

## 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 240 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 2017

- Over 1440 people with addictive behaviours attend SMART Recovery group meetings every week
- Over 400 active facilitators are running more than 240 weekly group meetings across Australia, with 8 in New Zealand
- Ran our first Peer Facilitator support forum and established a Peer Support strategy
- Established our first weekly online meeting
- Made significant progress towards the establishment of SMART Recovery International
- Held 79 two-day training courses that produced 520 SMART Recovery facilitators
- Appointed our first ambassador; Matt Scarce. Matt paddled from Brisbane to Townsville as an awareness raising campaign
- Research Advisory Committee secured a major grant from Health NSW to support their Routine Outcome Monitoring project

*“ I found it to be very engaging and well informed. I am confident I can now co-facilitate and then take on my own group. ”*

- Grant, Brisbane



## STRATEGIC OBJECTIVES

- Increase the number of weekly SMART Recovery group meetings in Australia
- Develop online facilitator training and online group meetings
- Develop a strategy for the Peer Facilitator support network
- Contribute to the establishment of SMART Recovery International
- Be a strong, respected voice and policy advocate in the field of addiction recovery
- Obtain accreditation with a government recognised accreditation program



## SMART RECOVERY AUSTRALIA 2016 P&L

Income		Less Operating Expenses	
Grants	\$11,300	Conferences	\$11,336
Other income	\$911	Financial management	\$21,607
Philanthropy	\$602,123	Governance	\$13,902
Training Sales	\$305,574	Insurance and statutory costs	\$10,787
Printed Material Sales	\$11,639	Marketing	\$19,616
<b>Total Income</b>	<b>\$931,547</b>	Meeting expenses	\$3,470
		Office expenses	\$28,458
		Printing, Telephones & Rent	\$49,468
		SMART Recovery Intl.	\$8,131
		Staff expenses & salaries	\$667,346
		Training	\$80,975
		Website development	\$27,030
		<b>Total Operating Expenses</b>	<b>\$942,126</b>
		<b>Net Profit</b>	<b>-\$10,579</b>

*...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