

**Developments at SMART Recovery  
Australia are creating a central role for  
consumers in collaborative addiction  
surveillance, support and research**

*David Hunt – Area Coordinator (VIC, TAS, SA) and staff lead on  
research*

# On the Agenda...

- ✦ Quick overview of SMART and where it's at now
- ✦ Things that are new, things that are soon to be, hopes for the future...
  - Data capture, sharing and other research..
  - Digital developments, 'Online community'

# Quick Overview of SMART Recovery Australia...

(Self Management and  
Recovery Training)

# Some key info and stats...

- ✦ **Structured, mutual-aid groups run by professionals and peers: make use of simple ideas from CBT, MI as well as lived experience (helping helps the helper).**
- ✦ **Groups free, ongoing, open to anyone experiencing any form of addiction. Members decide their own goals.**
- ✦ **BeSMART variant for family and friends also popular in TAS**
- ✦ **Now around 170 groups across Australia, 9 in TAS**

# The Staff Team...



**Initiatives in SMART  
Recovery Australia (new and  
coming soon)**

# Surveillance: Data Collection (Beginning June 2016)

- ✦ SMART Recovery group facilitators will receive SMS and text 30 mins after group
- ✦ Link to personalised web form
- ✦ Questions about group demographics and addictions.
- ✦ Generate alerts about group size, opportunity to request contact
- ✦ First of it's kind?

# Did your meeting run? (draft)

Meeting Facilitator: John Smith  
Meeting Date: 21st March 2016

<input type="text" value="Participant #1"/>	<input type="text" value="Smith"/>
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Did it run? ⓘ

<input type="radio"/> Yes	<input checked="" type="radio"/> No
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Reason
Facilitator unwell
Facilitator away on holiday
Public holiday
Venue unavailable
Facilitator too busy with other commitments
Other



# If so, some brief data...(draft)

Alcohol	Male	Female	Other
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Number of participants attending this group for the first time?

Select the primary addiction each new person has come to the meeting to address

Person 1	Alcohol
Person 2	Gambling
Person 3	Alcohol

- Amphetamines
- Gambling
- Heroin
- Cannabis
- Cocaine
- Ecstasy
- Pharmaceutical
- Other

Number of participants who discussed the following as their primary issue this week

Alcohol	Amphetamines ⓘ	Gambling	Heroin
1	0	0	0

Cannabis	Cocaine	Ecstasy ⓘ	Pharmaceutical ⓘ
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# Digital Developments: NEW WEBSITE (now)



## Find a SMART Meeting

SMART Recovery is a free group program assisting people with any problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others.



### Anonymous

Delivered in a truly anonymous environment



### Proven

CBT based program using only research-backed techniques



### Free

Community meetings are free and open to all

# Digital Developments: ONLINE COMMUNITY

(late 2016)

- ✦ Forums, LiveChat, information for group members and public
- ✦ Resource for facilitators: Forums, LiveChat
- ✦ Opportunities for reporting data
- ✦ Hopes for a 'SMART App'



# TAKING MEETINGS ONLINE (late 2016)

- ❖ 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



# Digital Developments: TRAINING (now)

- ❖ 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



A screenshot of a 'User Login' form. The form has a light gray header with the text 'User Login'. Below the header, there are two input fields: 'User name' with a person icon and 'Password' with a lock icon. Below these fields, there is a toggle switch labeled 'ABC' and a link 'Forgot your details?'. At the bottom of the form is a large blue button labeled 'Sign In'.

# SMART Recovery Research

# RESEARCH ADVISORY COMMITTEE



# Research projects and ambitions...

- ✦ **Systematic Review (protocol accepted in BMJ Open)**
- ✦ **Annual Survey (participants and facilitators)**
- ✦ **Case studies on new groups/locations?**
- ✦ **Interviews...what is a SMART Recovery 'recovery'**
- ✦ **Randomised Controlled Trial???**



# A possible measure for 'Recovery'?

- ❖ Recovery is on participant's own terms; Abstinence is one of many possible goals.
- ❖ Researchers at Kings College London working on a possible measure.
- ❖ Modules on substance use, health, relationships, purposefulness etc.
- ❖ Possible to utilise as self-monitoring/progress tracking? (via online community?)

# SUMMARY

- ✦ **Being involved in evidence-based support is part of what attracts people to SMART Recovery**
- ✦ **We want to find out more from facilitators and group members and share what we learn.**
- ✦ **Online Community aims to strengthen people's ability to support each other.**
- ✦ **Hopes for further research projects into mutual-aid.**

# Thank You!

**David Hunt**

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