TRAINING OPPORTUNITY

The North West Drug and Alcohol Task Force are in a position to offer training in SMART Recovery.

SMART Recovery delivers evidence informed peer led community meetings to assist those who want to change their problematic behaviours including addiction to drugs, alcohol, gambling etc. to achieve recovery and live a balanced and satisfying life.

To become a SMART Recovery facilitator is quite straightforward, it will involve initial online training, followed by face to face facilitator skills training.

The online training takes approximately 20 hours to successfully complete. This training will give you a basic understanding of the meeting structure and how the tools are used in SMART Recovery. This will be followed up with face to face, practical demonstrations to allow you the opportunity to practice the facilitation skills in a safe place with the support of your peers in a realistic situation. As part of the training you will receive ongoing support to address any issues that you may encounter.

The training programme is broken down as follows:

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| **Module** | **Delivery Method** | **Date** | **Timeframe** |
| Introductory presentation on SMART Recovery. This will:   * outline the structure of SMART Recovery; * look at how SMART Recovery meetings can benefit those in addiction; * give you the opportunity to discuss the possibilities of SMART Recovery within your organisation and community; * include a Q & A to address any additional queries. | Group Workshop | 27th June  10.00 am  -  1.00pm | 3 hours |
| Introduction to SMART Recovery | Online | TBC | 2 hrs |
| Knowledge and understanding of the principle tools and methods used in SMART Recovery. | Online | TBC | 2 hrs |
| SMART Recovery Facilitator Training  The online training begins with the concept and tools of SMART Recovery and goes through the role of a facilitator within the meeting.  It is followed by practical exercises and insights into each aspect of a SMART Recovery meeting to equip the participant with the skills to host a meeting. | Online | TBC | Participants to allow 20 hrs |
| Consolidation of skills learned from Facilitator training | Practical Demonstration and Role Play | TBC | ½ Day |

If you are interested in the SMART Recovery training or just wish to know more please contact Darren at [smartrecoverycarrick@gmail.com](mailto:smartrecoverycarrick@gmail.com) for further details. **The cut-off date for confirmation of training attendance is Friday the 14th of June 2019.**

**What is the SMART Recovery Programme?**

SMART stands for Self-Management and Recovery Training. The SMART Recovery programme aims to help individuals who want to change their problematic behaviour, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and other addictive behaviours, achieve recovery, live a balanced lifestyle and lead meaningful and satisfying lives.

SMART Recovery uses tools and techniques that are derived from science based psychological interventions, including Rational Emotive Behaviour Therapy (REBT), Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI) and Transtheoretical Model of Change (TTM). SMART Recovery is based around a 4-point programme. The 4-Point Programme is the foundation and building blocks of SMART. Many of the tools and techniques can be used not only for the individual’s recovery journey, but to help them deal with future problems and achieve more satisfaction and balance in their life.

The four points are: –

– Building and Maintaining Motivation

– Coping with Urges

– Managing Thoughts, Feelings and Behaviours

– Living a Balanced Life

**What makes SMART different?**

What makes SMART Recovery different is the evidence informed peer led community meetings which provide a welcoming and non-judgemental space. These meetings are structured, focusing on the important work of recovery, are led by trained facilitators and empower participants to explore the SMART Recovery tools and programme with the support and challenge of others.

SMART is secular and advocates personal choice. People make a choice to engage in problematic and addictive behaviours. They can also make a choice to stop. Everyone has the power of choice and can choose to change unhelpful or harmful behaviours.

People are not their behaviours so language like ‘addict’ and ‘alcoholic’ is not used. People seeking recovery are empowered to choose what works best for them, from a ‘tool box’ of methods demonstrated in meetings and training materials.

Participants are free to engage with other services or mutual-aid groups which they find helpful; there is no single pathway to recovery. Once a healthy, positive and balanced lifestyle is achieved, participants are free to move on and pursue other goals in their life.