



# **BREAKING THROUGH & GETTING SMART**

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Changing behaviour for a better life

S = SELF

M = MANAGEMENT

A = AND

R = RECOVERY

T = TRAINING

## What is SMART Recovery?

- “ Self help group
- “ Interactive – 90 minutes
- “ Individuals learn to take responsibility
- “ Choices
- “ Solution focused
- “ Focuses on ‘here and now’ (last 7 days)
- “ Leave with a plan



## 4 Part Program

1. Building and Maintaining Motivation
2. Coping with Urges
3. Problem Solving
4. Gaining Lifestyle Balance

# Cognitive Behavioural Therapy

“ Thinking

“ Feeling

“ Behaviour



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## CBT TOOLS

- “ Cost benefit Analysis
- “ Urge Log
- “ Daily Activities
- “ Challenge unhelpful beliefs



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## PROGRAMS

- ” SMART Recovery – General
- ” Getting SMART – Custodial
- ” Aboriginal SMART
- ” Teen/Youth SMART
- ” Be SMART – Family & Carers



## WHAT IS GETTING SMART?

- “Designed for custodial setting
- “12 sessions – 2 hour duration
- “Reflects SR 4 point program
- “Aim – to help offenders understand the concepts, tools & techniques of SMART Recovery.
- “New concept – Self Management.
- “Easy transition to community groups





SMART Recovery is a referral program from

- “ Probation & Parole
- “ M.E.R.I.T
- “ Juvenile Justice
- “ Forum Sentencing – A.G. Dept.



## **BENEFITS OF PARTNERSHIP**

- “ Through care
- “ Familiar with program
- “ Greater self-management



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## DIFFICULTIES

“Scared of confidentiality

“Abstinence to Harm Minimisation

“Coerced clients



THANKYOU

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