

WHAT IS SMART RECOVERY?

SMART Recovery is a mutual-aid and strengths-based program that helps people manage their addictive behaviours.

SMART Recovery is a practical and solution-focused program designed to give those struggling with addictive behaviours a toolbox of coping strategies that they can use daily to achieve their goals.

Our Vision: Make SMART Recovery accessible to all people living in Australia.



WHAT DO WE DO?

SMART Recovery Australia coordinates over 170 weekly meetings where people with any form of addictive behaviour can seek help.

Meetings are run by our trained facilitators who lead group discussions on motivations and behaviours. Participants are challenged to participate and contribute as we believe that people are more open to their peers and will accept guidance and advice from people in similar circumstances.

SIGNIFICANT ACHIEVEMENTS IN 2016

- Over 1200 people with addictive behaviours attend SMART Recovery group meetings every week
- More than 170 weekly group meetings across Australia, 51% within NSW, 49% outside NSW
- 329 people completed our two-day training courses to become SMART Recovery facilitators including 16 who participated in our BeSMART (Families and Carers) training program
- SMART Recovery expands into New Zealand
- 8 peers (people that have achieved recovery through our program) trained as facilitators
- Now over 300 trained facilitators currently active in Australia
- Launched our nation-wide Weekly Data Collection project
- Research Australia paper on Getting SMART and SMART Recovery published in *Journal of Forensic Practice*

“ I recently completed the SMART Recovery Group Facilitators’ Training...I came away feeling confident that I will be able to facilitate a group in the near future. SMART Recovery is a very different approach to group work...”

- Dianne Jackson PIR Support Facilitator, W.A



STRATEGIC OBJECTIVES

- Increase the number of weekly SMART Recovery group meetings in Australia
- Review the BeSMART program and provide multiple training courses for this program
- Develop online facilitator training and online group meetings
- Implement a support program for our peer facilitators
- Contribute to the establishment of SMART Recovery International
- Be a strong, respected voice and policy advocate in the field of addiction recovery



SMART RECOVERY AUSTRALIA 2016 P&L

Income		Less Operating Expenses	
Grants	\$52,620	Conferences	\$19,140
Other income	\$1,513	Consultant & accountancy	\$16,357
Philanthropy	\$550,000	Database expenses	\$8,400
Training Sales	\$152,027	Evaluation	\$12,707
Total Income	\$756,160	Insurance and statutory costs	\$12,430
		Marketing & printing	\$14,608
		Meeting expenses	\$8,550
		Office expenses	\$29,958
		Rent	\$24,570
		Travel & accom	\$34,687
		Staff expenses & salaries	\$546,402
		Website development	\$6,307
		Total Operating Expenses	\$734,116
		Net Profit	\$22,044

....but it's the skills I've learnt in SMART, the people I've met there, and the support I've obtained that have been key to me turning my life around.

- SMART Recovery participant