



Guidance for substance misuse treatment providers

**Deliver choice in mutual aid and enhance
treatment outcomes with SMART Recovery**

Executive Summary

This document provides only an *overview* of the argument ‘for’ SMART Recovery and is primarily for providers who have some understanding of the evidence base for mutual aid and familiarity with how this fits with commissioning priorities. For a more detailed exposition, please “Improving treatment outcomes with SMART Recovery” <http://cdn.smartrecovery.org.uk/doc/improving-treatment.pdf>

- SMART Recovery UK is an abstinence oriented recovery organisation, primarily focussed on peer led mutual aid meetings.
- SMART Recovery is based on secular and evidence based methods that are consistent with the psychotherapeutic approach of most UK treatment services
- SMART Recovery is 100% consistent with the new drugs strategy and is an ideal vehicle to improve the recovery orientation of treatment, due to its acceptability to providers and service users, coherence and evidence base.
- With more than 99% of existing mutual aid being based on the 12 step model, there is an urgent need for alternatives. SMART Recovery is the only national network of none 12 step mutual aid meetings that is available now and growing rapidly.
- Our Partnership approach trains Champions (equivalent to Therapeutic Recovery Champions within the drugs strategy) within treatment services using our cost effective and scalable on-line training platform.
- These Champions introduce SMART Recovery within their services and kick-start meetings. Over time they identify service users to undertake the facilitator training course and in turn spread meetings across the area.
- Partnership sites are also able to make use of SMART Recovery tools and materials to enhance the psychotherapeutic aspects of their treatment programme.
- The partnership scheme is based on a positively evaluated DoH Pilot scheme.
- Our rapidly increasing network of free-standing meetings is becoming a cornerstone of the mutual aid / peer support and recovery movement – and also serves as after-care capacity for the treatment sector.
- SMART Recovery co-exists comfortably with the existing 12 step fellowships and many people attend meetings from both traditions.

Overview

What is SMART Recovery?

Our aim is to help individuals gain control over their addictive behaviours, achieve recovery, a balanced lifestyle and lead meaningful and satisfying lives. The tools and techniques of SMART Recovery are derived from Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy and Motivation Enhancement Therapy.

The approach evolves as the evidence for psychological interventions develops, under the guidance of an international advisory board which includes such luminaries as Alan Marlatt, Aaron Beck and Carlo DiClemente. The SMART Recovery programme therefore uses some of the most evidence based methods available.

What makes SMART Recovery different from treatment is the focus on mutual aid and peer led meetings. To put it in simple terms, SMART Recovery is a secular and science based alternative to AA / NA and other mutual aid networks.

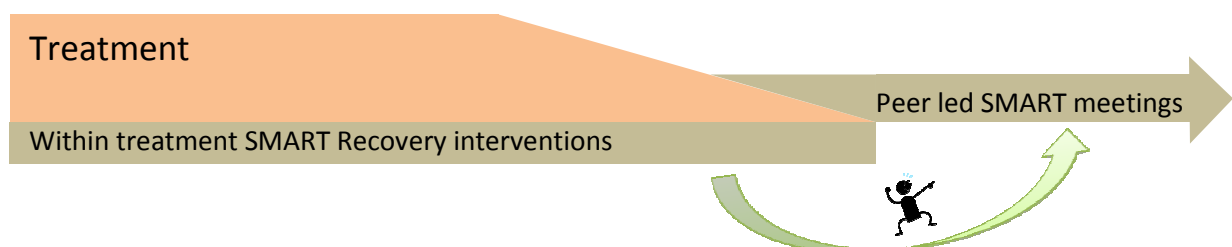
Why SMART Recovery

Engagement with mutual aid improves the long term prognosis for addictive disorders, though 12 step approaches are not appealing or acceptable to everyone who would otherwise benefit from mutual aid.

SMART Recovery uses psychotherapeutic techniques that are the same / similar to those used in the majority of state funded treatment services in the UK. This similarity helps SMART Recovery meetings sit comfortably alongside the treatment system and makes the transition from being a 'client' to mutual aid participant a natural and coherent step.

SMART Recovery offers all the benefit of mutual aid, but can be actively encouraged or supported by treatment providers and commissioners via a partnership model, based on a positively evaluated DoH funded pilot¹.

In addition to providing a network of free standing peer led mutual aid groups, engagement with SMART Recovery can begin alongside treatment, including OST and harm reduction.



¹ McGregor, S. a. (2010). *The Alcohol Concern SMART Recovery Pilot Project Evaluation Report - Executive Summary*. Available from <http://cdn.smartrecovery.org.uk/doc/doh-evaluation.pdf>

Increasing the availability of SMART Recovery

One way for SMART Recovery to spread is the 'organic growth' of meeting members training as facilitators and then starting their own meetings. This works, but is a very slow process. Our Partnership approach compliments this organic growth and will help the movement to grow quickly across the country.

Become a SMART Recovery Partner

Under this arrangement, service staff can access our online training, use SMART Recovery materials within your programme and create a more fluid client journey through to the free-standing SMART Recovery groups they might use for after-care.

- Two members of staff per site train as 'SMART Recovery Champions', using our innovative 20 hour on-line learning programme. Additional members of staff can undertake the first half of the training 'Getting SMART' to help embed understanding of SMART into your service.
- These Champions can then kick-start SMART Recovery meetings within the service, seeking to identify service users to co-facilitate and in time train up as Facilitators themselves. These peer facilitators are then encouraged to set up new meetings in the local community.
- The site can then use SMART Recovery materials and manuals within your programmes, including sessions that are not peer led SMART Recovery meetings. This includes for example using the handouts and tools within one to one counselling sessions. We hope soon to launch the 'SMART Recovery Seminar Programme' a high quality group work programme based on SMART Recovery, which emphasise long term engagement with mutual aid. This will be available to partners.
- With agreement of SRUK, display the 'SMART Recovery Partner' logo on their website or other promotional materials. SRUK will list your organisation as a partner on our own website.
- The organisation may include mention your status as a SMART Recovery Partner within funding applications using standard wording supplied by or otherwise agreed with SRUK.

The partner agency must actively promote free standing, peer led meetings in the local area, sign a written agreement and pay an annual fee of £500 to SRUK

Intended outcomes

- A vibrant and sustainable network of peer led SMART Recovery meetings in the local community.
- Improved rates of sustained recovery for people with addictions by increasing engagement with mutual aid, strengthening the psycho-social interventions and recovery focus of your service and after-care capacity.

Or support SMART Recovery more informally

SMART Recovery “Supporters” are organisations that want to encourage the growth of SMART Recovery, but do not want formal partnership.

- Put up posters, distribute leaflets and otherwise raise awareness of SMART Recovery amongst your service users.
- Offer to host meetings. If possible please support this by offering refreshments, occasional access to a computer or other help requested by the facilitator.
- If you host a meeting, you are welcome to mention on your website or publicity materials that you ‘support SMART Recovery’. Please make sure the meeting is registered with our central office and listed on our site so that it is an ‘official’ SMART Recovery meeting.
- Let us know you are a Supporter – you might get some free publicity on our website and when available we will send you some posters.

SRUK respectfully requests that ‘supporters’ do not:

- Allow your staff to run SMART Recovery meetings or use SMART Recovery materials within your own program
- Restrict any SMART Recovery meetings you host to clients of your own service.

Specific example of a residential rehab

Residential rehabs have a unique difficulty in providing aftercare, as their clients generally come from a geographically wide area. The SMART Recovery partnership model provides a way for rehabs to tap into the growing network of SMART Recovery meetings as after-care support, as well as create new meetings through their own programme graduates.

As a partner, you could run SMART Recovery groups as a part of your treatment programme (for example, one or two meetings per week). Over time, your senior residents should become familiar enough with the methods to co-facilitate meetings. With your support and encouragement, some may also undertake the SMART Recovery online learning programme to become facilitators themselves, even before they complete treatment.

Before too long, you would be likely to have ex-residents running SMART Recovery meetings in your local area (and even coming back to the service to run closed meetings for residents) and all your graduates familiar with SMART Recovery and able to make good use of meetings as part of their after-care package.

Additional licensing details

For treatment providers, the fee is payable per ‘operational site’ that is participating in the scheme. For example a provider might run two residential rehabs and a community counselling service. If they want all these services to benefit from the Partnership, the license fee would be payable for each of the three sites. We are working on a tighter

working definition of a 'site' as clearly there is room for ambiguity. With the wide range of service configurations possible, we may need to clarify costs on a case by case basis.

There are no 'volume discounts', which we feel would unfairly penalise smaller organisations. The license fee of £500 per site is only charged to organisations with paid employees, so some existing service user groups may become partners at no charge. The income will go towards cover central administration costs and help further develop meeting materials, training and online support.

Position of the NTA

"During the coming year the NTA will work with the field to facilitate better access to community resources and mutual aid support groups/organisations through greater publicity, supporting the continued development of local peer support groups and increasing the quality of the interface between drug treatment and community based services. SMART Recovery has engaged with the NTA on this work (alongside other mutual aid groups), and the NTA are supportive of the developments SMART Recovery are proposing."

Extract of position statement supplied to SRUK by the NTA.

What next?

If you are interested in the full 'Partnership' model, please see the partnership section of the website where you will find the 'SMART Recovery Partnership Handbook' which includes a sample role description for your SMART Recovery 'Champion', listings of various resources you can use and the full version of the license agreement. After you have had a quick read of that, we suggest you drop us an email and arrange a phone conversation if you have further questions. partnership@smartrecovery.org.uk

Finally, a quick reminder to subscribe to our email newsletter to keep in touch with developments, see signup form <http://news.smartrecovery.org.uk>

Richard Phillips
Interim Directory, SMART Recovery UK

May 2011

Appendix B – FAQ

What is the legal status of SMART Recovery?

SMART Recovery UK (SRUK) is a registered charity which has the exclusive UK permissions to promote and develop the programme in this country. We have a formal agreement with the USA based charity that owns and develops SMART Recovery worldwide.

Are you trying to become a big provider?

SMART Recovery UK has decided that we absolutely must **not** become a treatment service provider and we will not accept a contract within which SRUK recruits staff to actually facilitate meetings. We think this an important principle that will protect the movement from losing its core strength in mutual aid. The aim is to have a small central staff team of two or three people and possibly a few regional coordinators, but maintain the voluntary focus of the network as a whole.

What about clinical governance?

Where SMART Recovery is being used within the treatment programme of a Partner, the clinical responsibility rests entirely with that agency. Where meetings are not part of the treatment programme (even if the meeting space is being ‘donated’ by the provider) the responsibility rests with SRUK, which carries appropriate insurance and provides such oversight as is reasonable within the boundaries of a mutual aid / self help model.

Are meetings always peer led?

Facilitators are generally in recovery themselves and have learned about the SMART Recovery approach through participation in meetings and training. The SMART Recovery tradition is however open-minded on the issue and anyone can get trained to run meetings.

Although Partners can kick start ‘SMART Recovery’ groups as part of their treatment programme, we do ask that all meetings run outside of the treatment programme itself are open to all and facilitated by someone who is volunteering their time. SMART Recovery Champions for example could facilitate meetings outside of the treatment service – but not as part of their professional duties. This clause does not, however, apply in prison settings.

Can't we simply use CBT / REBT and skip this partnership thing?

Some people have argued that other than the name, SMART Recovery is in the public domain so providers could use it without any agreement from SRUK. These concerns have some truth to them, but are over-stated. A large proportion of SMART Recovery materials are copyrighted, even if the underlying theories and principles are not.

Anyone can create a similar REBT / CBT based programme but it would take months or even years of work to build up an equivalent body of materials. Our program has been vetted by an Advisory Council of 17 eminent addiction specialists and links participants into the network of meetings and support structures.

How do peers become facilitators?

Since SMART Recovery meetings are based on CBT / REBT methods, there is a need for both underpinning knowledge and facilitation skills to run meetings. This is available through training courses run by SRUK. It is acceptable for peers to start meetings before they have completed the training, as long as they have completed the first couple of sessions and have attended meetings.

Appendix B - Champion Role Description

A 'SMART Recovery Champion' is a member of staff at a site participating in the Partnership who takes a lead role in making SMART Recovery work for clients and the agency. The following is a tentative role description, it is envisaged that in most services this would be an additional responsibility for a member of staff rather than a dedicated post.

Agencies can adjust this to suite their particular needs, within the parameters of the Partnership agreement. It is important to stress that Partnership with SMART Recovery should not inhibit the agency from also promoting other forms of self help, mutual aid and recovery. You may wish to extend or adjust the role description to reflect this.

In order to fulfil these responsibilities, Champions are expected to complete the training package equivalent to that offered to Facilitators. It is not necessary that they complete the training before starting to integrate SMART Recovery in the service.

Promoting SMART Recovery as an option for clients

- Run SMART Recovery meetings within the service, aiming to involve service users as co-facilitators and eventually facilitators where possible.
- Make clients of the service aware of the importance of mutual aid and the option of SMART Recovery. This might include putting up posters.
- Run introductory sessions for clients to get to know SMART Recovery.
- Include SMART Recovery in aftercare planning
- Invite local SMART Recovery facilitators to do talks / introductory sessions at your service.

Supporting the creation of new standalone meetings

- Mentor clients as co-facilitators of meetings run as part of your service. Encourage / enable access to the on-line training for them to extend their knowledge and become facilitators.
- Support these facilitators to set up new meeting. If necessary help facilitate initially to get it off the ground. Please pull back after a few weeks and allow the meeting to stand on its own feet. Continue to offer 'long arm' support and keep in touch with the meeting facilitator.
- Sometimes, SMART Recovery meetings struggle or close, for example when a facilitator moves way. The Champion will support a meeting through such difficulties and help new facilitators get up to speed for a relaunch.

Enable agency to make best use of SMART Recovery materials

Review existing tools used in therapeutic contact with clients and consider whether SMART Recovery provided materials are better / more consistent. If so, migrate the service to the new materials and brief colleagues.