

Results from SMART Recovery Australia National Data Collection Project A six-month snapshot of routine monitoring

What is SMART Recovery?

- SMART = Self Management and Recovery Training
- strengths-based, person-centred, mutual aid focussed
- NGO and charity
- 235 groups meet weekly across Australia for 90 minutes, free to attend
- for all addictive/problem behaviours, harm minimisation approach



2,510 new participants over 6 months

What is the National Data Collection Project?

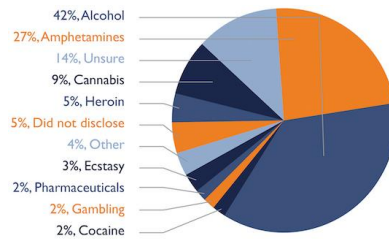
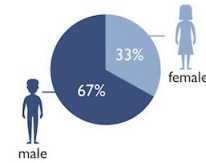
- Australia-wide 6 month snapshot, de-identified data, collected by facilitators
- Tells us about the need for mutual aid groups in the addiction landscape
- Provides SMART facilitators with easy access to ongoing information and support

Results: (based on 3103 responses from 120 SMART groups)

- What brought new attendees to SMART?

Where to from here?

- Continue to collect data
- Begin pilot study: participant self-reporting (ROM) + feedback, a feasibility study examining SMART Routine Outcome Monitoring funded by the NSW Health Alcohol and Other Drugs Early Intervention Innovation Fund (starts December 2017)



SMART Recovery
Australia