

ROUTINE MONITORING OF SMART RECOVERY GROUPS: FIRST RESULTS FROM THE SMART RECOVERY AUSTRALIA NATIONAL DATA COLLECTION PROJECT

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Introduction and Aims:

SMART Recovery is a widely used form of treatment in Australia for alcohol and other substance use. To continue to develop and refine SMART Recovery groups, it is vital that longitudinal research starts to be used to examine how SMART Recovery groups are delivered within the community. The presentation will present results from an innovative online facilitator completed tool that has been disseminated across SMART Recovery groups throughout Australia.

Design and Methods:

SMART Recovery Australia has recently developed an online, 'facilitator completed' tool. Facilitators from across Australia are prompted to complete the online tool each week, following their SMART Recovery group. The tool collects information on the frequency of group delivery, the number of people attending the groups regularly, and provides a snapshot of the clinical presentations to SMART groups.

Results:

Since the introduction of the tool in October 2016, facilitators across Australia have completed over 2,500 online surveys. On average, participants are attending 6 SMART Recovery group meetings. About 80% of SMART Recovery group members are return visitors. There is a higher proportion of men (67%) than women (33%) attending the groups. Alcohol (45%) and methamphetamines (30%) tend to be the predominant reasons that new participants attend SMART Recovery groups.

Discussion and Conclusions:

The SMART Recovery national data collection project has been successful. For the first time, routine data is now being collected across SMART Recovery groups nationally. Discussion will focus on the ongoing development and refinement of the tool, particular focused on the unique research questions that can start to be addressed by this online data collection.