



Alcohol, Tobacco & other
Drugs Council Tas Inc.

Mutual-aid in the addictions:

How the AOD sector in Tasmania can collaborate with its clients to grow a network of a new type of community support

Presented by David Hunt:

SMART Recovery Area Coordinator for Tasmania, South Australia and Victoria.

SMART Recovery Australia (SRAU) coordinates the facilitation of mutual-aid groups guided by principles derived from Cognitive Behaviour Therapy (CBT) and Motivational Interviewing. As such, it offers an alternative or complement to other longer-standing community groups. SMART Recovery groups are being run across Australia both by professionals and peers, in the workplace and in the community. We want to build upon this in Tasmania.

Whilst it has been around for a while, SMART Recovery has undergone some changes in the past 12 months, all aimed at increasing the quality, and accessibility of the groups. Many more developments are yet to come.

This presentation will outline these changes, and why we believe getting involved with SRAU offers unique benefits to both your organisation and your clients.

Wednesday 22 April 2015, 1.30pm – 3.00pm
Wombat Room, CCAMLR, 188 Macquarie Street, Hobart

David Hunt has worked in clinical, research and public health settings in the mental health and AOD fields for past 10 years. Since moving to Australia in 2009 he has been a senior AOD clinician at Odyssey House Victoria and worked in both psychiatric and AOD research. After coordinating the Melbourne site of the Suboxone Study at the Burnet Institute, he worked on a range of further projects, including the IDU cohort study 'MIX', developed systematic reviews on Hepatitis C treatment for the recent WHO guidelines. Prior to this he worked as a research therapist at Monash Alfred Psychiatry Research Centre's CBT-focused 'Healthy Lifestyle Project', taking on nicotine addiction in those experiencing psychosis.

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