



UK SMART Recovery[®]
Self-Management and Recovery Training

SMART for Prisons Guidance

EXECUTIVE SUMMARY



- **UK SMART Recovery** (UKSR) is an abstinence oriented recovery organisation primarily focused on peer led mutual-aid meetings.
- SMART Recovery is a secular and science based programme based on methods that are consistent with the psychotherapeutic approach already in use within prison services.
- The **NICE Quality Standards for Drug Use Disorders(1)** states that people in drug treatment should be offered support to access mutual aid, including UKSR.
- UKSR adds to the integrated, recovery oriented and outcome-focussed treatment system, as recommended by the **Patel Report(2)** and reinforced by a joint direction from the Department of Health, Ministry of Justice and Youth Justice Board.
- UKSR is the only nationally available alternative network to the common-place *12-Step Fellowship* mutual-aid meetings.
- Through our innovative partnership scheme, prisons can pro-actively introduce SMART Recovery® Meetings, create choice in mutual aid and improve treatment and offending outcomes.
- Our partnership approach trains ‘UK SMART Recovery Champions’ (equivalent to *Therapeutic Recovery Champions* within treatment services) using our cost effective and scalable training resources.
- These Champions introduce SMART Recovery® within prisons, kick-start meetings and optionally run the InsideOut™ package, a structured 24 week psycho-educational group programme alongside meetings.
- When Partners implement the InsideOut™ programme; designed to work effectively in a custodial setting, it is proven to support robust long-term engagement with UKSR based ‘mutual-aid’ after release.
- Long-term inmates can (where applicable) be trained as ‘SMART Facilitators’ and run supervised peer led meetings.
- Building so-called *Recovery Capital* is a key component to individuals achieving sustained recovery from substance misuse. Mutual-aid is also an effective tool to enhance further inclusion in new and healthy social networks.
- Although this programme was originally and successfully piloted within HMP Drug Recovery Wings in England, it is relevant and appropriate to the prisons service across the UK. It is also compliant with legislation governing these establishments.
- A growing body of worldwide evidence supports the undoubted values of the SMART Recovery® Programme, as delivered by UKSR and forming part of the National Recovery Agenda.

OVERVIEW

What is UK SMART Recovery?

UK SMART Recovery (UKSR) is an abstinence oriented recovery organisation which promotes choice in recovery through a national network of mutual-aid meetings, on line resources and meetings and a training programme with comprehensive teaching materials and manuals. Our programme teaches rational, easy-to-learn and self-empowering skills to help participants abstain from addictive behaviour and to develop a lifestyle that supports sustained recovery.



The SMART Recovery programme empowers participants to focus on building and maintaining motivation to abstain, coping with urges, managing their thoughts, feelings and behaviours and living a balanced life. In addition to the network of peer led meetings, UKSR works in partnership with the treatment and criminal justice sectors, aiming to introduce people to UKSR early in their recovery journey and make it much more likely they will use meetings to support their recovery after release. Available evidence suggests this is improving overall outcomes.

Why UK SMART Recovery for Prisons?

Engagement with mutual aid improves the long-term outcomes for people in addiction treatment. UKSR uses psychotherapeutic techniques similar to those used in most addiction treatment services and offender behaviour change programmes in the UK. This common approach helps UKSR meetings sit comfortably alongside the treatment and criminal justice systems and makes the transition from being a service user or offender to someone taking control of their own life a natural and coherent step.

Providers and commissioners can engage with UKSR through a partnership model based on a successful Department of Health funded pilot.(3)

The NICE quality standards for drug use disorders state that all service users should be supported to engage with mutual aid, which is defined as including UKSR.

UKSR helps to achieve continuity of care, which in the past has proved very difficult to achieve in the UK, particularly for short term prisoners who are much more likely to be drug users.

Does UK SMART Recovery Reduce Re-Offending?

Many offenders with a history of drug and/or alcohol dependence relapse shortly after release, returning to a life of substance misuse and related crime.

Research has shown that drug treatment programmes delivered in prison are only successful with ‘ongoing support’ after initial intervention. Results from a recent four-year academic study into the use of *SMART Recovery*® within the Australian prison system, published in 2016,(10) showed;

- Getting SMART™ participation was significantly associated with improved odds against recidivism.
- Participants in Getting SMART™ and SMART Recovery®, had “significantly lower reconviction rate ratios for both general (21%) and violent (42%) crime.”
- Getting SMART™ attendance was associated with “significant reductions in reconviction rates” - 19% Getting SMART™ - SMART Recovery® attendance (alone) was 15%.
- In all, 20 hours in either SMART program (ten sessions) was required to detect a significant therapeutic effect.

POLICY CONTEXT

The Rehabilitation Revolution

Drug using offenders are typically prolific and persistent offenders are responsible for a significant proportion of crime in the UK. They also represent a high percentage of people involved in the criminal justice system, for example; well over 50% of prisoners and offenders on community orders have used a Class A drug.



Criminal justice policy is increasingly about preventing reoffending. Evidence shows success in rehabilitating offenders requires consistent and integrated interventions, which SMART Recovery can provide to those offenders with problematic addictive behaviours.

The UK 'Recovery' agenda

Since 2010 the **National Drugs Strategy** (6) reinforced trends toward a 'recovery focus' within addiction treatment services. The aim was to increase the proportion of people who exit the treatment system and sustain abstinent treatment goals.

That Drug Strategy, along with other key documents such as **Medications in Recovery: Re-orientating Drug Dependence Treatment**, (7) emphasised the importance of mutual aid and strong recovery communities. There is an increasing consensus that; (a) engagement with mutual aid improves outcomes and (b) that treatment services should do more to introduce service users to this support early in treatment. Recent guidance from NICE recommends SMART Recovery® by name. (8)

Until relatively recently, the only nationally available form of mutual aid was the common 12-step "fellowship" approach of *Alcoholics Anonymous* and *Narcotics Anonymous*. Although successful for many, AA and NA are not attractive to everyone. Some prisoners are likely to prefer SMART Recovery®. Others may prefer the fellowships or (as is often the case) they may use both. The key is to have options available so prisoners can find what works for them.

Alongside other interventions

UKSR views "addictive behaviour" in broad terms, covering both substance addictions such as illegal drugs, alcohol, nicotine and prescribed medications, and behavioural compulsions such as gambling, sexual behaviour, eating and spending.

The 'medications policy' of UKSR welcomes people to meetings whatever prescribed medication they are on. Being prescribed an opiate substitution such as methadone or Subutex is not a problem (and no more the concern of UKSR than anti-depressants or aspirin). Some people use UKSR to help them stop using illicit substances on top of their prescriptions.

THE GROWTH OF UK SMART RECOVERY

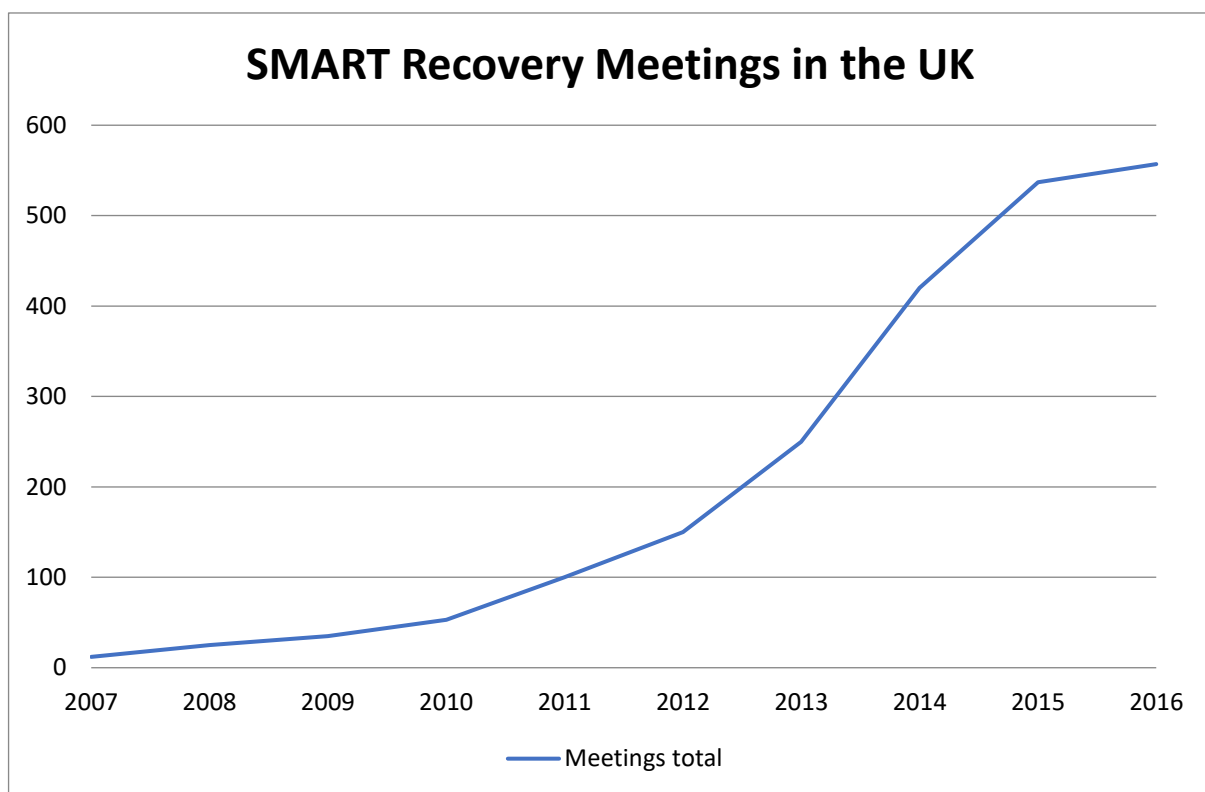
The UKSR Programme has been in the UK since 1998. Most of this growth in the programme has taken place since working in ‘partnership’ with the treatment sector in 2009.



There were some initial concerns that partnerships with the treatment sector would undermine the focus on ‘peer led’ mutual-aid meetings, but this has not been the case. In fact, the reverse has been achieved and working in partnership has sustained and encouraged an increase in the number of peer led meetings... **Partnership SMART demonstrably results in Peer SMART.**

UKSR is now working with most of the medium to large treatment providers across the UK; almost half of all prisons have signed up to a partnership agreement, as have most of the commissioning areas in Scotland. By becoming a UKSR ‘partnership’ organisation, treatment providers and criminal justice partners are helping to expand the network of mutual-aid provided by UKSR meetings. This in turn helps offenders sustain the ‘recovery capital’ they have achieved within the service.

The following graph shows the pace of growth throughout the UK. As at June 2016 there were a total of 557 meetings per week, including 207 open ‘peer led’ meetings.



PRISON PARTNERSHIP SCHEMES

Intended Outcomes

Improved rates of sustained recovery and reduced offending through increased engagement with mutual aid and strengthened engagement with psycho-social interventions.



How it Works

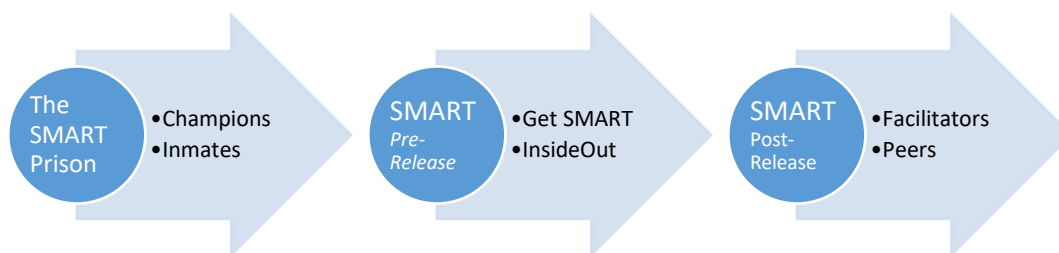
Under this arrangement, prison or treatment staff can access online training, use UKSR materials and create a more fluid journey through to the free-standing UKSR groups as part of the release / rehabilitation package

- Members of staff train as ‘Recovery Champions’, using the innovative 20-hour learning programme.
- Champions kick-start UKSR meetings within the prison. In some prisons the meetings will continue to be staff run, in others, prisoners might be there long enough to train as facilitators (where applicable).
- Champions can optionally deliver the UKSR InsideOut™ group work programme.
- The UKSR Partnership package requires a formal agreement and negotiated annual license fee per prison. This is usually dependent upon the size of the establishment and is subject to annual review. This includes the training of up to ten ‘Recovery Champions’ (Staff) within each establishment.

Drug Recovery / Drug Free Wings

Drug recovery wings (referred to as ‘Halls’ in Scotland) are intended to provide a recovery orientated setting within each prison. Prisoners on these wings should receive intensive therapeutic interventions, along with other support services to encourage movement along the pathway of recovery. UKSR provides that therapeutic intervention, it creates choice in mutual-aid and builds a strong pathway to on-going support, via meetings on the drug free wing and eventual release.

Drug ‘free’ wings offer less intensive support, but would ideally host several UKSR meetings per week. Depending on the prison, these could be facilitated by staff, prisoners trained up on the drug recovery wings or even by visiting facilitators.



THE UKSR INSIDEOUT™ PROGRAMME

InsideOut™ is a psycho-educational group work programme which provides supervised offenders with a solid grounding in *SMART Recovery®* and a hands-on experience of mutual aid. The approach is therapeutic, but emphasises the learning of tools and skills that can be used for long term support within peer led UKSR meetings. We recommend Prisons run both standard *SMART Recovery®* as well as the InsideOut™ Programme, though the latter is optional.



The programme is more 'rounded' than most of the existing addictions focussed psycho-social programmes used in prison, covering everything from motivation through to living a balanced life. InsideOut™ 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 'Recovery Champion' training.

InsideOut™ 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.

InsideOut™ is designed to correct thinking errors that lead to poor self-control, addictive behaviour and criminal behaviour. Criminal thinking errors may be exacerbated by impaired problem solving, improper goal setting, lack of empathy, poor social perspective taking, egocentricity, rigid thinking, lack of critical thinking and impulsivity.

Cognitive Behaviour methods teach offenders to challenge their own antisocial thought patterns by incremental insights that these ways of thinking are counter to their own long term interests. Tools focussed on well-being and therapeutic lifestyle change encourage a more balanced lifestyle that is more rewarding in the longer term compared to addictive and criminal behaviours.

The mutual aid approach aims to build a social sub-group of the supervised population who reinforce each other's commitment to a recovery focussed lifestyle. This enables a healthier relationship with staff and encourages participants to 'own' their recovery journey.

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

UK SMART RECOVERY CHAMPIONS



What is a Champion?

The UKSR 'Recovery Champion' is a member of staff at a site participating in the Partnership agreement who takes a lead role in making *SMART Recovery* work for clients and the agency. The following is an outline 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.

Prisons can adjust this to suit their particular needs, within the parameters of the Partnership agreement. It is important to stress that a Partnership with UKSR should not inhibit the agency from also promoting other forms of self-help, mutual aid and recovery. The role description can be adjusted appropriately.

In order to fulfil these responsibilities, Champions are expected to complete a training package equivalent to that offered to Facilitators.

Making UK SMART Recovery available in the Prison

- Run UKSR meetings within the Prison, aiming to involve prisoners as co-facilitators and eventually facilitators, where possible.
- Optionally, run the UKSR InsideOut™ programme
- Make clients of the service aware of the importance of 'mutual-aid' and the option of SMART Recovery®. This might include putting up posters and handing out leaflets.
- Run introductory sessions for clients to get to know SMART Recovery®.
- Include SMART Recovery® in aftercare planning

Encourage the creation of new standalone UKSR meetings

Mentor prisoners as co-facilitators of meetings run as part of the service. Where possible, enable access to the online training for them to extend their knowledge and become facilitators. Note: in many prisons it will not be possible to provide access to the UKSR online training platform. It is possible, for an extra cost, to negotiate with UK SMART Recovery to deliver face to face training for peer facilitators.

Enable the prison to make best use of UKSR materials

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

In Conclusion

The UKSR Partnership scheme offers offender care organisations the possibility of extending access to mutual aid alongside existing treatment interventions including maintenance / substitute prescribing and harm reduction services. The network of peer led UKSR meetings in the community provides a through-care / rehabilitative support option after release from prison, reinforcing and sustaining treatment gains.

FREQUENTLY ASKED QUESTIONS



What is the legal status of UK SMART Recovery?

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

Is UK SMART Recovery a treatment provider?

UKSR is not and will not become a treatment service provider. We have a small central team of professional staff, supported by volunteer regional coordinators, but we maintain the voluntary focus of the network as a whole. Our relationship with partners is to offer training and to license the use of the SMART Recovery® programme and supporting materials.

Can't we simply use CBT 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 UKSR. These concerns have some truth to them, but are greatly over-stated. Almost all of the UKSR materials are copyrighted, even if the underlying theories and principles are not.

Anyone could create a similar REBT / CBT based programme if they were willing to put in the years of work required to build up an equivalent body of materials. The SMART Recovery program has been vetted by an Advisory Council of 17 eminent addiction specialists and professors, who make revisions as new evidence of useful interventions emerge. In addition, UKSR partnership links participants into the network of meetings and support structures that provide service users and ex-users with an ongoing source of worldwide support.

Are meetings always peer led?

Facilitators are generally in recovery themselves and have learned about the UKSR approach to recovery, through participation in meetings and training. Champions may or may not be in recovery personally and there is no requirement for such disclosure.

How do peers become facilitators?

Since UKSR meetings are based on CBT / REBT methods, there is a need for both underpinning knowledge and facilitation skills to run those meetings. This is available through the training courses run by UKSR.

FURTHER INFORMATION

To obtain further information about the UK SMART Recovery Programme, UK SMART Recovery Partnership Schemes, or any other aspect of the UK SMART Recovery organisation, please contact our Central Office (below). You can also discuss the programme with one of our National Coordinators. Current contact details can be found online at our website.

We look forward to hearing from you and hopefully working together in the future – building a network of mutual-aid to the overall benefit of the recovery community.



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UK SMART Recovery is an abstinence orientated recovery organisation which provides a network of mutual-aid or self-help meetings. Our programme teaches rational, easy-to-learn and self-empowering skills to help participants abstain from addictive behaviours and to develop a lifestyle that supports sustained recovery.

Engagement with mutual-aid improves the long-term outcomes for people in addiction treatment, until relatively recently there has been limited choice in this area.

Through our UK SMART Recovery Partnership Schemes, offender care organisations can extend access to mutual-aid alongside existing treatment interventions.

This guidance document explains what UK SMART Recovery has to offer and how the partnership scheme works in the context of prisons.



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