

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 300 weekly meetings where people with any form of addictive behaviour can seek help.

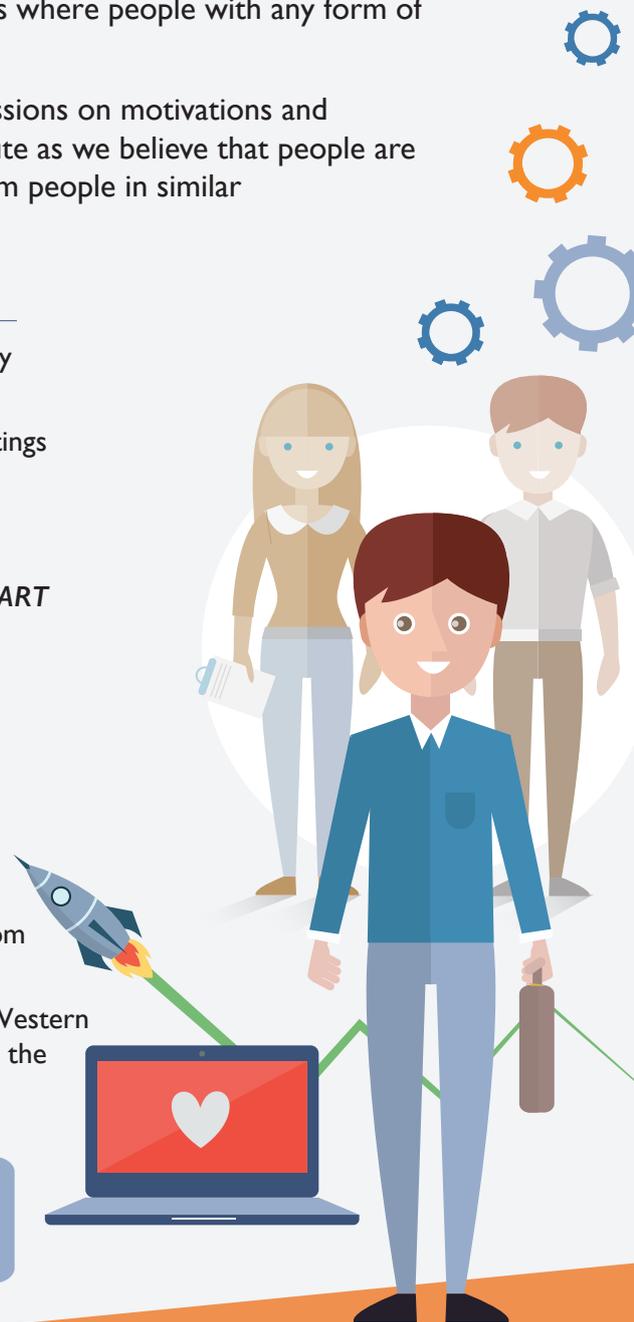
Meetings are run by our trained facilitators who lead group discussions on motivations and behaviours. Participants are challenged to participate and contribute as we believe that people are more open to their peers and will accept guidance and advice from people in similar circumstances.

SIGNIFICANT ACHIEVEMENTS IN 2018

- Over 1700 people with addictive behaviours attend SMART Recovery group meetings every week
- Around 400 active facilitators running nearly 300 weekly group meetings across Australia, with 14 in New Zealand
- Commenced popular quarterly topic webinars: *Understanding and Translating the Research Evidence for SMART Recovery into Better Outcomes for SMART Participants* and *Building Confidence as a SMART Recovery Facilitator*
- Conducting weekly online meetings
- Established SMART Recovery International
- Held 55 SMART Recovery facilitator training events
- Received Australian Service Excellence Standard Accreditation
- Winner 2018 NADA Excellence in Research and Evaluation Award
- Produced Harm Minimisation Statement developed with guidance from Research Advisory Committee
- Winner of an Excellence in Working with Families category of the Western Australian Network of Alcohol and other Drug Agencies Awards for the BeSMART program run by the WA Mental Health Commission

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

- Grant, Brisbane



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



AUDITED SMART RECOVERY AUSTRALIA 2017-18 P&L

Income		Less Operating Expenses	
Training & Printed Materials	\$339,129.70	Marketing Expenses	\$25,486
Philanthropy	\$805,000.00	Occupancy Costs	\$46,816
Other Income	\$2,945.33	Administrative Expenses	\$808,458
Research project	\$140,000.00	Other Expenses	\$65,920
Interest Received	\$763.54	Research Project	\$66,120.15
Total Income	\$1,287,839.15	Total Operating Expenses	\$1,012,800.15

Net Profit \$275,039

....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