



SMART
Recovery

Life beyond addiction

Annual Report 2022



Contents

4	Message to Our Stakeholders
6-9	Our Organisation
10-19	Our Social Impact
20-21	SMART Participants
22-23	SMART People
24-25	SMART Facilitators
26	SMART Members
27	Our Supporters
29-32	Our Five Year Strategy
33-35	Research and Global Impact
36-39	Our Board of Directors
Appendix C	2022 Financial Statement:

SMART Recovery Australia acknowledges the traditional owners and custodians of country throughout Australia. We acknowledge the unceded and continuous connection to country, water and community. We pay our respects to Elders past and present and acknowledge community controlled Aboriginal organisations that we work with around the country. We value self determination, we learn by looking back and as we look to the future we center deep listening and collaboration in our work.

Message to Our Stakeholders

The impact of the COVID-19 pandemic on mental health and wellbeing has been substantial this year. Increased psychological distress caused directly and indirectly by the pandemic has combined with a reduced ability to access traditional forms of professional help. Demand for SMART Recovery Services has therefore been high and we are proud to have supported Australians struggling with behaviours of concern through evidence-based practice, innovation, collaboration and a community of practice.

Around 1 in 20 Australians suffers from addiction or a substance abuse problem. This annual report will describe how, in partnership with our Members, we have made progress in a number of key areas to help more of these people and their families.

The most obvious area has been the tremendous increase in demand for our digital training services and the massive growth in our online meetings. Over the year, we rapidly increased from 6 weekly online meetings to 132 online meetings.

We are so thankful for our frontline Facilitators and our SMART Recovery Australia staff who continue to work passionately and tirelessly to support participants seeking help. We are a small team with incredible reach and impact. Our Members are Facilitators are at the heart of our impact and with our new Strategic Plan remain at the heart of our growth.

The Board farewells our former Chief Executive Officer Ryan McGlaughlin and thanks him for his leadership and service over many years. Our new CEO, April Long and our new Strategic Plan 2022-2027 will guide us as we build our scale, strengthen our systems and processes, align and sustain our resources and develop our workforce. Our enclosed new Strategic Plan is bold as the people we support need us to be bold.

SMART Recovery Australia is part of a global community and we are proud to feature the growth of SMART globally. In our work we continue to Act Locally Think Globally and smash the global stigma associated with addiction.

This year we're especially grateful for the continued Wales Family Trust and the Federal Government of Australia for ensuring we can support over 2,000 Australians weekly. Importantly this support includes family and friends struggling with a loved one's addiction.

As you'll see, there's a strong theme of digital connection in this year's annual report, as we strive to connect lives, families and communities. As stated by Johann Hari "the opposite of addiction isn't sobriety - it's connection".

All of this could not be achieved without the dedication and commitment of all our Board and staff at SMART Recovery Australia.



Brett Savill
Chairperson





Our Organisation

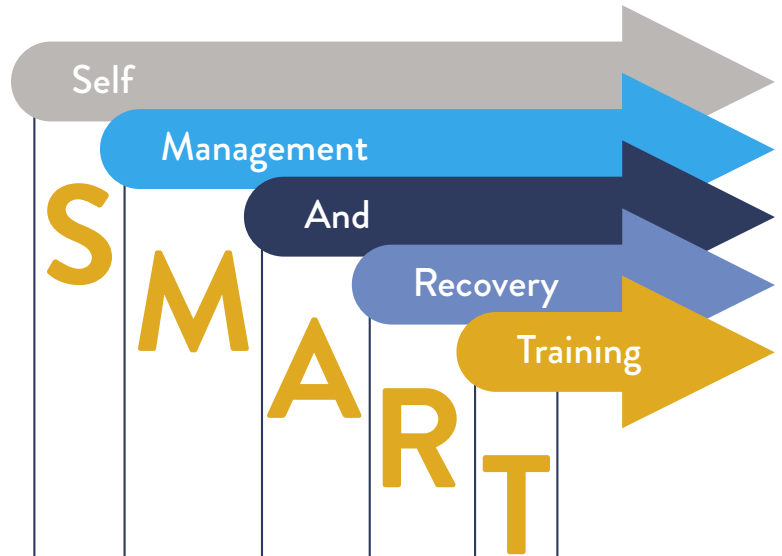
SMART History

SMART Recovery began in Australia in 2004 with a pilot program at St Vincent's Hospital in Sydney. Following the successful pilot, philanthropic funds enabled SMART Recovery to reach a wider audience. Subsequently, SMART Recovery Australia became a registered health promotion charity, which now conducts meetings in every state and territory in Australia.

Fast forward to today and we are helping over 2,000 Australians weekly with behaviours of concern that are impacting their wellbeing.

SMART Recovery is a strengths-based way of working with participants to support them as they learn to self-manage and take control of a behaviour of concern. The program helps participants manage and change behaviours in relation to alcohol, drugs, gambling, shopping, gaming, sex, porn, food and others. It also helps participants manage the thoughts and feelings that can contribute to behaviours of concern, such as feeling depressed, anxious, angry, lonely, bored or isolated.

SMART Recovery offers practical and solution-focused mutual aid meetings, designed to provide participants with a toolbox of coping strategies and skills that they can use to achieve enduring behaviour change. We work with participants where they're at, in a way that is trauma-informed and strengths based.



SMART 4-Point Program

1 **Building and maintaining motivation**

Change requires motivation. SMART Recovery aims to help participants develop and maintain the motivation to take control of their lives and achieve their goals.

2 **Learning to cope with urges and cravings**

The program focuses on helping participants develop practical strategies to manage urges and cravings and avoid recycling into habits and behaviours that haven't worked for them.

3 **Problem solving**

The program seeks to help participants recognise and challenge the thoughts and beliefs that get in the way of change. By developing more balanced ways of viewing themselves and the world, participants can then make better choices when faced with triggers.

4 **Finding a lifestyle balance**

Once participants have stopped or managed a behaviour, they might feel a sense of emptiness. The program strives to help participants engage in full and meaningful lives and set achievable goals for themselves.

SMART at a Glance

- Person-centred strengths-based way of working in support of self-management, empowerment and enduring behavioural change.
- Uses evidence-based tools and techniques, including Cognitive Behavioural Therapy and Motivational Interviewing.
- Update our thinking as the evidence changes.
- Is facilitated by trained facilitators (both professional clinicians and peers who have attended the program).
- Works with compassion and without judgement.
- Is about wellness and harm minimisation.
- Plays a significant role in filling gaps in service delivery, supporting continuity of care and growing recovery capital.
- Participants set their own goals, which may, or may not, include abstinence.
- SMART focuses on the 'here and now' and supports enduring behaviour change, irrespective of how the behaviour of concern arrived.
- SMART participants learn to activate internal locus of control skills, rather than relinquish control to a 'higher power.'
- Anonymity, peer support and focus on multiple behaviours, may help participants overcome some of the stigma associated with attending specialist addiction services.
- SMART Recovery groups have the added benefit of accessibility with no cost incurred, no waiting list, and a range of groups available across a variety of accessible locations.

Our Organisation cont.

Stages of Change

SMART participants will be at different stages of readiness to make a change. Some participants will be wondering if they need to change at all, some preparing or ready for change, some already having made significant changes.

SMART mutual-aid

Mutual aid (peer support) is a process of giving and receiving non-professional, non-clinical assistance between people with similar experiences or circumstances and has been shown to support the achievement of long-term recovery from alcohol and/or other drug-related problem behaviours.

Mutual aid builds connection and empathy, helps with goals and accountability and supports the attainment of internal locus of control (builds the gut strength for self-management across a range of life domains). Peers can help challenge each other.

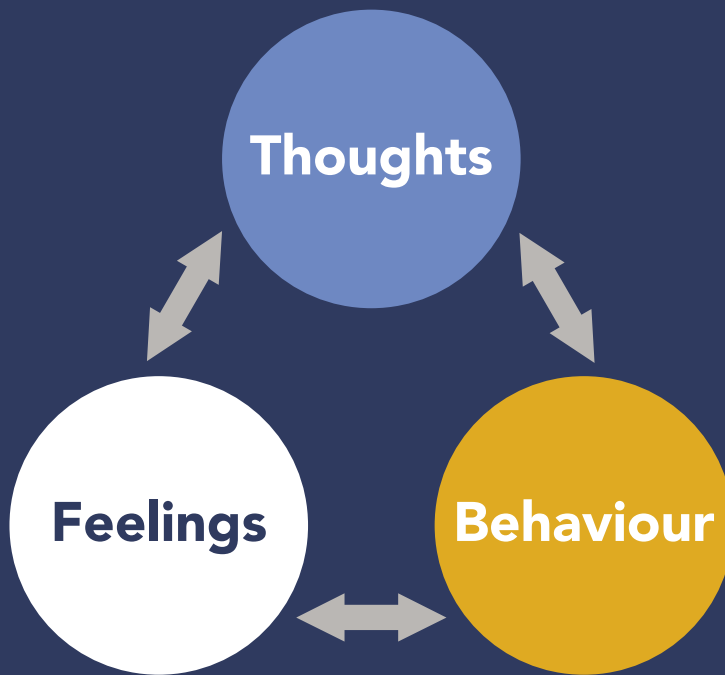
SMART participants are there to help themselves and each other.

Cognitive Behavioural Therapy and Motivational Interviewing

The SMART Recovery program utilises Cognitive Behavioural Therapy (CBT) and Motivational Interviewing (MI) philosophies and techniques. These evidence-based psychological approaches have proven to be useful in working with many challenges to our wellbeing, including stress, unhappiness, depression, anxiety and behaviours of concern.

The FIVE stages:

1. **Pre-contemplation** (not thinking about changing)
2. **Contemplation** (thinking about changing)
3. **Preparation** (getting ready to change)
4. **Action** (doing it)
5. **Maintenance** (sticking to it)



Motivational Interviewing

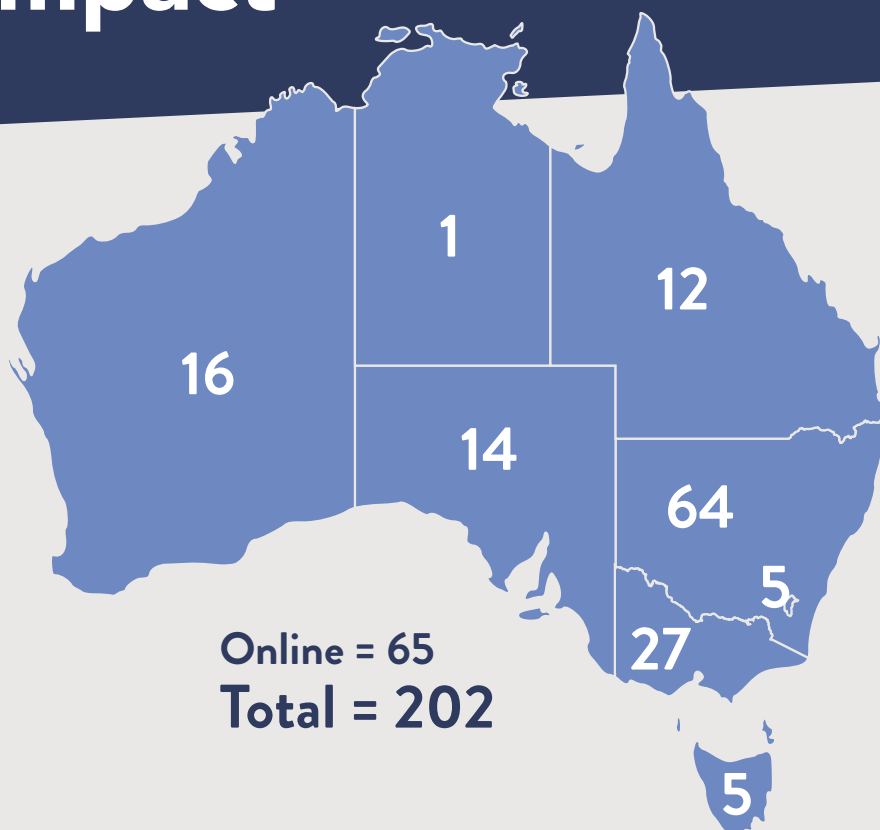
The Five principles

1. **Develop discrepancy:** Support each participant to explore the space between where they are and where they want to be. Is there a difference between what they are saying and doing? Are current behaviour(s) leading them closer to their goals? What might help?
2. **Express empathy:** Show that you are actively listening and that you care. Model compassion, be open, respectful and genuinely curious about how your participant sees the world and their options for change.
3. **Amplify ambivalence:** Explore how each participant feels about their behaviour, both good and bad. Let participants verbalise their ambivalence about changing. Ambivalence is normal, so normalise it. Elicit the participants' own motivation to change.
4. **Roll with it:** Don't be drawn into arguments, the motivation to change must come from the participant. Clarify what the participant thinks and be open to their perspectives. Enable freedom of choice and encourage self-management.
5. **Support self-efficacy (self-belief):** SMART Recovery is about helping participants realise that change is both possible and achievable and that they are the only ones who can make it happen. Support participants to value their own strengths and set their own goals. Make affirming statements. Help the participant build confidence in their own ability to change.

Our Social Impact

SMART Meetings

Throughout the year SMART Recovery Australia provided over 200 meetings nationally with a high percentage of online meetings due to face to face COVID restrictions. We finished the year with a number of those meetings reverting back to face to face whilst retaining a strong need for digital meetings and support.



173
ONLINE
TRAINING

5
FACE TO
FACE

25
FAMILY AND
FRIENDS
TRAINING

SMART Facilitator Training

SMART Recovery Australia is committed to developing the existing service system and working with our Members to train Facilitators. Across the country SMART Recovery Australia trained over 200 Facilitators to deliver SMART meetings within their organisations and communities. This includes Volunteer Facilitators and our Lived Experience (LX) Peers who continue their recovery journey from SMART participant to Facilitator.

SMART Participant Tools

In addition to our evidence-based, in-person and virtual Facilitator Training, SMART provides participants with tools to support their recovery journey with over 165 participants using SMART Participant Manuals to support their attendance at meetings.

Evidence Based Support Tools	
Type	Number of Copies
Participant	125
Family and Friends	44

SMART Health Approach: Diversion from Criminal Justice System

This year over 1,100 participants required a proof of attendance to support criminal justice matters. To receive a certificate of attendance, participants must attend a minimum of 5 SMART Meetings. All participants demonstrated a commitment to reducing the impact of their problematic behaviour for themselves, their family and the wider community.

Month	Number of Certificates
June 2022	201
May 2022	200
April 2022	75
March 2022	97
February 2022	116
January 2022	100
December 2021	43
November 2021	49
October 2021	54
September 2021	71
August 2021	45
July 2021	67
Total Number	1118

Our Social Impact cont.

SMART Training Programs

SMART runs a number of specialised Training and Meetings to ensure participants are supported to connect with their community and support one another in their recovery journey.

SMART Practice Spotlight: Online Meetings and COVID-19

SMART received an Alcohol, Tobacco and Other Drugs - COVID-19 Response Grant to respond to the pandemic. This funding enabled us to rapidly expand SMART Recovery online meetings across Australia at a time when face to face service delivery wasn't possible.

We were privileged to work in partnership with many of our Members to deliver on this project. Several highlights worth noting were that from a base of 6 online groups, we set up and hosted 174 groups during the grant period and supported over 47 SMART partner organisations to keep delivering a vital service during COVID-19 lockdowns.

SMART worked with over 30 SMART Volunteers and more than 90 SMART facilitators across 47 service providers including Community Services, Health, AOD and Mental Health sectors.

Measuring Our Impact

- In 12-months 2,786 groups were delivered to approximately 41,752 attendees 50000 in the 18 months report.
- Participants reported strong engagement, positive experiences and recovery benefits.
- 91% of people with experience of face-to-face groups felt online groups were 'just as good' or better.
- The online platform provided SMART the opportunity to engage with clients who had never previously engaged in recovery and make it more accessible to a larger demographic.
- The number of online groups increased from just 6 pre-COVID-19 to 132 at the end of the project.
- The average number of groups delivered and attendees per month were maintained across a two-month follow-up period.

SMART Aboriginal and Torres Strait Islander Program

SMART Recovery Australia is committed to culturally competent practice and ensuring our training and meetings support Aboriginal and Torres Strait Islander communities.

SMART Recovery is currently implementing Dr Elizabeth Dales research in partnership with our Aboriginal Action Group. Through co-design, deep listening and partnering SMART Recovery will be redeveloping and launching our Aboriginal and Torres Strait Islander program in 2023.

Our Aboriginal and Torres Strait Islander Research

Dr Elizabeth Dale is a Worimi woman completing a Doctorate in Clinical Psychology. Dr Dale's research is a world first, investigating the cultural suitability and helpfulness of SMART Recovery for Indigenous Australians. Through collaborations with Aboriginal and Torres Strait Islander facilitators and group members, Liz's research delivers practical recommendations regarding the most culturally appropriate way to deliver SMART Recovery groups with Aboriginal and Torres Strait Islander participants.

SMART Family and Friends

The sole aim of our Family & Friends program is to improve the quality of life, coping skills and support system of those affected by a loved ones problematic behaviour. It is about helping those people to regain control of their own lives.

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.

We also have a Family & Friends Manual which is a comprehensive self-help book for people affected by the addictive behaviour of someone close to them.

Thanks to a grant from the Alcohol and Drug Foundation we have increased our capacity to effectively deliver SMART Family and friends meetings.

Our Social Impact cont.

Measuring Our Impact

- Trained 24 new facilitators in the SMART Family and Friends program
- 10 new groups were delivered by 6 volunteer facilitators and 10 facilitators from six organisations
- Evaluation showed that Facilitators felt adequately equipped to deliver the SMART Family and Friends program and found the training to be useful and relevant
- Qualitative findings lend insight into considerations for enhancing program delivery, engagement and uptake

SMART Justice Programs: Inside Out

SMART Inside Out program is our flagship justice program supporting people in custody on remand, sentenced and pre release.

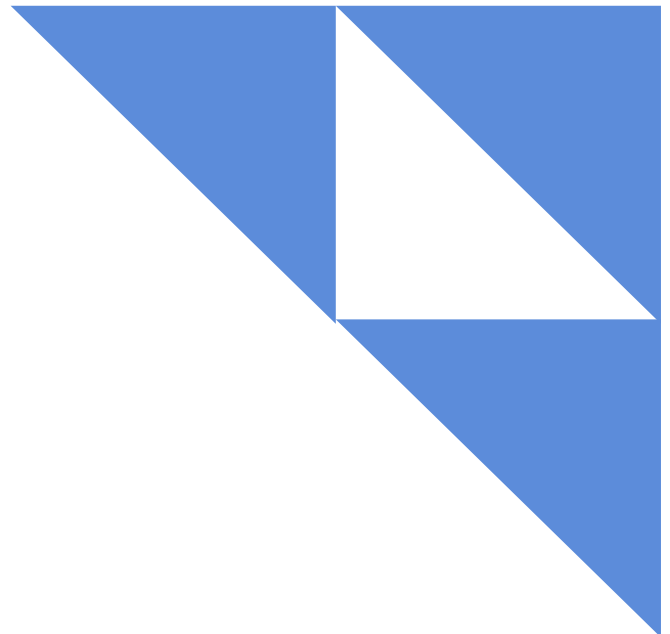
Inside Out focuses on core SMART Recovery tools and techniques and helps participants identify and overcome errors in thinking that can lead to problem behaviours and negative consequences.

CBT tools and techniques enable participants to change their thoughts, feelings and behaviours so that they can live healthier, crime-free lives. Participants will also acquire the skills to solve problems and deal with everyday stresses when they are back in the community.

The aims of the program are to reduce the risk of re-offending, treat alcohol and/or other drug use to reduce dynamic risk and prepare and motivate offenders to participate in ongoing SMART Recovery maintenance meetings in the community.

“The focus is on the family and friends/ supporters of people with behaviours of concern and teaching practical skills to improve their own resilience and wellbeing”

Josette Freeman, Ambassador
of SMART Recovery Australia



Measuring Our Impact

- In a study of 2,343 offenders over a four-year study attending SMART, the program was significantly associated with improved odds of time to first reconviction by 8 percent and to first violent reconviction by 13 percent, compared to controls.
- Participants attending both Inside Out in Custody and SMART Recovery in community, had significantly lower reconviction rate ratios for both general (21 percent) and violent (42 percent) crime, relative to controls.
- Attendance was associated with significant reductions in reconviction rates of 19 percent, and the reduction for SMART Recovery attendance (alone) was 15 percent, the latter figure being non-significant.
- In all, 20 hours in either SMART program (ten sessions) was required to detect a significant therapeutic effect.

SMART has partnered with Palmerston and the Solid Steps Program in Western Australia to train a number of staff online to deliver the Inside Out in Casuarina Correctional facility.

During the last year there have been some very positive outcomes and a steady stream of participants at the correctional facility making significant changes in their lives and behaviours through the SMART program and then also going on to complete the SMART facilitator training through online training. Here is a quote from the Program Manager at Solid Steps.

“We are celebrating 2 years of the Solid Steps program run in the maximum security Casuarina Prison located in WA. One of the core components of the program is SMART Recovery Group. We run Get SMART psychoeducational classes for Stages 1 and 2 and SMART Recovery group for stage 3 participants. SMART groups are very well liked by our participants and SMART goals are our everyday routine. Participants set up their goals weekly and share/review them during our morning Community Groups. We’ve also trained 12 participants to be SMART facilitators after their release from prison. SMART groups are a great option for our participants, helping them to focus on 7 days goals, dealing with anxiety, catastrophising about the future and also deal with ‘instant gratification’ issue.”
Solid Steps Program Casuarina Correctional Facility

Our Social Impact cont.

SMART Teens: Supporting Young People:

Our Teen and Youth facilitator training programme is specifically aimed at professionals who work with Teen & Youth clients.

The focus of the SMART Teen & Youth program is on changing problematic behaviour in the 'here and now' through learning and applying the SMART principles. The program helps build self esteem and encourages its young participants to take responsibility, make decisions, and come up with their own solutions with the help and support of the group. It helps our Youth to learn from experience, build their consequential thinking skills and support network.

Each week participants learn a new section of the SMART 4-Point Program, have an opportunity to 'check in' with questions and comments, or share any particular problems they are having. Before leaving the group each week they set an achievable goal for the next seven days.

Our Youth Facilitators

"Our youth focussed SMART Recovery group program has been instrumental in helping many young people make changes to their addictive behaviours.

Young people often arrive with low expectations about our youth focussed SMART Recovery meetings and leave saying they learned valuable ways to cut down or stop their problematic habits and addictive behaviours.

Participants frequently comment that talking with others of a similar age helps them feel like they are not alone with the challenges they are facing."

**Midjuburi Youth Resource Centre and
Newtown Neighbourhood Centre**

SMART LGBTIQ+ Supporting Gender and Sexually Diverse Australians

Currently SMART Recovery Australia is collaborating with Meridian who delivers online group meetings supporting LGBTIQ+ people who would like to start a conversation around their use of alcohol & other drugs. These SMART Recovery meetings are a safe, inclusive environment for the LGBTIQ+ community to help address why we may struggle and how to foster a healthy relationship with alcohol & other drugs that aligns with our personal life goals and sense of wellbeing, be that moderation, taking a break or ending the relationship all together.

Meridian has a fabulous team of trained SMART Recovery facilitators from a diverse range of backgrounds and lived experiences. Meridian hosts one of the only online LGBTIQ+ SMART Recovery meetings, ensuring a truly welcoming and inclusive space. Discretion is assured and privacy is of the utmost importance to participants and facilitators.

Our LGBTIQ+ Member Meridian

‘Facilitating a group for and by the LGBTIQ+ community creates a safe space, free from judgement. Many people have tried numerous other treatment and self-help groups, and feel comfortable with SMART as it is accepting of where people are at, and who they are. There’s no religious basis to SMART which the LGBTIQ+ community can sometimes find triggering. It’s been an amazing journey from 2-3 participants, to up to 11 from all around Australia and overseas a year on. Our facilitators have diverse backgrounds including gender and sexuality, culture, peers and health professionals. We all provide valuable insight and skills to assist people on their recovery journey. Giving back to our community is very rewarding” Meridian ACT

Our Social Impact cont.

Our LGBTIQ+ Facilitators

“I didn’t realise how much I would gain personally from facilitating. Being able to hold space for people to be vulnerable and share experiences is very rewarding and inspiring. It also reinforces how the common thread of stigma and discrimination is often the underlying reason for Queer people’s addictions. Supporting the exploration of new ways to live more fulfilling lives and reach personal goals has also helped to reinforce my own recovery journey. There is a core group of participants who have become regulars and it’s great to see how welcoming and supportive they are of any newcomers; constantly demonstrating the connectedness of our community. It’s very humbling. I feel honoured and privileged to be part of this group and at the end of each meeting elated by what has been achieved and such a sense of accomplishment. I’m so excited to see how this community will evolve going forward”.

Our LGBTIQ+ Participants

- I’m really feeling the queer love and it’s a safe space
- I like talking to people from my community and not feeling judged
- This is the piece of the puzzle that was missing from my recovery-shared experiences, and cathartic

SMART Veterans and First Responders

Veterans & first responders can sometimes experience issues such as addictive behaviours and/or mental health issues, directly related to their service. Traumatic experiences can overwhelm coping skills, intrude on personal life, affect professional performance and cause mental health conditions. Many will self-medicate with alcohol and substances or engage in risky behaviours that can compound problems.

SMART has been collaborating with organisations to support the running of Veteran and first responder’s meetings focused meetings. Families of veterans are at risk as well. These experiences are often not directly shared with loved ones and can create excessive strain, and the homecoming (either from a great distance or nearby) of their loved one may bring powerful anxieties for everyone involved. Their beloved family member may have post-traumatic stress disorder and /or brain injuries. Unhealthy coping behaviours and lack of healthy support can set off a downward spiral for all involved.

Our Member: Royal Australian Navy

“The Royal Australian Navy recently trialled the implementation of a SMART Recovery program in the workplace. The trial focused on current serving members, as opposed to retired veterans, to enhance the existing AOD peer support program within the Navy. As the trial was conducted at a training unit, the primary demographic age group was 18-25. With group work already a part of the Navy AOD program, SMART approach worked well with Navy’s existing suite of support programs and provided additional flexibility and access for members who may not have considered group interventions in the existing four day program format. The feedback from participants during the trial has been positive. The SMART program enabled participants to share their recovery goals in a supportive and non-judgemental environment with peers within the Service. Navy has two active SMART facilitators and intends to train others to provide a more national coverage at each Naval base”

Andy Buckingham, Lieutenant,
RAN Training Coordinator - Navy Alcohol & Other Drugs Services

Our SMART Participants

What they say...

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

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

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

“ I love SMART, the meeting are a game changer ”

“ I like the fact that I don’t have to call myself an addict. I think the fact that it’s problem solving and setting your own goals ”

“ I like focusing on settling realistic goals and not demanding perfection ”

“ I love these groups! It is whatever works for you and it is okay that everyone is different and may have different beliefs and ideas ”

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

Our SMART People

SMART Recovery Australia's dedicated staff and volunteers have achieved great things this year. This year we shine a light on our two National Trainers Dan and Sally.

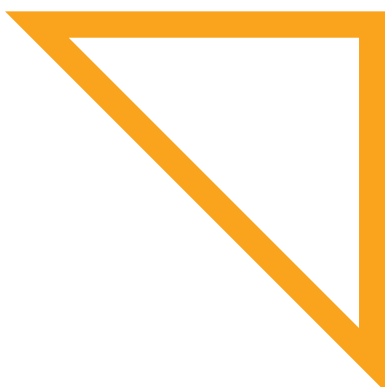
Daniel Raffell - Senior National Program Manager & Trainer

Dan joined SMART Recovery Australia in October 2016. Originally from Scotland, Dan has nearly 20 years experience working in addiction recovery, peer education and within the homeless sector in the United Kingdom. Dan has worked with a number of leading non-government organisations within the mental health, addiction and youth sectors. Dan is also a member of the board of Directors Silky Oaks Children's Haven, a Brisbane based Health and Community Service.

I am passionate about SMART because...

"I love to see people who are experiencing addictive behaviours gain more control over their lives. Having come through the journey of addiction and recovery myself in 2002 I can fully relate the challenges it can bring. I wish I had SMART Recovery as an option in my life back then and maybe it would have been a much easier journey.

I strongly believe in peer support and mutual aid and that those seeking recovery are the experts in themselves. My desire is to see people equipped with the necessary tools and strategies and empower themselves to live more balanced and fulfilled lives. SMART works and is changing the landscape of group support across the globe."





Sally Boardman - National Program Manager & Trainer

Sally has a Masters in Psychology and worked for many years as a rehabilitation psychologist both in the UK and in Australia. Sally is fascinated by the brain and body connection and passionate about helping empower people to gain control over their lives. She has extensive training in meditation, mindfulness and neuroscience in addition to brain-mapping and neuro-feedback therapy. In 2014 Sally trained with Dr Joe Dispenza, best-selling author and international speaker, and is a certified trainer of his work. Sally has a wealth of training experience with tools and strategies that help equip people with the power to change.

I am passionate about SMART because...

“SMART saves lives. To me it can come down to being as simple as that. SMART groups have the ability to save lives in the moment - as participants make a choice to attend a meeting instead of something else - and in the long-term, as participants take back control of their lives. Step by step. Week by week. Supported by others who understand, listen and offer suggestions from their own experiences. The power of the SMART program is its focus on the here and now, on how we can take our power and choice back in this moment, this hour, this day, this week. Small steps lead to big changes. SMART helps people to make different choices and different choices lead to different behaviour and different outcomes.”

Our SMART Facilitators

SMART Facilitator Joseph Abdo Mental Health Therapist

I have been involved in running SMART Recovery groups since 2021 as a volunteer. As a mental health clinician and social worker, I am trained in several modalities that ameliorate the challenges of addiction. What I love about the SMART model is that it focuses on behaviour change and it is designed to teach clients how to manage themselves. This reflects the old metaphor that “give a person a fish, and you feed them for a day. Teach them how to fish, and you feed them for a lifetime.” The SMART recovery model, in my experience, empowers the clients and treats them as equals. This creates a rewarding space to facilitate in as the conversations become enriching and solution focused.

Another powerful strength of SMART is the availability of online access. This has meant people can access support from anywhere in Australia. Access to support has been a crucial issue for clients during the pandemic and services such as SMART recovery are crucial in bridging the distance in support for clients who are isolated. Overall, I envisage to continue to work actively within the SMART Recovery model to ensure that clients continue to receive support and learn behaviour change skills.



SMART Facilitator Neia Wong Social Worker

I often tell participants during my online meetings that they make my Fridays so special, and how they make it worthwhile turning up every week to facilitate the group! In the beginning, when SMART went online, I had around four participants and they have now become my regulars. They look forward to seeing each other every week and gain support from the group. I now have an average of 8-12 participants each Friday.

I had, and continue to have, the privilege to facilitate participants from overseas. One was from Miami, USA. He became a source of strength to many that were just beginning their recovery journey. Others that have attended, and are still attending, live in Thailand, United Kingdom, and Bali.



What makes me passionate about SMART is seeing how participants gain knowledge and strength through peer support to overcome whatever is in front of them that has been blocking them to live a fulfilling life. I have seen families being strengthened by the skills, knowledge, and support gained, while meaningful support was provided to their loved ones at different stages of their recovery process. If you ask me what keeps me motivated to continue facilitating my online and face-to-face meetings, my answer is simple, I feel blessed. There is nothing more satisfying like watching the recovery journey of the participants from the very beginning up until when they feel strong enough to live their lives purposefully and fulfilling.

SMART Facilitator Nick Kenny Counsellor

Nick Kenny is SMART Recovery facilitator, ACA-accredited counsellor, Chief of NSW Speakers Tribe, and Partnership Manager with the mental health organisation KYDS Youth Development Service. A member of Mensa International High IQ Society, he has completed a diploma of counselling, a Bachelor of Arts with honours in modern history, and master of politics and public policy.

However, this didn't come easily. Growing up with a quadriplegic father, an ADHD diagnosis, and the misguided belief that young men use drugs and alcohol to manage their emotions, Nick struggled with mental health and addiction throughout his life. In 2019, feeling as though he had lost everything, he experienced a mental health crisis. He walked into a SMART Recovery meeting and began making better decisions, improving his life, and helping others along the way.

Since then, he has spoken in front of hundreds of different audiences, and since lockdown has helped over 4000 people take ownership of their mental health through workshops and presentations. He believes that exercise, purpose and connection are fundamental to transforming the self, community and world. In his spare time, he can be found trying to stay afloat on a bodyboard.

I'm passionate about SMART Recovery because it took me from my darkest hour into my brightest light. When I'd tried everything and lost everything, SMART gave me the tools and 16 hope that I could change my life. I love facilitating SMART meetings and witnessing the raw courage and honesty it takes for people to make the hard decisions. Thank you SMART!



Our SMART Members

SMART Recovery is committed to building and supporting the existing service systems in local communities. We are proud to partner with Members who facilitate SMART meetings and support all Australians to live a life free of addiction.



Thank you to all our SMART Members

- Central Bayside Community Health Services
- Health and Wellbeing Plus (Joblink Plus)
- Swan Hill District Health
- Holyoake
- Donnybrook Community Centre
- WRAD
- Central Bayside Community Health Service.
- Turning Point
- Pangula Mannamurna Aboriginal Corporation
- Teen Challenge
- Centacare
- Country and Outback Health
- Riverina Recovery House
- Barwon Child Youth and Family
- Anglicare Tas
- Jewish House

Our Supporters

SMART recovery Australia would like to thank the Wales Family Trust for their continued support of SMART Recovery Australia.

SMART Recovery Australia would also like to thank the Federal Government for their ongoing support of SMART online meetings and digital innovation.





Introducing our Five Year Strategy

Our overarching goal over the next five years is to truly make SMART accessible for all Australians living with problematic behaviours and addiction whilst diversifying our funding so that support remains long into the future.

As a priority this includes Aboriginal and Torres Strait Islander Australians, people in prison, young people, LGBTIQ+ Australians, Veterans and First Responders. Together in partnership with our Members and SMART affiliates globally we will develop and deliver SMART Training and Meetings that ensure everyone can live their best life.

With the ongoing and committed investment of our supporters and Members we will meet the growing need and ensure SMART Recovery Australia is Australia's first choice in mutual support.

While the COVID pandemic has presented many challenges, it has also shown us that when we come together as a community we can support one another to be the best version of ourselves. As organisations and a service system we can innovate and collaborate to meet the needs of participants by creating digital communities of practice.

Our strategic principles have been refined and updated to guide our strategy development and decision-making. The principles represent the essence of SMART Recovery Australia and our 'non-negotiables' in determining the 'what' and 'how' of our organisation. We look forward to embedding our Strategic Principles in all that we do.

As we embark on our next 5 years we must continue to adapt and innovate to meet the challenges of our time. We must also maintain a commitment to understanding the impact of our work.



April Long
Chief Executive Officer



Our Vision

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

Our Purpose

SMART Recovery Australia provides evidence based tools to support individuals and their families and friends to manage behaviours of concerns and improve their wellbeing¹.

Our 2027 Ambition

Over the next five years to 2027, we have set a bold strategy to deepen our impact and grow our support of people living with behaviors of concern from 2,000 weekly to 10,000.

Our Strategic Principles

Diversity

We ensure that diversity, inclusion, and belonging underpin our work

Evidence Informed

Our work is evidence informed and outcomes focused

National Reach

We grow influence through advocacy and our national reach through partnerships

Collaboration

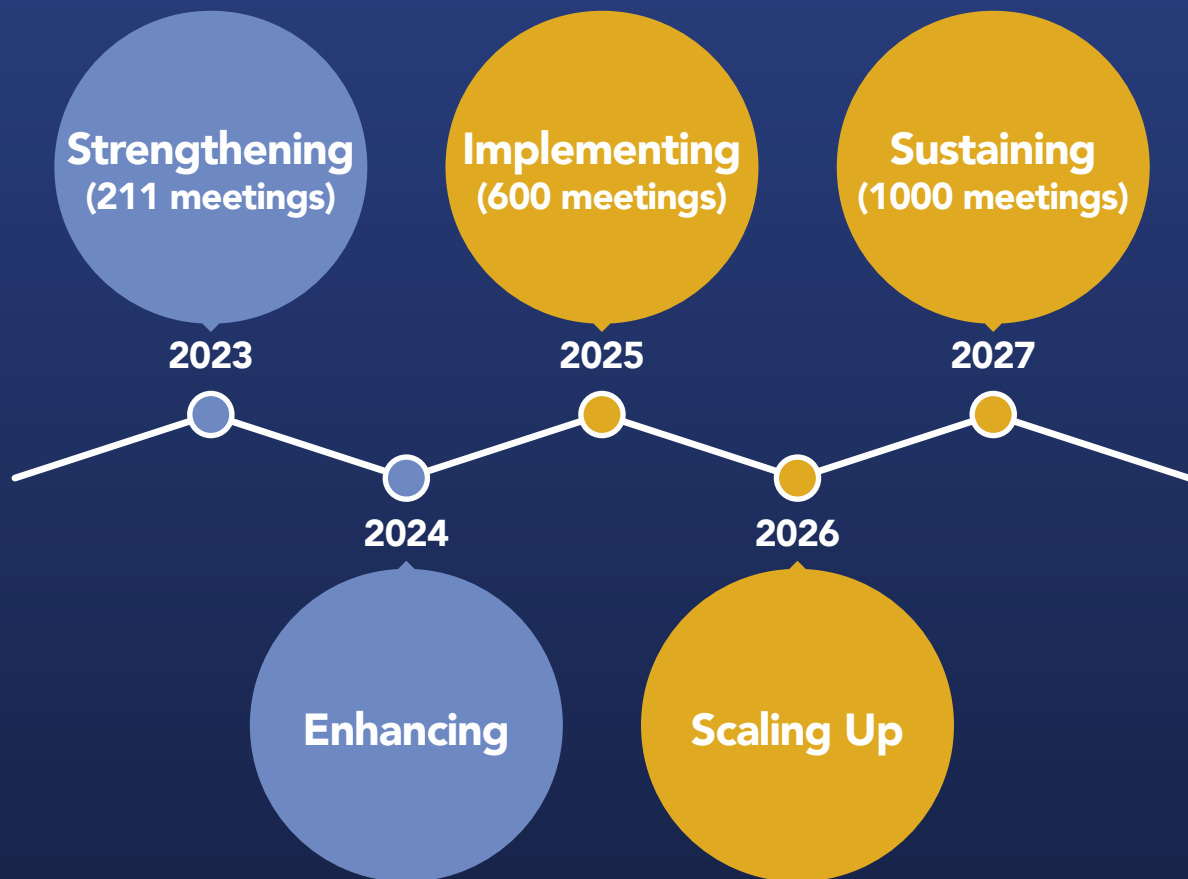
We do what we are best placed to do and partner with our Members for impact

Innovation

We invest in innovation that aligns with our Strategy and creates value

1 Behaviours of concern include any actions undertaken by an individual where the consequence of such negatively impacts the individual or those around them.

Five year Focus: 2022-2023 to 2026-2027



Top Strategic Priorities next 18 months

In this strategy, we have elevated five organisational priorities that will underpin our work and inform our actions over the next 18 months.

- 1 Financial Sustainability**
Ongoing Government Funding
- 2 Growing Our Practice**
Significant and Strategic Partnerships
- 3 Data Enable and Digitise**
Facilitator Hub, Participant Portal and CRM
- 4 Supporting Our People**
Workplace of choice
- 5 Developing Our Voice**
Sector Thought Leadership

Our Ambition by 2027

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

Strategic Priority 1: Financial Sustainability

We ensure our financial sustainability by developing and resourcing relationship management strategies with all levels of government, donors, philanthropists and corporate Australia. We ensure the successful delivery of major government contracts while renewing or replacing expiring funding agreements.

Diverse Income Streams

- Recurring Government Funding
- Engagement with PAFS
- Grants and Foundations

Strategic Priority 2: Scale Effectively

We scale effectively by growing our practice through innovation to reach 10,000 participants weekly in the next five years ensuring all Australians are supported to live their best life.

Partnerships and Programs

- Membership Model
- Innovation to enhance service offering
- Significant and strategic Partnerships

Strategic Priority 3: Data, Enable and Digitise

We use data and digital technology to amplify and accelerate our mission, deliver greater impact at scale, improve stakeholder engagement and improve organisational efficiency and effectiveness.

Technology that Amplifies

- CRM and Integrated Systems
- Improve Digital Meeting Infrastructure
- Facilitator Hub and Participant Portal
- Collaborator on Digital Strategy with Smart Recovery International

Strategic Priority 4: Supporting Our People

We support our people and enable high performance by providing staff and volunteers with the tools and support they need to expand our reach. Our people thrive in a resilient, adaptive and contemporary culture, where team members and volunteers are enabled, feel empowered, and have the skills and mindsets to deliver our vision and purpose.

People that Thrive

- Ensure effective recruitment, onboarding, training, tools and support
- Implement policies and initiatives to be a workplace of choice
- Wellbeing Workshops

Strategic Priority 5: Developing Our Voice

We develop our standing as an accountable, trusted and credible voice. Our engagement strategies position SMART Recovery as Australia's first choice in mutual aid.

Advocacy and Communications

- Ambassador Program
- Government Engagement Strategy
- Sector Thought Leadership

Our Research

SMART Recovery Australia has a commitment to evidence and research informed practice. In the last financial year we secured a number of key research grants to progress our practice.

Our Research Advisory Council (<https://smartrecoveryaustralia.com.au/about/our-team/research-advisory-committee/>) continues to provide expert advice on evaluation and research to ensure better outcomes for participants.

Working with some of Australia's leading addiction scientists and researchers we continue to develop our practice and invest in research that changes lives.

SMART Recovery International: Act Locally Think Globally

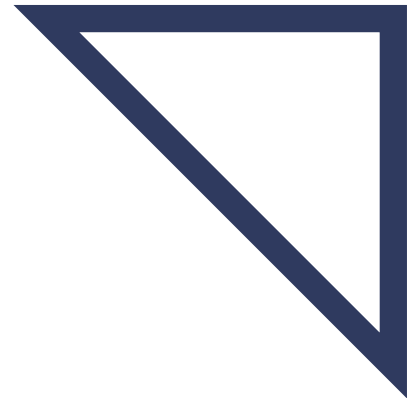
SMART Recovery Australia is proud to be a member of the Global SMART Recovery Community. Together we share practice, evidence and advocate to reduce the stigma and shame associated with addiction. As SMART Recovery Australia's reach grows so does our International Community.



Our Global Impact: SMART Facilitators and Participants

“ I think the biggest challenge for our participants – me included – is asking for and accepting help. Our participants have dedicated their lives to serving others. It’s second nature for us. Being the one in need of support is unfamiliar territory and can be a struggle. ”

Holly Paulsen SMART Veterans US



“ We let our participants, clients and partners decide what works best for them. We’re about promoting options. ”

Michael Hooper
SMART USA

“ Through SMART I make people SMART. ”

Reverend Praise, Kerala, India

*“SMART gave me
my life back.”*

Patrick, Malaysia

*“SMART Recovery brings four simple
steps together in a way that works
with people from diverse backgrounds.
The simplicity of the program and the
support provided by SMART Recovery in
training our psychiatrists and counselors
has facilitated a smooth induction of
SMART Recovery across our different
Districts.”*

Dr. Kaustubh Sharma, Inspector General of
Police, Faridkot Range, Punjab State, India

*“I facilitate to help others,
but I also facilitate to help
myself.”*

Facilitator, Indonesia

Our Board of Directors

Brett Savill - Chairperson

Brett is an experienced corporate executive, non-executive director and advisor with a particular focus on building businesses in the technology, media and telecommunications sectors. He has broad C-suite experience as Chief Executive Officer of ASX-listed Zimi (ZMM) and Free TV Australia, as well as being a CFO and Corporate Development Director at BAI Communications. Prior to that, he was a Partner at PwC. Brett lives in Sydney with his wife and two children.

He is on the advisory board of RESULTS Australia, enjoys literature and hiking, and plays golf badly.



Clare Bower - Treasurer

Clare has more than 20 years' experience in providing financial and operational audit, governance and risk advice to Australian and global organisations including major ASX listed companies, public sector departments and the not-for-profit sector. Her most recent role was as a senior partner at Deloitte where she was the Lead Partner of the Australian Risk Services Public Sector and Not-for-Profit industry group. She was a founding Director of the Deloitte Foundation and a recognised advocate of workplace diversity as an executive of the firm's Inspiring Women program. Clare is the Chair of SMART Recovery Australia's Finance, Audit, Risk and Remuneration Committee, as well as the Vice Chairperson of SMART Recovery International's Fundraising Committee.

Clare holds a degree in History and Philosophy (BA Hons), is a Graduate of the Australian Institute of Company Directors, studied post graduate accounting at the University of Technology Sydney and is a Certified Internal Auditor. Currently, Clare's focus is using her skills to make a community contribution. She is also a Director of the Tasmanian Land Conservancy and Treasurer of the Australian Watercolour Institute.

Tania Skippen

Tania is the Director of Avertis Consulting, providing management consulting to the health and human service sectors. Tania has over 30 years' experience working in health and mental health across three Australian states in clinical, training, management and senior executive positions. Her most recent roles were Deputy Commissioner for the Mental Health Commission of NSW and Director of Clinical Services and Programs for the Mental Health Branch, NSW Ministry of Health.

Tania has a Masters of Health Services Management (Planning), a BAppSc in Occupational Therapy and Prince 2 project management training. She is passionate about influencing strategy, policy and practice to help children and families impacted by social disadvantage and health and mental health issues to achieve their goals and live the lives they hope for. She enjoys bushwalking, ceramics and cooking for family and friends.



James Carr

For most of his career, James has worked in large media companies across operational, strategic and sales functions.

Most recently James has worked as Digital Commercial Director at Network 10, where he was responsible for commercial partnerships and digital sales operations. In addition to this James was a committee member of 10Gives, the charitable group within Network 10, which worked closely with UnLtd to raise funds for youth charities.

Prior to Network 10 James worked at Fairfax Media, News Limited, The Daily Mail, and several other large media organisations in the UK. James is a Graduate of the Australian Institute of Company Directors and has also delivered guest lectures at AFTRS to Masters of Screen Business and Leadership students on the topics of digital and business growth strategies.

Our Board of Directors

Scott Beachley

Digital CEO and C-suite leader, 20+ year commercial lawyer and board director / chair / company secretary. Extensive international experience in tech, telco and media. Expertise in strategy, risk, innovation, change management and leading global + local business critical functions including legal, compliance, ethics, regulatory + government affairs, privacy and data protection. Certified yoga teacher and performance coach.



Tory Loudon

Tory Loudon is one of Australia's leading directors of public talks, cultural festivals and events that explore the intersection of culture, technology and future society. She has a track record in tackling taboo topics and engaging the community in difficult conversations – particularly around stigma. Tory has produced Ideas and Cultural festivals for a number of leading organisations including the Sydney Opera House, Carriageworks and Vivid Ideas, Vivid Sydney. She is known for championing innovation and has increased the profile of organisations such as the Guardian and the Australia Council for the Arts. Her extensive experience includes business and audience development, stakeholder engagement, marketing, public programming and philanthropy. Tory has worked with a number of organisations in the mental health, well-being and addiction field including Noffs Foundation, Groundswell Project, Hello Sunday Morning and Black Dog Institute to present talks and events that ask people to question their assumptions and to equip them with the tools to have more empathetic discussions. Tory is planning to take her amateur but life-long interest in psychology to the next step and enrol in a counselling degree. She is looking forward to applying her experience to become an advocate for mental health support and tackling addiction in the creative industries.



Joyce Li

Joyce is a senior marketer with experience across global pharmaceutical sales and marketing portfolio management roles at AstraZeneca, BMS, Janssen, Shire and Sanofi Genzyme. Her therapeutic areas and specialty network cover genetic medicines, neurology, nephrology, haematology, immunology, infectious diseases, and psychiatry. She is also a team leader who led product launches and works with government funding authority and patient advocacy groups.

Joyce joined the Board of SMART Recovery through the University of Technology Sydney Community Development Program to support NFP organisations. She has been a guest lecturer at UTS Business school since graduating from there with her Executive Master of Business Administration with Dean's Award in 2013. She was also a trained broadcaster who obtained her Bachelor of Arts and Master of Arts at Macquarie University and University of New South Wales respectively.

Joyce is a graduate member of Australian Institute of Company Director, GAICD with interest in strategy development, business consulting, corporate governance, and financial management. She is passionate about working with people and assisting different stakeholders to bring out their best to achieve better health outcomes.



James Legge

James is a Senior Executive and Entrepreneur with over 15 years experience consulting organisations of all shapes and sizes on brand, product, marketing and digital transformation. He is passionate about helping not-for-profit organisations to leverage digital technology to deliver better customer experience. James lives on the Central Coast of NSW where he enjoys surfing, fishing and camping with his partner and friends.

For 2022 Financial Statement please visit:



SMART
Recovery

Life beyond addiction

SMART Recovery Australia
+61 2 9373 5100
smartrecovery@srau.org.au

smartrecoveryaustralia.com.au