



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

Family & Friends Guidance

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1. OVERVIEW

1.1 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.

1.2 UK SMART Recovery Governance

UK SMART Recovery is a charity, registered with the Charity Commission in England and Wales 1160516 and OSCR in Scotland S0046297. It has the exclusive UK licence to promote and develop the SMART Recovery® programme via a contract with the USA charity ADASHN which owns and develops SMART Recovery® worldwide.

The charity is governed by a Board of Trustees, including a peer member who has 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.

England, Scotland and Wales have National Coordinators who are responsible for the promotion of SMART Recovery®, increasing peer led meetings and developing partnerships with treatment services, drug and alcohol partnerships, voluntary organisations, probation services and prisons. The central office is based in Stoke on Trent and run by the Business Manager with admin support.

1.3 UK SMART Recovery Philosophy

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 also available on line 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.

2. SMART RECOVERY® FAMILY & FRIENDS

2.1 What is SMART Recovery® Family & Friends?

SMART Recovery Family and 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.

SMART Recovery Family & Friends is a 14-topic programme (see page 10 for a full list of topics), which addresses four main issues: -

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings and behaviours
4. Living a balanced lifestyle

Family & Friends is a training programme with a difference because it is delivered through weekly mutual aid meetings where participants experience both support and challenge from other members of the group. Each week the learning is decided by the group in conjunction with the facilitator, depending on the expressed needs of those in the room. All facilitators are trained in the fourteen modules of the programme with the aim of providing a thorough grounding in all the tools. Facilitators are then able to empower participants to consider the many different ways that the programme can help them make positive changes in their own lives.

The Family & Friends Programme has been adapted from SMART Recovery® and CRAFT (Community Reinforcement and Family Training).

2.2 The SMART Recovery® Programme

SMART Recovery is a science based programme, which uses evidence based psychological interventions to equip people with the tools to abstain from their addictive behaviour, such as Cognitive Behavioural Therapy, Rational Emotive Behavioural Therapy and Motivational Interviewing. SMART Recovery® is overseen by an International Advisory Board, including leading figures such as Aaron Beck and William White, who form a unique partnership of people in recovery, research professionals and psychologists. As research and knowledge regarding addictive behaviours advances the SMART Recovery® programme develops to take advantage of new findings.

2.3 CRAFT

CRAFT is an evidence based programme designed to teach family and friends new ways of interacting with a person who has an addictive behaviour with the goal of increasing the chances that the person will seek recovery. CRAFT is described in 'Get your loved one sober; an alternative to nagging, pleading and threatening' by Dr. Robert Meyers (2003)

2.2 The Benefits of SMART Recovery® Family & Friends

The Family & Friends programme was developed in recognition of the frustrating, painful and often lonely journey of the family and friends of a person with an addictive behaviour and provides a mutual-aid self-help approach. Participating in a supportive group environment comprised of people sharing similar experiences helps to lessen isolation and bring hope.

Participants are invited to spend time concentrating on themselves and their goals, explore ways they can look after themselves better and establish healthier relationships with their family member or friend. The techniques and tools practised in meetings can then be used in the home situation to restore balance in life and provide ways to calmly and effectively deal with the challenges that can occur.

There is strong evidence that participating in the Family & Friends programme leads to the family member or friend seeking recovery from their addictive behaviours. Research on the CRAFT programme demonstrated that 74% of family members were successful in engaging their resistant loved one with treatment services and all participants reported significant reduction in symptoms of stress and depression. (Meyers et al. 1998, *Journal of Substance Abuse*, 10 (3) 291-308)

3. PARTNERSHIP WORKING

3.1 Benefits of working in partnership

Engaging with mutual-aid is an established way of improving outcomes for people with addictive behaviours. Therefore, a programme for family and friends that leads to greater take up of SMART Recovery® and other mutual-aid meetings will in turn have a positive effect on the numbers of people seeking recovery from addictions.

Family & Friends is based on psychological tools similar to those used in many treatment services in the UK (CBT, REBT and MI), so service providers can be confident in the methods used to support people struggling with the effects of addiction in the family and community.

SMART Recovery® offers the benefits of mutual-aid, is extremely cost effective and can also be actively encouraged and supported by treatment or support services through a partnership agreement.

3.2 How the partnership scheme works

- Organisations wishing to deliver the SMART Recovery® Family & Friends programme sign a partnership agreement which grants a licence to use the copyrighted materials.
- An annual license fee is charged for each site at which meetings will be run. Partners are free to determine how many meetings should be run at each site. The license fee also includes on line training for two Champions, copies of the Facilitator Manual, promotional materials and access to advice from a National Co-ordinator.
- Each year of the license two staff per site can be nominated as Family & Friends ‘Champions’, and given access to the SMART Recovery® on-line learning programme. Alternatively, a 3-day face to face training course is also available for an extra charge.
- After completing the training Champions will register their meeting details with UK SMART Recovery and a meeting start up pack is sent out, including posters, leaflets handbook and t-shirt.
- Champions start to facilitate meetings with a view to eventually identifying a participant who would like to do the training and facilitate the meeting. As SMART Recovery® promotes recovery from addictions and pursuing other goals in life, it may mean the organisation steps back for a while, but when Peer Facilitators move on, a Champion picks up the meeting again to ensure it is sustainable until the next participant is ready to facilitate.
- Champions can receive advice and guidance from their National Coordinator and will have the opportunity to attend regional and national events as appropriate.



Diagram: The cycle of sustainable Family and Friends meetings

3.3 What is the Champion's role?

- To promote the SMART Recovery® Family & Friends meetings to those who may benefit, using promotional materials available from UK SMART Recovery.
- To promote participants' safety in the meetings.
- To facilitate meetings in a supportive and non-judgemental way, creating an atmosphere where participants can be vulnerable and honest about their difficulties.
- To ensure the meeting follows the SMART Recovery® format to provide participants with the maximum benefit from attending and doing the hard work of managing their thoughts, feelings and behaviours regarding their family or friends' addiction.
- To have a thorough understanding of the SMART Recovery® Family & Friends programme and be able to demonstrate appropriate tools according to the expressed needs of those at the meeting.
- To attend training, refresher training and events to advance their knowledge and facilitation skills.
- To promote the opportunities for training and becoming Meeting Facilitators to participants.

3.4 What training is required?

Since SMART Recovery® meetings are based on CBT / REBT methods, there is a need for both underpinning knowledge and facilitation skills to run meetings. There are three distinct parts to the Friends and Family training:

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1. Getting SMART, an introduction to the SMART Recovery® programme and tools
2. Facilitator Training, which goes into more depth and introduces the meeting format
3. Family and Friends training which explains the concepts and tools available

Those who have already completed Getting SMART and Facilitator training may go straight to the Family and Friends element of the course.

3.5 Who can facilitate a Family & Friends meeting?

Anyone who has completed the training and is

- A member of staff from a partner organisation; or
- A person with lived experience of a family member or friend with addictive behaviours; or
- A person in recovery from addictive behaviours, with the following provisions:
 - They need to be in stable recovery for at least two years
 - They need to have lived experience of a friend or family member with addictive behaviours

The following considerations should be kept in mind: -

SMART Recovery® Family and Friends meetings are designed to support those affected by a loved one's behaviour. At times meetings can be emotional as participants articulate how they feel. This can be hard to process for those who have been through addiction, causing them to reflect on their own past behaviour and the impact it has had on their family and friends.

All SMART meetings aim to offer a safe place where people can find support in a non-judgemental environment, where individuals are open and honest. People in recovery from addiction may find it difficult not to step in to 'justify' or explain some behaviours. It is important to keep in mind that the aim of a Friends and Family meeting is to help those experiencing the 'other side'.

3.6 Why do organisations require a partnership agreement?

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.

4. FURTHER INFORMATION

To obtain further information about any of the UK SMART Recovery Programmes, including Family & Friends, please contact our Central Office. You can also discuss the programme with one of our National Co-ordinators. 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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5. SMART RECOVERY FAMILY & FRIENDS TOPIC LIST

Topic 1: Change and Motivation

Topic 2: Self-care & Self Rewards

Topic 3: Inner Dialogue

Topic 4: The ABCs of REBT

Topic 5: Beliefs and Disputations

Topic 6: Positive Communication

Topic 7: Healthy Boundaries Part 1

Topic 8: Safety and Support

Topic 9: Coping with Lapses

Topic 10: Disable the Enabling

Topic 11: Healthy Boundaries Part 2

Topic 12: Trust and Forgiveness

Topic 13: Setting SMART Goals

Topic 14: “The Power of Choice!”

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.

The programme has been adapted from SMART Recovery® and the CRAFT (Community Reinforcement and Family Training) approach. This unique combination of evidence based tools aims to help people affected by addictive behaviour; it may also improve the likelihood that the person with the addictive behaviour will recover.

The programme recognises that being in a close relationship with someone struggling with an addiction can be a frustrating, painful and sometimes lonely journey, in which it is easy to lose one's bearings.

Rather than focusing on their Love One, the Family & Friends programme invites participants to spend time concentrating on their own welfare and goals.

This guidance document explains more about the Family & Friends programme and our partnership scheme.



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