



INTRODUCTION TO SMART RECOVERY

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What is SMART Recovery?

- ✦ SMART Recovery is a self-help program that gives our mob a place to yarn about things that they want to change



What is it for?

- ✧ Drinking
- ✧ Drugging
- ✧ Sniffing
- ✧ Stealing
- ✧ Fighting
- ✧ Internet
- ✧ Depression
- ✧ Anxiety
- ✧ Anger
- ✧ Other behaviours

Yarningwith a PLAN!



What happens in a group?

- ✧ 60 – 90 minutes
 - ✧ Helping yourself and helping each other.
 - ✧ Choices & Consequences.
 - ✧ Sharing solutions.
 - ✧ Learning new ways. (tools)
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- ✧ How has your last 7 days been?
 - ✧ Anything troubling you? What is working well for you?
 - ✧ What would you like to talk about?

What happens in a group?

- ✦ Sit in a group / walk / paint – wherever comfortable
- ✦ Check-in on how last week has been. (ups and downs)
- ✦ Group discussion.
- ✦ Check-out. What is your plan for the next 7 days?

Teen / Youth Group

- ✧ Shorter group
- ✧ More visual
- ✧ Different wording



4 Points of SMART Recovery



- ✧ Motivation – you really want something
- ✧ Urges – you want something so badly.
- ✧ Problem Solving – are my choices hurting me or others? Staying strong. Doing.
- ✧ Lifestyle Balance – finding enjoyment. Reconnecting.



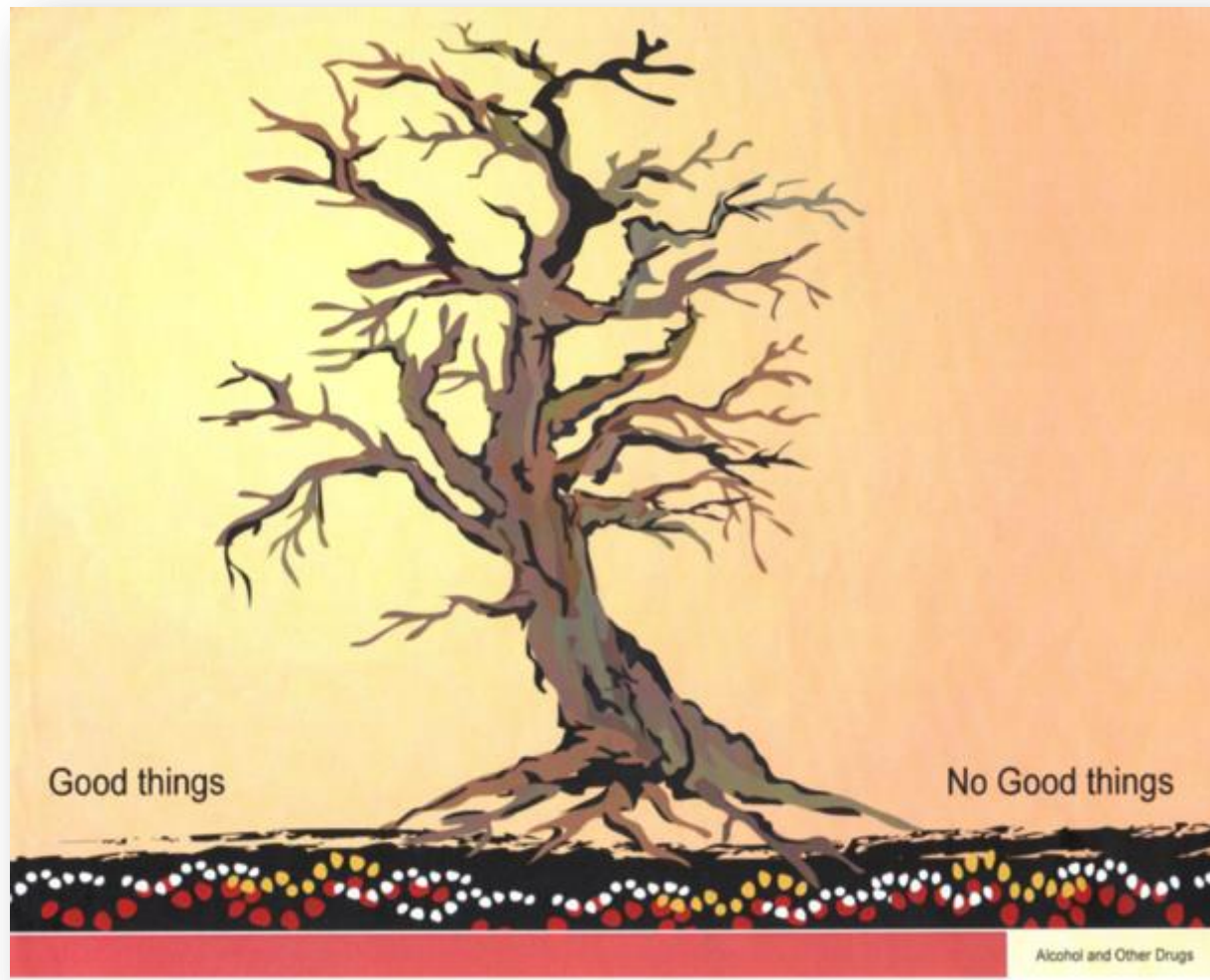
Stages of Change



Tools of the Program

- ✦ Challenging unhelpful thinking
- ✦ Cost Benefit Analysis
- ✦ Urge log
- ✦ Areas of Importance
- ✦ Activity sheets

Cost Benefit Analysis - CBA



What is important?



Language



Food



Kids



Husband or Wife



Community



Church



Country



Hunting/Gathering



Gambling



Money



Alcohol (Grog)



Culture/Stories



Job/Work



Gunja



Spiritual Beliefs



Smokes



Sport



Health & Wellness



Drinking Friends



Family



History



YOU

QUESTIONS

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THANK YOU

