



# **SMART Recovery Australia**

## **SMART Partnerships**

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15th September 2009



**S = SELF**

**M = MANAGEMENT**

**A = AND**

**R = RECOVERY**

**T = TRAINING**



## WHAT IS SMART Recovery?

- Not for Profit
- Community
- CBT
- Uses ABC's to manage/overcome addictive behaviours



## **4 POINT PROGRAM**

- Building & Maintaining Motivation
- Coping with urges
- Problem Solving
- Lifestyle balance



## **ADAPTABLE PROGRAM**

- Corrections
- Cultural
- Indigenous
- Youth
- Gender



## GETTING SMART

- Correctional program
- 12 sessions
- structured



## **DEVELOPING PARTNERSHIPS**

- How to develop ???
- Who are our partners?
- Future partners