

FACILITATORS



SMART
Recovery

Life beyond addiction

Recover, Reclaim, Rebuild: Youth SMART Recovery.

The Youth SMART Recovery program offers a comprehensive and empowering program specifically designed to support young individuals in leading healthy and fulfilling lives.

Tailored for Youth: Our program is designed to address the unique challenges and needs of young individuals grappling with a behaviour that concerns them. We understand the complexities of Youth addiction and provide age-appropriate resources, tools, and support to foster sustained changes.

Evidence-based approach:

Our program is built on evidence-based practices, integrating the highly regarded SMART Recovery principles. We utilize scientifically proven techniques and strategies that empower Youth to take control of their recovery journey, make informed choices, and develop sustainable coping skills.

Holistic support:

We take a holistic approach to recovery, addressing the physical, emotional, and social aspects of addiction. In partnership with our Members our program provides a safe and supportive environment where young individuals can explore and heal all facets of their lives, while also fostering personal growth and resilience.

Peer support network:

SMART Youth meetings facilitate connections with peers who understand the unique challenges Youth face. Participants have the opportunity to share experiences, offer support, and gain insights from others who have walked a similar path. This peer support network promotes a sense of belonging, validation, and encouragement.

Life skills development:

Beyond overcoming addiction or problematic behaviour, our program equips Youth with essential life skills necessary for long-term success. We focus on building resilience, decision-making abilities, effective communication, goal-setting, and healthy coping mechanisms. These skills empower young individuals to navigate challenges, make positive choices, and thrive in all areas of their lives.

Professional guidance:

Our dedicated team of trained professionals provides expert guidance, supervision, and mentorship throughout the recovery process. They facilitate group sessions, and ensure the program remains tailored to the unique needs of young people.

Confidentiality and privacy:

We prioritise the confidentiality and privacy of all participants, creating a safe space for open and honest discussions. Confidentiality is strictly maintained, allowing individuals to share their experiences without fear of judgment.



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Recovery for Everyone

By becoming a Youth SMART Recovery Facilitator you are able to help young people gain access to a supportive community, evidence-based practices, holistic support, and life skills development — all aimed at helping them embrace personal growth, and build a brighter future.

Join today at
smartrecoveryaustralia.com.au