



# *Opening Doors Using SMART Recovery*

***“I cannot do everything but I can do something.  
And I will not let what I cannot do interfere with  
what I can do.”***

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**Coordinators**

# SMART OVERVIEW:

What does **SMART** stand for?

- **S = SELF**
- **M = Management**
- **A = And**
- **R = Recovery**
- **T = Training**



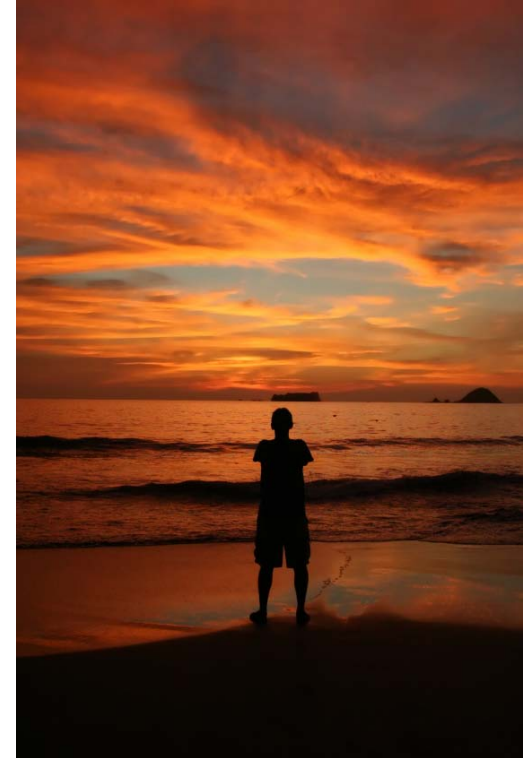
# HISTORY

- In Australia since 2003
- A non for profit, charity - August 2007
- SMART Recovery - nationwide
- Cater for all addictions & associated behaviours
- Adaptation of SMART



## SMART OVERVIEW:

- Based on CBT principles
- Focuses on “self” management
- The “here and now”
- Spirituality & labels are left up to the individual
- Includes all addictions
- Focus on “behaviours”
- Teaches practical tools and techniques for change
- Groups are interactive
- Solution focused



# SMART OVERVIEW

Four key points to the program

- 1) Finding motivation to change
- 2) Developing helpful coping strategies
- 3) Problem Solving
- 4) Lifestyle Balance



## **SMART Partnerships:**

- NSW Department of Corrective Services
- Getting SMART Program -2004
- 12 sessions
- Planning and strategies
- Attend SMART groups



# SMART Partnerships:

- Juvenile Justice
- Grant money
- Teen/Youth manual
- Coordinator
- Training
- Reiby JJ Centre



# Be SMART: Family & Carer's Program

- Grant money from NADA
- Isolated population
- 8 -week
- 90 minutes
- Based on SMART principles
- E.g.; self care, resisting guilt & blame, assertive communication, safety, lapse and relapse.







# CONTACT DETAILS

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