

Wednesday, 3 January 2024

ADDICTION SERVICE SMART RECOVERY SUPPORTING THE COMMUNITY ONE MEETING AT A TIME

Christmas has been and the new year is here, bringing with it a time of reflection and positive action. Ready to equip the community with the tools they need to address addiction issues and make this their best year yet, is SMART (Self-Management and Recovery Training) Recovery Australia.

SMART Recovery assists people from the ages of 18-65+ across a range of addictions including alcohol, illicit substances, food, shopping, as well as gambling.

SMART Recovery Chief Executive Officer, April Long, said the organisation trained hundreds of people last year with practical skills to help themselves and others.

“Our model is about supporting people on their recovery journey to set their own goals and live their best life for themselves, their family and their community,” Mx Long said.

“Central to this is our SMART Support Facilitator Training, where we teach people how to facilitate a SMART Recovery meeting, covering off the basics of Cognitive Behaviour Therapy, Motivational Interviewing, as well as our signature SMART Four-Point Framework.

“2023 was a busy year for us, and we are thrilled to have trained 621 facilitators, as well as 57 specialised facilitators who can now host a SMART meeting for youth, LGBTIQ+ Australians, First Nations communities, family and friends, or people within the criminal justice system.

“With a new year comes the opportunity for a fresh start, and we encourage anyone who may be looking to rethink their relationship with potentially addictive behaviours, be it alcohol or otherwise, to get in touch with us.”

In 2023, SMART Recovery partnered with 91 organisations, including Newcastle Permanent Charitable Foundation who granted \$50,000 in funding for the SMART Support Facilitator Training of 20 Lifeline volunteers across the Hunter and Central Coast.

Newcastle Permanent Charitable Foundation Executive Officer, Carly Bush, said the holiday season is a timely reminder of the important service SMART Recovery is providing for the community.

“[With one in four Australians set to struggle with addiction in their lifetime](#), appropriate and accessible services are key in a successful journey to recovery,” Ms Bush said.

“SMART Recovery is not only providing quality services for those who may be struggling with their mental health or addiction but is also empowering people with tools to care for the people around them in a compassionate, non-judgemental way.

“This is a really important service, which we’re humbled to support, and are so proud of their incredible work to help people live lives free of addiction.”

Media release

Newcastle Permanent Branch Manager, Michelle Densem, completed the SMART Support Facilitator Training to support her community and said the experience was invaluable.

“SMART Recovery is a contemporary approach to addiction support,” Ms Densem said.

“I loved learning how to empower individuals to make small changes that they can discuss with a wider group, fostering a supportive environment and emphasising decision-making skills.

“I have brought that same approach into my leadership and coaching.”

SMART Recovery is a peer-led, evidence-based addiction recovery service providing free services and peer-based recovery groups to all Australians.

For those interested in accessing SMART Recovery’s services, please visit:

<https://smartrecoveryaustralia.com.au/>

About Newcastle Permanent Charitable Foundation

Newcastle Permanent Charitable Foundation provides more than \$1 million in grants each year to charitable projects aimed at improving the health and social wellbeing of vulnerable people in regional New South Wales. Since its establishment in 2003, the Foundation has provided more than \$26 million to some 550 community initiatives.