and are trauma-informed.

- ▶ **Weekly Support Meetings:** Facilitated by experienced professionals, these sessions encourage open discussions, share personal experiences, and provide a platform for participants to express themselves freely and are tailored to address the unique challenges faced by the LGBTQIA+ community.
- ▶ **Digital Resources:** Participants and Facilitators have access to a dedicated online portal featuring articles, videos, and tools that reinforce program teachings and provide continued support.
- ▶ **Membership:** Organisations are given access to fortnightly support sessions, program manuals, Digital Facilitator Learning Experiences and support and community practice sessions with **SMART Recovery** National Trainers.



## OUR OBJECTIVE

To establish five groups holding 260 meetings and reaching over 2,600 LGBTQIA+ Australians struggling with addiction.

We stand united in our commitment to addressing addiction within the LGBTQIA+ community. By embracing diversity and inclusivity, we forge a path towards healing and transformation, leaving no one behind in their journey towards a brighter, healthier, and more fulfilling future.

For those who have faced adversity **SMART Recovery** becomes an essential part of the solution, offering vital support to those seeking to overcome addiction, celebrating their strengths and rebuilding their lives.



## SMART YOUTH AND TEENS RECOVERY PROGRAM

### Program Summary

Our SMART Youth and Teens Recovery Program is a vital initiative aimed at addressing the pressing issues of addiction among young people. Through evidence-based practices, holistic support, and empowering strategies, this program aims to make a significant impact on the lives of youth struggling with addiction. We believe that investing in this program will create lasting positive change, not only for the individuals directly involved but for the entire community.

Prevention and early intervention is an investment in the future, where the strength and resilience of our community stand as a testament to the power of proactive measures.

### Program Aims

- ▶ Our youth program is designed to address the unique challenges and needs of young individuals grappling with a behaviour that concerns them. We understand the complexities of youth addiction and provide age-appropriate resources, tools, and support to foster sustained changes.
- ▶ At the core of our approach lies the

recognition that prevention is not only a proactive measure but also a strategic one. By addressing potential challenges at their roots, we can steer young lives away from the path of addiction, opening doors to endless possibilities for growth and achievement.

- ▶ Addiction affects multiple dimensions of a young person's life. Our program takes a holistic approach, addressing not only the physical aspects but also the emotional, social, and psychological well-being of participants.
- ▶ Our program facilitates connections with peers who understand the unique challenges youth face. Participants have the opportunity to share experiences, offer support, and gain insights from others who have walked a similar path. This peer support network promotes a sense of belonging, validation, and encouragement.

### Program Activities

- ▶ **Trained Facilitators:** Facilitators and staff stay on top of current trends that affect youths and address and acknowledge unique challenges they may face, e.g., peer pressure, academic stress, social media influence, and negative family dynamics.
- ▶ **Collaborative Partnerships:** We recognise the importance of collaboration and leverage partnerships with community organisations, educational institutions, healthcare providers, and other stakeholders. We seek to strengthen and expand these partnerships, creating a unified effort to address youth addiction effectively and maximise the impact of our program.



Young people often arrive with low expectations about our youth Meetings and leave saying they learned valuable ways to cut down or stop their problematic habits and addictive behaviours. Talking with others of a similar age helps them feel like they are not alone with the challenges they are facing.

**MIDJUBIRI YOUTH RESOURCE CENTRE AND NEWTOWN  
NEIGHBOURHOOD CENTRE**

► **Evidence-Based approach:** Our youth program is built on evidence-based practices, integrating the highly regarded **SMART Recovery** principles. We utilise evidence-based techniques and strategies that empower youth to take control of their recovery journey, make informed choices, and develop sustainable coping skills.

► **Life Skills Development:** Beyond overcoming addiction, our program equips youth with essential life skills necessary for long-term success. We focus on building resilience, decision-making abilities, effective communication, goal-setting, and healthy coping mechanisms. These skills empower young individuals to navigate challenges, make positive choices, and thrive in all areas of their lives.



## OUR OBJECTIVE

Is to support 10 SMART Youth Groups delivering over 2,500 meetings to 25,000 young people.

Addiction among young people is a growing concern in our society. The prevalence of substance use and its devastating consequences necessitates immediate action. Through the **SMART Youth and Teens Recovery Program**, we can provide the necessary resources and support to address this urgent need effectively.

As part of a collective effort, we engage to build a resilient community, where each young person's strengths are cultivated and celebrated. We empower young people to make informed decisions, embrace healthy coping mechanisms, and build strong support systems.







## SMART JUSTICE PROGRAM - INSIDE OUT

### Program Summary

Our **SMART Justice Program** is a specialised initiative designed to address the needs of individuals involved in the justice system who are seeking support in overcoming addictive behaviours and making positive changes in their lives. The program is based on the **SMART Recovery** principles, which focus on self-empowerment, self-reliance, and evidence-based techniques to foster lasting change and reduce the risk of recidivism.

Our approach is centred around the belief that when given the right environment and encouragement, individuals can break free from the cycle of addiction and make meaningful contributions to their families, workplaces, and society at large.

In Australia, the prison population stands at approximately 43,000 individuals, with over 65,000 people passing through the prison system annually. A considerable proportion of these individuals have a background of alcohol and drug use, and many suffer from co-occurring mental illnesses.

Prior to imprisonment, a substantial portion of the incarcerated population has endured social exclusion, disadvantage, and trauma. These realities highlight the pressing need for comprehensive

support and intervention programs that address addiction, mental health, and social factors to foster positive change and successful reintegration into society.

### Program Aims

- ▶ Our Justice Program aims to equip individuals involved in the justice system with the skills and support they need to break free from addictive behaviours, build a positive future, and reintegrate successfully into society. By combining evidence-based practices and group support, the program strives to make a positive impact on participants' lives and contribute to safer communities.
- ▶ The aims of the program are to reduce the risk of re-offending, treat alcohol abuse, other drug use, and addictive gambling behaviours. This prepares and motivates people in custody to participate in ongoing **SMART Recovery** maintenance meetings in the community.
- ▶ Our dedication to combating addictive behaviours is not only driven by the desire to reduce the burden on the justice system but also by our commitment to fostering a supportive environment that encourages growth, healing, and personal development. We firmly believe that when



individuals are provided with effective addiction support and rehabilitation programs, they can break free from the cycle of reoffending and become valuable contributors to society.

- ▶ Through our collective efforts, we can nurture a culture of understanding and empathy, where individuals are not defined solely by their past actions, but by their potential for growth and change. By supporting addiction rehabilitation, we are investing in a brighter future for our community, where second chances are embraced, and individuals are given the opportunity to rebuild their lives.
- ▶ Combatting addictive behaviours is crucial for society. Addressing addiction can significantly reduce the burden on the justice system and by providing effective addiction support and rehabilitation programs, we can prevent individuals from reoffending and cycling through the criminal justice system.

## Program Activities

- ▶ **Group Meetings:** Regular group meetings are held, following the **SMART Recovery** framework. During these sessions, participants learn about the four-point program and explore SMART tools, such as the ABCs (Activating Events, Beliefs, and Consequences) and the Hierarchy of Values.
- ▶ **Goal Setting and Action Plans:** Participants

work on setting achievable and meaningful goals for their recovery and personal growth. They create action plans to outline steps they will take to achieve these goals.

- ▶ **Cognitive Behavioural Techniques:** The program incorporates evidence-based cognitive behavioural techniques to help participants identify and challenge unhelpful thought patterns and beliefs that contribute to addictive behaviours.
- ▶ **Coping Skills Training:** Participants learn practical coping skills to manage cravings, stress, and triggers effectively. Skills like mindfulness, assertiveness training, and problem-solving techniques are emphasised.
- ▶ **Relapse Prevention:** The program focuses on educating participants about the potential challenges of recovery and equips them with strategies to prevent and manage potential relapses.
- ▶ **Collaboration with Justice System Partners:** The program collaborates with probation officers, case managers, and other relevant stakeholders to ensure a coordinated and comprehensive approach to rehabilitation and reintegration.
- ▶ **Family Involvement:** The program encourages family members to participate in specific sessions to foster understanding and support for participants' recovery efforts.

The impact of being isolated in a place where you are not valued is demoralising and dehumanising. Yet relationships begin through conversations that break barriers. The **SMART Recovery** community assist by being willing to listen.

**PERSON IN CUSTODY**

## OUR OBJECTIVE

Is to deliver 10 Justice Programs in correctional centres across Australia delivering 520 meetings and supporting 5,200 people in prison.

We envision a brighter future for our community, where second chances are embraced wholeheartedly, where participants of our addiction rehabilitation program will be granted the opportunity to rebuild their lives, paving the way for a society that fosters hope, understanding, and resilience.



## SMART FIRST NATIONS PROGRAM: YARN SMART

### Program Summary

Our **Yarn SMART** is strengths-based, culturally safe and evidence informed designed by Aboriginal and Torres Strait Islander people for Aboriginal and Torres Strait Islander people, communities and Aboriginal Community Controlled Organisations.

**Yarn SMART** recovery groups are dedicated to providing culturally appropriate and empowering support to Indigenous individuals seeking to overcome addiction and achieve lasting recovery. Our program is designed specifically to address the unique challenges and experiences faced by Aboriginal and Torres Strait Islander communities, honouring culture, country, community and connection while offering evidence-based tools and resources for personal growth and transformation.

The program acknowledges and celebrates Aboriginal and Torres Strait Islander wisdom, thinking, doing and being, and understands and responds to the ongoing impacts of colonisation and intergenerational trauma. The program highly values self-determination and is flexible and program providers are encouraged to adapt to local cultural, community or individual context. Our holistic approach

recognises that Aboriginal and Torres Strait well-being and healing has many components.

### Program Aims

- ▶ We understand and respect the cultural diversity and spiritual connections that are integral to Aboriginal and Torres Strait Islander communities. Our addiction recovery groups embrace these cultural aspects, ensuring that participants feel safe, understood, and supported on their recovery journey. Our program partners integrate languages, storytelling, art, and healing practices into our program, fostering a sense of belonging and identity within a culturally affirming space.
- ▶ We use evidence-based techniques and strategies for addiction recovery. Our program is grounded in scientifically validated methods, including clinical stages of yarning, motivational interviewing, and relapse prevention strategies. By incorporating these evidence-based practices into a culturally relevant framework, we empower participants with effective tools to address addiction, manage cravings, develop coping skills, and make positive life changes.
- ▶ Our Aboriginal and Torres Strait Islander addiction recovery groups are based on and

promote the power of peer support and community connection. We create a nurturing environment where individuals can share their experiences, strengths, and hopes, fostering a sense of community and understanding. By connecting participants with others who have faced similar challenges, we cultivate a supportive network that encourages accountability, empathy, and mutual growth.

- ▶ Recovery encompasses more than just overcoming addiction - it involves healing and promoting overall well-being. Our program focuses on the holistic development of individuals, addressing physical, emotional, mental, and spiritual aspects of wellness. We offer resources and guidance on self-care practices, stress management, healthy relationships, goal-setting, and personal growth. By nurturing all dimensions of well-being, we empower participants to thrive beyond addiction, fostering a balanced and fulfilling life.

### Program Activities

- ▶ **Culturally-Sensitive Approach:** Facilitators, experienced in addressing intergenerational trauma and working with First Nations individuals, create a safe and inclusive

environment for addiction recovery.

- ▶ **Storytelling and Sharing Circles:**  
Participants share experiences, integrating traditional healing practices for emotional and spiritual well-being.
- ▶ **Weekly Support Meetings:**  
Facilitated by professionals, tailored to address the unique challenges of First Nations communities.
- ▶ **Online Cultural Resources:** Access to relevant resources and ongoing support through a dedicated online platform.
- ▶ **Membership Benefits:**  
Fortnightly support sessions and Digital Facilitator Learning Experiences with National Trainers.



There can be a shamefulness of addressing situations... this meeting has been made more blackfella friendly and more open.

## OUR OBJECTIVE

Is to deliver 10 Yarn SMART Groups across Australia facilitating over 520 meetings and supporting 5,200 Aboriginal and Torres Strait Islander Australians a year.

We can stop addiction perpetuating cycles of trauma within Aboriginal and Torres Strait Islander families and communities, and can break the intergenerational impact of addiction and foster healing and growth for future generations. We can transform lives and rewrite the narrative of addiction, replacing it with a story of resilience, courage, and the unyielding spirit of hope.





## CORE FUNDING

### SMART RECOVERY AUSTRALIA DIGITAL TRANSFORMATION PROGRAM

Digital technology has the potential to increase accessibility and relevance of **SMART Recovery** in Australia, which is why we need to invest in the digital transformation of our products, services and platforms.

In 2023 **SMART Recovery** launched a new online Meetings platform, Website and Facilitator Portal, to make it easier for people to access SMART Meetings, tools and resources, whilst improving the support we provide to our Facilitators. Alongside these transformations we have also launched a new customer relationship management (CRM) platform which improves our ability to manage new opportunities and relationships with our Members as well.

Looking forward, we need to invest further across technology and experience, with a focus on improving the accuracy and relevance of the data we capture so that we can report more comprehensively on participant outcomes, organisational impact and engagement with our products, services and platforms.

In 2024 we are looking to launch a new

participant mobile app, that will enable people all over Australia, especially those living in regional and remote communities to access the support they need to build motivation, manage urges and cravings, and track their progress - all through their Android and Apple Smartphone.

“I’m a single parent with a child and it’s often not possible to attend a meeting in person. I want to do SMART as much as possible and Zoom is fantastic. **JADE**”



#### OUR OBJECTIVE

This audacious initiative aims to connect the over 500,000 people living with addiction, especially those living in remote and regional communities who may experience difficulties accessing our free services and will help us create impacts beyond our current reach.

## SMART RECOVERY AUSTRALIA NATIONAL AWARENESS CAMPAIGN

To truly make a difference and expand our reach, we need to amplify **SMART Recovery Australia's** brand awareness within our communities through a national marketing campaign. By doing so, we can combat the shadows of stigma, making it easier for individuals to step forward and seek the support they need to overcome addiction.

By increasing our brand awareness, we plant seeds of hope in the hearts of those who are silently struggling. This initiative will be the driving force behind spreading knowledge, compassion and understanding, dismantling barriers and replacing them with pathways to recovery.

We can create a movement that nurtures empathy and compassion within our society by amplifying our efforts and touching the lives of those who desperately need support, inspiring them to take the first step towards a brighter and more fulfilling life.



### OUR OBJECTIVE

This public outreach campaign aims to build general awareness and brand recognition for **SMART Recovery Australia** and as a result creates a society where no one faces addiction alone.

I like focusing  
on setting  
realistic goals &  
not demanding  
perfection.

**LOU**



## Nick's Story



**After a decade of alcohol and cocaine addiction, my life hit the skids, hard. After pushing my mind, body and soul, and particularly my partner, to the brink, I lost everything I valued and went to hell and back. I was dying on the inside and it was crushing. I just couldn't function.**

I had ruined every good thing in my life up until that point through my addictions, and the last thing I had left that was worth anything, walked away. In hindsight, the only real shock was that she stuck around as long as she did. At the time, I was in shock. Through my own hand, I had created and entered my own personal hell. Loss and grief are enough on their own, but then you add in the crippling guilt for having caused it all, plus the burden of shame for feeling all of this in the first place.

My psychologist referred me to addiction recovery group **SMART Recovery**, and given my previous experience with traditional recovery programs I thought "Whoa, wait a minute...are you even listening? I need grief counselling, not drug and alcohol counselling. I'm done with all of that".

Through much trial-and-error, the patience of the group, and my persistence in coming back each week regardless of the outcome, I had found my triggers, my limits, and my favourite alternatives to 'partying'. Through the power of this group, I had developed effective plans and back-up plans, identified and

amplified my motivations, and found ways to respond to life rather than react to it. I had a system that worked for me. This is the key difference between 12-step programs and this.

SMART stands for 'Self-Management And Recovery Training'. Emphasis on 'self' – your goals, your tools, your measurement of success. It's yours to own. I set goals each week that I wanted to achieve, and I'm coming back most weeks now with a bigger and more successful story than the week before – not just around my intake, but around my whole life.

I still enjoy having a beer here and there, even a few beers, but I'm at the point where it appeals to me less and less. More importantly, I feel like the decision is now truly my own to make. I can safely have a drink without torturing myself about what it means, or where I might end up, or feeling like I've 'failed'.

Like those in the 12-step programs, I celebrate my success. Unlike them, I measure it not in the number of days since I've last touched a substance, but in the impact my behaviours are having on myself and those around me.

**Through the power of this group, I developed effective plans and found ways to respond to life rather than react to it.**

## CEO Invitation April Long



Please join us in effecting a powerful impact on countless lives. Addiction prevents 1 in 20 Australians from reaching their potential and living their best lives, and 1 in 4 Australians living with addiction will lose their lives to suicide.

Together we can save lives. These concerning statistics highlight the urgent need for accessible and evidence-led programs. Yet, fair access to such programs remains limited, leaving over 500,000 people coping with addiction without a lifeline.

At **SMART Recovery Australia**, we break down barriers. In non-judgmental spaces, individuals learn invaluable strategies from peers and leaders who understand their journey. Our focus on control, not abstinence, resonates across Australia and beyond.

Simply put, lives are saved and transformed when people gain access to **SMART Recovery's** evidence-led program. Empowered by the tools and resources provided, individuals can sustain their own change, leading to long-lasting and meaningful transformation in their lives and the lives of those around them.

Growing up, I bore witness to the profound and heart-wrenching impact of parental addiction on families. These personal experiences have shaped my understanding of

the problem at its core, instilling in me a resolute commitment to lead an organisation that offers a transformative solution. With every step forward, we move closer to a world where addiction no longer tears families apart, but instead becomes an opportunity for growth and healing.

By investing in **SMART Recovery Australia**, you will become part of the solution to this pressing issue. The impact of **SMART Recovery** goes far beyond individual transformations. Our mission, scalability, innovation and sustainability provide an opportunity to create positive social change.

Together, we can change lives, one step at a time, making a profound and lasting impact on families and communities.

With you by our side we can ignite a positive ripple effect that will change lives for the better, ensuring that no one faces addiction alone, whilst reducing the time it takes to seek support. Let's make it easier and faster for the over 500,000 Australians needing our help to access our services. Everyone should

have the opportunity to embrace a brighter and healthier future.

Your support will go beyond dollars; it extends to hope, healing, and the promise of a brighter future for those who have faced adversity. With your invaluable support, we can take our mission to new heights and create lasting change through empowering lives. Act now, and let us together create a society where no one faces their recovery alone.

**We look forward to hearing from you.**

For more information, please contact:

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