



**SMART Recovery at
Sheffield Alcohol Advisory Service (SAAS)**

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Presentation

- Introduction to SAAS
- Why SAAS wanted to be involved in SMART Recovery
- How SMART has developed at SAAS
- Key elements of SMART
- Benefits of having SMART meetings at SAAS
- The future of SMART at SAAS



About Sheffield Alcohol Advisory Service

- Voluntary sector community alcohol service providing information, counselling, residential rehab and training for over 30 years
- Volunteers involved from the start
- Now commissioned by the DAAT to be the 'gateway' to the alcohol treatment pathway in Sheffield and to provide Tier 2 and Tier 3 interventions
- SAAS also has a residential rehab, works with drug users in Shared Care and with families needing support around parenting
- Staff team of 40 plus around 18 volunteers



Why SMART Recovery at SAAS?

- Alcohol Concern and DH involvement gave the project credibility and we were keen to be involved in a pilot
- Built on our existing volunteer-led peer support services
- SMART is based on CBT, which is the agency model of counselling, so complements the treatment service
- Enabled us to provide more choice for clients, especially those who were abstinent, and more opportunities for volunteers

Volunteering as Part of Recovery

- Virtuous circle of providing a pathway for service users to become volunteers
- Peer support offers clients a wider range of services and the chance to learn from people who have 'been there'
- Volunteers have the opportunity to take part in rewarding and meaningful activities and to gain skills, experience, confidence and self-worth
- This helps them to create a gap between themselves and their drinking past and to have a reason to resist when they might be tempted to drink again

Developing SMART at SAAS

- A different kind of support – an alternative to other self-help groups such as AA and NA
- Why do professionals have confidence in SMART?
- SAAS excellent reputation gave other Treatment Providers confidence in SMART.

My SMART Recovery

- Common Sense Approach
- Peer Support Groups
- Hope
- Choice



Key Elements of SMART Recovery

- Building Motivation

- When people stop using motivation may dip, especially once the 'honeymoon' period is over
- SMART strengths based approach enables members to tap into motivation they have almost lost sight of
- This re-discovered motivation can then be channelled towards more positive outcomes



Coping with Urges

- People often believe that urges *make* them use
- REBT teaches members that *how* they respond to urges is key
- SMART covers 'urge surfing', 'knowing the devil' and 'DISARM'

Problem Solving

- People often say they do not know how to solve problems
- However, sustaining an addiction actually means people are very good at problem solving and have excellent transferrable skills
- SMART techniques enable members to use these skills to achieve better outcomes – cost benefit analysis and group problem solving



Healthy Lifestyle Balance

- Stopping using leaves a big gap in people's lives and lots of free time
- SMART helps people recognise that they need a range of activities to fill the gap and prevent relapse
- A healthy lifestyle audit tool helps members to plan their week and rediscover things they enjoy

The Future of SMART at SAAS

- SMART Recovery is part of developing aftercare at SAAS
- We plan to increase links with other organisations that provide activities, give members opportunities to learn new skills and promote healthy lifestyles
- SAAS will support the development and spread of SMART Recovery across the region