



AGENDA

- ❖ What SMART Recovery wanted to achieve
- ❖ Who we asked and what they said
- ❖ Developments: New in 2015, coming in 2016



RECENT STAFF APPOINTMENTS



NEW BOARD ESTABLISHED



RESEARCH ADVISORY COMMITTEE



SMART Recovery Australia: Aims and Ambitions

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KEY PRIORITIES

- ❖ “Accessible to everyone in Australia” – Strategic Plan
- ❖ More ‘mutual’ in mutual-aid: Help people help each other better
- ❖ The best and most up-to-date program and materials possible

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Stakeholder feedback

1. National Survey (2013)
2. Facilitator Survey (training)
3. Industry Expert Interviews

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National Survey (2013)

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FIRST NATIONAL ANNUAL SURVEY

(Dr. Pete Kelly, University of Wollongong, 2013)

- ❖ First significant data collection from SMART Recovery Australia
- ❖ Facilitators (n=91) and group members (n=124)
- ❖ Questions about useful aspects of SMART Recovery, areas for improvement and more

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MOST HELPFUL ASPECTS OF SMART

	Participants	Facilitators
Group process	43%	25%
Tools and strategies	22%	35%
Structure and facilitation of the sessions	10%	11%
Psycho-education	8%	3%
Underlying philosophy of SMART groups	8%	26%

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AREAS FOR IMPROVEMENT

	Participants	Facilitators
Increased number of groups	30%	8%
Structure and program delivery	25%	8%
Updating content of groups	20%	31%
Promoting the groups	11%	17%
Refreshments	5%	-
Promoting social support	4%	-
Facilitator training	4%	31%
Additional funding	2%	3%

Facilitator Survey – Training (2014)

CONTEXT & DEMOGRAPHICS

(Survey Monkey - July, 2014)

- Facilitators encouraged to provide feedback on the face-to-face SMART Recovery training
- 114 Respondents – 66% Female, majority (61%) NSW, majority (57%) currently running a group, and majority working in healthcare professions
- 47% reported personal experience of addiction

FEEDBACK ON TRAINING

(Survey Monkey - July, 2014)

What they liked (Practical vs. Theory vs. Tools)

- Practical (Role Plays): 68% wanted to see more, 50% 'most useful aspect' now actually running a group
- Tools: 51% wanted to see more, 32% 'most useful'
- 2-day duration: 56% (1 day 34%, 3 days 9%)

FEEDBACK ON TRAINING

(Survey Monkey - July, 2014)

What Facilitators didn't like so much:

- Theory: 79% would cut amount of theory that existed
- Only 17% opted for theory as now 'most useful'

FURTHER FEEDBACK ON TRAINING

(Survey Monkey - July, 2014)

- 62% would participate in combination of online and face-to-face training (21% unsure)
- Broad (54%) support for post-training: 49% annual, 33% quarterly, 18% bi-annual
- Only 15% identified gaps in training content
- Calls for more ongoing support post-training, refreshers

'Industry' perspectives: Interviews with key experts (2014)

Perceived strengths / weaknesses, brand
recognition, training processes



KEY EXPERT INTERVIEWS

Conducted by Ryan McGlaughlin & Dawn O'Neil, Early 2014

- ❖ N = 14 (Board members and industry experts)
- ❖ Program highly regarded and seen as alternative or compliment to 12-step programs
- ❖ Challenges identified: Program updates and facilitator integrity, evidence-base needs building, training could be more interactive
- ❖ Stigma/Mythology around mutual-aid held by government, health professionals and community.

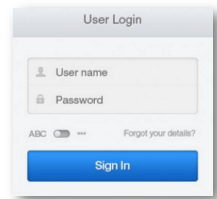


Developments in SMART Recovery Australia in 2015- 2016



NEW FACILITATOR TRAINING

- ❖ Online multiple-choice pre-training to introduce key ideas
- ❖ Linking '4-points' to theory, tools
- ❖ The role of the facilitator
- ❖ Allows for more role-playing and practical demonstration of tools during face-to-face training



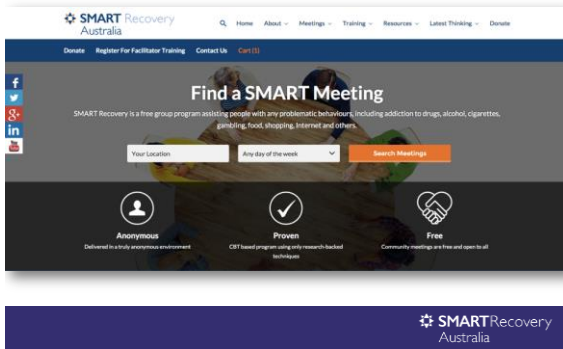
NEW FACILITATOR MANUAL



NEW BROCHURES, POSTERS, FLYERS



NEW WEBSITE



ONLINE MUTUAL AID

- ❖ Forums, LiveChat for participants
- ❖ Mutual aid for facilitators: Forums, LiveChat
- ❖ Dedicated Facilitator content: 'Strategies for dealing with difficult clients', etc.
- ❖ Facilitator newsletters



TAKING MEETINGS ONLINE

- ❖ Online meetings for those with no physical access
- ❖ Rural and remote + specific groups: Military, FIFO, specific language groups, teen & youth
- ❖ USA: 35 online meetings, UK: online 5
- ❖ Launching early 2016



SUMMARY

- ❖ 2014: Feedback gathered from participants, facilitators and experts
- ❖ Targets: more accessible, more engaging method of support
- ❖ New training and new materials in 2015
- ❖ Online Community launching early in 2016.
- ❖ SMART Recovery aiming to develop and grow, improving the experience for group members and facilitators.

QUESTIONS

David Hunt

Area Coordinator (SA, TAS, VIC)

Josette Freeman

National Program Coordinator

dhunt@srau.org.au

jfreeman@srau.org.au

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