

## Quick overview for professionals

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### SUMMARY

For more information see the detailed briefings on the Partnership page of our website: [www.smartrecovery.org.uk/partners](http://www.smartrecovery.org.uk/partners)

- ✦ SMART Recovery 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 98% of existing UK 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.
- ✦ The partnership scheme is based on a positively evaluated DoH Pilot scheme. It involves training staff members as Champions 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 peer led 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.
- ✦ Commissioners are encouraging providers to become partners and in some cases rolling out SMART Recovery partnership across their entire area.
- ✦ 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.