



PARTNERSHIP SCHEME GUIDANCE 2019

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www.smartrecovery.org.uk

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1. Overview

1.1 About this Document

This document provides guidance about UK SMART Recovery® and delivery of the SMART Recovery® 4-Point Programme™ within the UK *Partnership Scheme*, for; commissioners, managers, members of staff and volunteers. The information is applicable to both existing and prospective partners.

Organisations wishing to deliver the SMART Recovery® programme will need to enter into a signed partnership agreement, renewable annually. The agreement grants authority for the 'licensee' to; a) use all copyrighted materials and b) use the SMART methods and tools within their business c) access SMART Recovery Online Facilitator training. A small registration licence fee is payable (please see Section 10 for current rates).

This partnership agreement is in place to protect the integrity of SMART Recovery® and make sure both organisations have a shared understanding of how they work together. This is a legal agreement and any activities need to be consistent with the programme and what has been agreed.

For any queries regarding the SMART Recovery® licence and activities please get in touch with the Central Office or one of the National Co-ordinators (see section 11 for contact details).

1.2 About UK SMART Recovery

UK SMART Recovery (UKSR) is a registered charity which promotes *Choice in Recovery*. Organisationally and with business partners we deliver; an online training platform, a comprehensive range of handbooks, teaching materials and manuals, as well as a national network of mutual-aid meetings.

Our Programme teaches rational, easy to learn and self-empowering skills to help participants abstain from any addictive behaviour and to develop a lifestyle that supports sustained recovery.

UK SMART Recovery® is registered with the Charity Commission in England and Wales 1160516 and OSCR in Scotland SC046247. We hold the exclusive UK licence to promote and develop the SMART Recovery® programme throughout the United Kingdom, via a contract with SMART Recovery International, who own and develop SMART Recovery® worldwide.

The UK charity is governed by a Board of Trustees, including peer members with lived experience of finding recovery through the SMART Recovery® programme. The Board oversees the development of the organisation, provides direction and delegates the day to day running to the Executive Director.

Our National Co-ordinators are responsible for the promotion, development and quality assurance of effective SMART Recovery® delivery.

They provide guidance to various partnership organisations including; addiction treatment services, drug and alcohol partnerships, the NHS, the military, youth services, the prisons and probation services, in addition to a wide range of voluntary recovery support organisations.

The National Co-ordinators also work to develop the increasing availability of our national network of peer led mutual-aid recovery support meetings.

The central office is based in Stoke-on-Trent and run by the Business Manager with admin support.



2. The SMART Recovery Programme

2.1 What is the SMART Recovery Programme?

SMART (Self-Management and Recovery Training) is a programme that provides training and tools for people who want to change any problematic behaviour. These include issues such as; addiction to drugs, alcohol, cigarettes or food, as well as activities like shopping, the Internet, social media and others.

Guided by trained facilitators, participants come to help themselves and each other using a variety of tools and techniques which are derived from science based psychological interventions, including Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy and Motivational Interviewing.

The programme is evolving as the evidence for psychological interventions develops, through a unique partnership between people in recovery, psychologists and research professionals. The International Advisory Board includes such leading figures as Aaron Beck, William White and until his death, Albert Ellis.

SMART Recovery® also focus upon the provision of mutual-aid. The development and delivery of peer led community meetings, provide a welcoming and non-judgemental space. Meetings are structured and provide focus to work on various aspects of recovery. They are led by trained facilitators and empower participants to explore the SMART Recovery® tools and programme, with the support and challenge of others.

2.2 SMART Recovery® Values

- ✧ People make a choice to engage in addictive behaviours and can 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 stigmatising 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 available online and in manuals.
- ✧ Participants are free to engage with any other services or mutual-aid groups which they find helpful; there is no one path to recovery.
- ✧ Once a healthy, positive and balanced lifestyle is achieved participants are free to move on and pursue other goals in life. Some may choose to volunteer and train to become Meeting Facilitators.

3. Partnership Working

3.1 Why Partner with UK SMART Recovery

There is a growing evidence base that demonstrates engagement with mutual-aid improves the long-term prognosis for people with addictive behaviours and helps prevent relapse. SMART Recovery® provides choice in mutual aid so those seeking recovery are empowered to discover what works best for them.

SMART Recovery® uses psychotherapeutic techniques like those used in many treatment services across the UK. This similarity helps SMART Recovery® sit comfortably alongside the treatment system. This assists with transition from being a service user to *after-care* provided in mutual-aid, a more natural and coherent process.

SMART Recovery® offers the benefits of mutual-aid and can be actively encouraged and supported by treatment providers and commissioners via the partnership model, based on a positively evaluated Department of Health funded pilot.

Through this model, treatment services can introduce service users to a mutual-aid pathway early in their recovery journey. The network of community and peer led SMART Recovery® meetings provides ongoing support after discharge from treatment.

There is increasing evidence from scientific studies demonstrating that the SMART Recovery® programme is effective in helping people to address their addictive behaviours (Blatch et al 2016; Baker et al 2017)

3.2 Impact of the Partnership Scheme

The SMART Programme has been in the UK since 1998. Most of the growth in programme delivery has taken place thanks to UKSR working in partnership with the treatment sector, which began in 2009.

Initially there were concerns that partnering with the treatment sector could undermine the focus on 'peer led' mutual-aid meetings, however the reverse has been achieved. Working in partnership has sustained and encouraged an increase in the number of peer led community meetings.

UKSR is now working with most of the medium to large treatment providers across the UK as well as prisons, probation, rehab facilities, NHS and supported housing services. SMART Recovery® 'Champions' have helped to grow peer led SMART Recovery® meetings, in turn this has helped service users to sustain the recovery gains they achieved within the treatment services.

As at 1 January 2019 there were 541 meetings running each week.

4. Partnership Process

This section describes the typical process by which SMART Recovery® is introduced through the UKSR partnership model.

Setting up your Partnership Agreement

The organisation signs up to the UK SMART Recovery Partnership Scheme which details rights and responsibilities of both UKSR and the partner organisation (the licensee).

The agreement will specify which sites are permitted to use the SMART Recovery® Programme. If you intend to run the programme from more than one location these sites must be included on the agreement. The list can be amended from time to time with agreement from both parties by completing an addendum. Partners are free to determine how many meetings should be run at each site.

A small annual license fee is charged each year for those sites listed on the partnership agreement (See section 10 for rates). Once payment has been received a license certificate for each site is issued to the nominated 'main contact'. It is important that you update us with any changes.

Identifying your Champions

When signing up to the partnership scheme you will be asked to nominate your SMART Recovery® Champions. Please refer to section 5 for more details about this role. Please note, this role is different to the role of SMART Recovery® Facilitator.

Champions are given access to additional 'partnership' resources on our website including SMART Recovery® logo's and guidance documents. We will also notify them of any UKSR developments, updates, training and other events.

If you are unsure who will undertake this role now you can always let us know later.

Champions should all complete 'Introduction to SMART Recovery®' and 'Getting SMART', if they also wish to Facilitate meetings, they will need to complete the Facilitator Certificate (see below).

Identifying suitable individuals to undertake Facilitator training

You will be able to nominate up to 6 individuals each year (staff, volunteers or appropriate service users) to undertake the Facilitator Certificate (please refer to section 6 for details of the Facilitator role). Once identified please send their name and email address to training@smartrecovery.org.uk so that we can forward enrolment instructions.

The Facilitator completes the training

The training is normally completed online and takes up to 20 hours to complete. In-House training may also be available, at an additional charge.

Once complete we will issue a Certificate of Completion and Facilitator Manual.

Facilitators will also be provided with access to additional resources on our website which can be used to help promote and run meetings.

Facilitator registers the meeting

As well as access to additional resources, Facilitators can register and manage details about their meetings on our website.

Registering meetings ensures we are able to keep track of meetings across the UK, keep in touch and support Facilitators where required. It also helps to ensure resources are placed where most needed, and helps us to identify any gaps in the network. It also ensures you receive your Meeting Starter Pack (which is included in your license fee)

See Section 9 FAQ's for details regarding Open and Closed meetings

Once registered any changes or closures should be reported to UKSR as soon as possible either through the Facilitator account or by emailing updates@smartrecovery.org.uk. This is extremely important as it helps to ensure we don't provide incorrect details to prospective meeting participants.

Meeting starter pack issued

Once your meeting registration has been received and approved by UKSR we will send out your meeting starter pack which contains a Handbook, T-shirt, Leaflets, SMART Posters and Participant Handouts.

Ongoing support

We will be happy to offer ongoing support and advice through our small (but growing) staff and volunteer team.

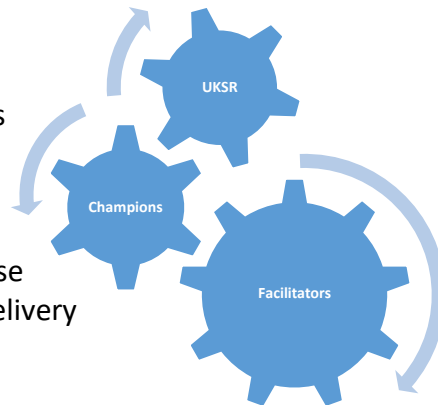
Please see Section 11 for contact details.

5. Role of the Champion

Introduction

The role of the *SMART champion* is important. It is integral to the process of successful delivery of SMART Recovery® within all 'partnership' organisations.

UK SMART Recovery® (UKSR) understand and recognise many of the day-to-day issues faced by our service delivery partners.



The following advice and guidance is offered to help partners maximise their opportunities for successful outcomes supported by this role.

The SMART Champion Role

First and foremost, the designated individual should possess a good working knowledge of the SMART Recovery® 4-Point Programme™. *Champions* will usually, but not necessarily always, be UKSR trained and qualified *SMART Facilitators*.

The 'SMART Champion' should;

- ✦ Provide guidance and advice to organisational management; to ensure 'partner' compliance with the terms and conditions of the UKSR Licence.
- ✦ Ensure where possible that SMART Recovery® is used and delivered correctly; by suitably trained and qualified individuals, within the terms of the UKSR Licence.
- ✦ Provide guidance and individual development support for *SMART Facilitators* working on behalf of the partnership locally.
- ✦ Ensure facilitators comply with (a) partnership process and (b) the UKSR Facilitator's Code of Conduct.
- ✦ Quality assure SMART delivery within their partnership based mutual-aid meetings.
- ✦ Provide suitable forums locally allowing SMART Facilitator to develop good practice and address issues of concern.
- ✦ Provide statistical and demographic information that assists UKSR with the evaluation and further development of SMART as a recovery resource.
- ✦ Be an effective advocate for the provision of choice in mutual-aid resource availability.
- ✦ Support the creation of new or additional SMART groups, thus improving the availability of community based mutual-aid resources locally (*Building Recovery in Communities*).

Notes:

1. Several partners have previously found that; employees who already hold positions of 'Volunteer Coordinator' or 'Community Development Worker' (or similar), are often ideally placed to carry out the work of a proactive and productive *SMART Champion*.
2. Further information about the *SMART Champion* role can be obtained from our central office. Our Volunteer Regional Coordinators or National Co-ordinators will also be able to help.



6. Role of the Facilitator

Core Task

The role of the SMART Recovery® Facilitator is separate to the role of the Champion (though one person may take on both roles). Facilitators may be paid members of staff or unpaid volunteers, but all must agree to fulfil the core tasks: -

- ✦ Abiding by the Facilitators code of conduct
- ✦ Completing the authorised training for Facilitators
- ✦ Ensuring meetings are correctly registered with UK SMART Recovery
- ✦ Running meetings according to the SMART Recovery® Meeting Structure
- ✦ Ensuring the Opening Statement is read at every meeting
- ✦ Sharing the Meeting Guidelines at every meeting

The following lists some of the typical duties normally undertaken by the Facilitator, but the exact role may vary from one organisation to another.

Setting up Meeting(s)

- ✦ Promote the meeting by liaising with treatment providers, GP's and local services using the fliers and posters in meeting registration pack.
- ✦ Procure necessary resources for meetings such as flip chart, paper and pens, and refreshments if/when available
- ✦ Recruit additional volunteers from the group to help with practical tasks

Admin Tasks

- ✦ Complete monthly survey from Central Office.
- ✦ Notify Central Office of any changes to the meeting as soon as possible
- ✦ Collect leaflets and contact details of other useful services, e.g. debt and money advice, food bank, benefits advice, housing advice, counselling services, out of hours health care etc.

Meeting Management

- ✦ Ready meeting room: Arranging chairs, flipchart and laying out SMART materials
- ✦ Meeting and greeting participants
- ✦ Providing SMART Recovery® materials
- ✦ Tidying the meeting room after the meeting, disposing of used flipchart pages, collecting unused materials and securing room if need be

Meeting Facilitation

- ✧ Initiating the check-in.
- ✧ Verifying and setting topics for the meeting agenda with the group.
- ✧ Initiating and overseeing the group discussion / work time.
- ✧ Managing challenging participants with the help of the group.
- ✧ Using a flipchart to highlight discussion points and ensure at least one SMART tool is used at each meeting.
- ✧ Concluding the discussion with check-out and sign posting.
- ✧ Encourage others to think about training to become Meeting Facilitators



7. Other SMART Programmes

In addition to the SMART Recovery® Programme the following are also available; full details can be found in separate guidance documents provided by and available from UKSR.

SMART Recovery® for Family & Friends

Adapted from SMART Recovery® and the CRAFT™ (Community Reinforcement and Family Training) approach, SMART Recovery® for Family & Friends provides support and tools for people who are affected by the addictive behaviour of someone close to them. The Programme aims to help participants develop more effective coping strategies and find a greater sense of fulfilment in their own lives.

Partners who sign up to the programme are granted a license to run Family & Friends meetings and access Family & Friends training course. A Family & Friends Handbook, posters and leaflets are also included.

UK SMART Recovery InsideOut™

The InsideOut™ modular programme aims to support recovery from addiction, though it adds a specific focus on criminal thinking errors and the anti-social behaviours that are often glorified by offenders – dealing drugs, stealing, fighting, using guns, ‘conning’, and manipulating people through power and intimidation. This focus is entirely consistent with the UKSR emphasis on accurate thinking and building a well-rounded and ‘pro-social’ lifestyle.

This training course approach, with a 24-week modular programme, is designed to be led by prison officers, probation officers, drug workers, education staff or other professionals who have some experience of group-work and have completed the UKSR Facilitator training.

Partner organisations are provided with copies of both the InsideOut™ Facilitators Manual and the InsideOut™ Workbook. They can photocopy from the workbooks or purchase additional copies to hand out to individual participants. Completion of the InsideOut™ Programme is equivalent to the first half of the SMART online training; it may also be a stepping stone for those who wish to work towards becoming a SMART Facilitator.

Note: if you would like to have Peer Mentors trained as SMART Facilitators within your establishment, please contact our central office or speak with our National Coordinators for more information.

SMART Recovery Teen & Youth

The SMART Recovery® Teen and Youth Programme is based on the SMART Recovery® Programme. It is delivered within a framework of language and concepts that have been adapted to suit the developmental needs of young people.

The safety and welfare of young people is our first priority. Whilst UKSR are committed to the development of Peer-led Teen meetings (where appropriate), safeguarding young people will always inform and direct our practice.

Military SMART

The Military SMART (Mil-SMART) programme is exclusive to the UK. It was developed to improve the support available for serving military personnel who are impacted by any addictive behaviour. People who, for both operational and personal reasons, were reluctant or unable to engage with civilian based services.

Mil-SMART is an extension of the current UKSR partnership scheme. It provides a 'military family' environment, by accepting the many cultural, historic, social and working differences between military personnel and the remainder of society. It provides a safe network of support for serving military personnel.

For more information please contact our central office.



8. Service Examples

Community Drug and Alcohol Service

Community services may see a wide range of client needs, with some service users progressing quickly to abstinence and others needing longer-term support. The SMART Recovery® partnership scheme can help strengthen the psycho-social component of such services, with a coherent tool-set and skills training to nudge service users and provide relapse prevention.

Case study: (Catalyst, Surrey) SMART Recovery® Champion arranges regular group workshop sessions with Facilitators from across the county. These events provide additional support for individuals, extra guidance on best practice and advice around problems where applicable. She produces newsletters for facilitators, collects and collates feedback to quality assure delivery. She arranges and facilitates an annual event for her facilitators attended by the SMART National Co-ordinator.

Prisons and Probation

The partnership approach is ideal for Drug Recovery Wings in prisons and to create a rehabilitation pathway to the community, via Probation partnerships. Peer led meetings can be delivered in prison settings, with additional support or security and a growing number of prisons are seeing the benefits of inviting UK SMART Recovery® to provide Facilitator training in the prison setting.

Case Study: (HMP Inverness) When HMP Inverness decided to offer prisoners attending SMART meetings the chance to train as Peer Meeting Facilitators they didn't stop there. They also invited meeting participants from local communities across the Highlands to train alongside the prisoners. In all 22 participants (9 prisoners and 13 from outside) completed the training

Opiate Substitution Service

Any recovery oriented treatment system should not wait until treatment is complete before introducing mutual aid. There is no reason why the benefits of SMART Recovery® should not be available to people on opiate substitution. Many people on prescriptions use SMART to help them stop using on top of their prescription or achieve a more stable lifestyle.

Residential rehab

Residential rehabs often find it difficult to provide 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® mutual-aid meetings as a form of valuable after-care support. As partners, rehab facilities can run SMART meetings as a part of their treatment programme. Residents may be in treatment long enough to do

the facilitator training and start running meetings in-house. Ex-residents may move on to Facilitate mutual-aid meetings in the community that others can also use for aftercare.



9. FAQ's

Can we collect donations (*pass the hat*)?

Costs for meetings delivered under our Partnership Scheme are usually met by the organisation and we discourage requests for donations in those circumstances. When additional expenses (e.g. refreshments) are not covered by the organisation, 'pass the hat' would be permissible but any donations must be documented and correctly accounted for.

Our volunteers run the meetings, so we don't need a license, do we?

If the Meeting Facilitator is a volunteer of your organisation and/or has been asked by the organisation to set up a meeting, then the license fee must be paid.

The licence fee covers the right to use the UK SMART Recovery® trademark and copyrighted programme materials. UK SMART Recovery® is a charity with the exclusive UK permissions to promote and develop the programme in this country.

We have a formal agreement with the SMART Recovery® International, the charity that owns and develops SMART Recovery® worldwide. If agencies fail to pay the licence fee eventually SMART in the UK would become unsustainable.

Where can we run the meeting?

Meetings run by partner organisations should be based at the site listed in the partnership agreement. There are a few exceptions, but this *must be agreed* via the SMART Recovery® Central Office.

What is the difference between an 'open' and 'closed' meeting?

An open meeting is available to anyone wishing to seek recovery from an addictive behaviour.

A closed meeting is only available to a certain client group or population. Partner organisations may need to designate meetings as closed due to funding restrictions or the nature of their service e.g. prisons, rehabs.

All free-standing peer-led meetings must be open, without restriction.

Why do we need to register our meeting, they are only available to our clients?

All meetings need to be registered with us in order that we can keep in contact with Meeting Facilitators and keep them up to date with any new information. It also helps SMART Recovery® to monitor its growth and development and identify areas in need of support.

What is a free-standing peer-led meeting?

A free-standing peer-led meeting is an open meeting in the community, facilitated by a SMART Recovery® volunteer who has completed the SMART Recovery® volunteer application, has a satisfactory DBS/PVG certificate and has completed the Facilitator training. They agree to follow the SMART Code of Conduct, may pass the hat to cover costs and they take responsibility for the meeting room. They are not led by volunteers of a recovery service organisation.

How many training places can my organisation have?

Each site named on a partnership agreement can nominate up to six individuals to undertake the Facilitator training. An unlimited number of persons can undertake 'Introduction to SMART Recovery®' and 'Getting SMART'.

Why do we need to continue to pay for a license, once our staff have been trained?

The license entitles the organisation to continue to use the copyrighted materials and programme, order promotional leaflets and posters, receive support, guidance and updates from the National Co-ordinators and central office, plus access free on-line training for your service users.

Head office has purchased the license so why do we need a license for our local service?

Licenses are linked to the sites at which meetings are run. Only those sites named on the license have the right to use the SMART trademark and programme.

SMART is anti 12-Step fellowships such as AA, isn't it?

No, not at all. SMART has a difference approach to achieving recovery. As with other organisations, we are committed to providing mutual aid support. Participants are free to choose what works for them; SMART, AA, CA, NA etc. or bits of both if you choose. We don't tolerate negative remarks about other forms of mutual-aid support. Neither do we condone derogatory comments in meetings or within our online community.

10. UK SMART Recovery Fees

License Type	What's included	Annual fee
SMART Recovery License	<ul style="list-style-type: none"> • License to use the SMART Recovery Programme at agreed sites. • Access to SMART Recovery Facilitator Training (6 places per site, per annum). • Certificate and Facilitator Manual for each qualified Facilitator • Handbook, t-shirt, posters, leaflets when new meeting registered. • Meeting listed on our website and promoted via social media • Company listing on our website • Access to additional downloadable resources and SMART Partner logo • Ongoing Support from UKSR staff and Volunteers 	£630 (2.5% discount if paying by direct debit)
Family & Friends License	<ul style="list-style-type: none"> • License to use the SMART Family & Friends Programme at agreed sites. • Access to SMART Recovery Facilitator and Family & Friends Training (3 places per site, per annum). • Certificate and Family & Friends Facilitator Manual for each qualified Facilitator • Handbook, t-shirt, posters, leaflets when new meeting registered. • Meeting listed on our website and promoted via social media • Company listing on our website • Access to additional downloadable resources and SMART Partner logo • Ongoing Support from UKSR staff and Volunteers 	£630 (reduced to £367.50 if SMART license in place) (2.5% discount if paying by direct debit)

License Type	What's included	Annual fee
<p>Prison License</p>	<ul style="list-style-type: none"> • License to use the SMART Recovery Programme and InsideOut™ at agreed sites. • Access to SMART Recovery Facilitator Training (10 places per site, per annum). • Certificate, SMART Recovery Facilitator Manual, InsideOut Manual and InsideOut Workbook for each qualified Facilitator • Handbook, t-shirt, posters, leaflets when new meeting registered. • Company listing on our website • Access to additional downloadable resources and SMART Partner logo • Ongoing Support from UKSR staff and Volunteers 	<p>£1,050</p> <p>(2.5% discount if paying by direct debit)</p>

Optional Add-on Item	£
<p>Additional online training places</p>	<p>£100 (per person)</p>
<p>Inhouse Training</p> <p>(includes 2 day training for between 6 – 12 individuals, covers Getting SMART and Facilitator. Certificate, Manual and t-shirt for all participants)</p>	<p>Statutory/ Private organisations: £1,750 plus trainers travel expenses</p> <p>Voluntary/ Community organisations: £1,500 plus trainers travel expenses</p>
<p>Handbooks and SMART merchandise</p>	<p>Visit https://smartrecovery.org.uk/shop/</p>

11. Contact Details

UK SMART Recovery
 Dresden House, The Strand, Stoke-on-Trent, ST3 2QH
 info@smartrecovery.org.uk Tel: 0330 053 6022
 www.smartrecovery.org.uk

Advice and Support in your area

England

Dave Hasney	National Co-ordinator	daveh@smartrecovery.org.uk	07494 376004
Carl Zuccaro	National Co-ordinator	carlz@smartrecovery.org.uk	07584 318635

Scotland

Colin McIntosh	Senior Community Co-ordinator Scotland (Edinburgh & Lothians, Forth Valley, East Dunbartonshire, Glasgow)	colinm@smartrecovery.org.uk	07969 904002
Iain Clunie	Community Co-ordinator (Highlands, Aberdeen, Dundee, Angus, Fife, Perth & Kinross)	iainc@smartrecovery.org.uk	07722 038934

Wales

Leigh Proctor	National Co-ordinator	leighp@smartrecovery.org.uk	07795 073416
Graham Rowson	Community Co-ordinator North Wales	grahamr@smartrecovery.org.uk	

Other

Partnership Enquiries	partnerships@smartrecovery.org.uk
Training Enquiries	training@smartrecovery.org.uk
Meeting updates	updates@smartrecovery.org.uk
Technical support	support@smartrecovery.org.uk



SMART Recovery[®] Partnership Scheme aims to improve long-term, sustained recovery by:

Introducing service users to SMART Recovery[®] based mutual aid early in the treatment journey

Encouraging service users to make use of peer-led SMART Recovery[®] meetings whilst in treatment – and particularly as part of their after-care.

Encouraging service users to start their own peer led meetings

SMART Recovery[®] Champions are members of staff or volunteers within organisations that ‘Partner’ with UK SMART Recovery[®] to help make our meetings available to their service users. They are provided with training and materials to run meetings and support users to co-facilitate and in time run their own meetings.

This guidance document provides details about the UK SMART Recovery Partnership Scheme, explains the role of Champions and aims to answer most of the questions that crop up in taking this rewarding role.

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Website: www.smartrecovery.org.uk Email: info@smartrecovery.org.uk

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