

Global Support for SMART

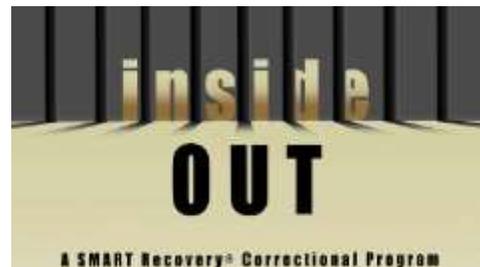
U.S. Government and Professional Endorsements



Understanding Drug Abuse and Addiction: What Science Says **Self Help and Drug Addiction Treatment**

Self-help groups can complement and extend the effects of professional drug addiction treatment. The most prominent groups are those affiliated with Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA) ... and SMART Recovery. Most drug addiction treatment programs encourage patients to participate in a self-help group during and after formal treatment.¹

SMART's InsideOut program for correctional facilities was funded by \$1 million in NIDA Small Business Innovation Research Grants. SMART offers the court-mandated nonreligious recovery support that meets the best practice standards set by the National Association of Drug Court Professionals (NADCP). Major research has established that the program significantly reduces reconviction rates.²



Understanding the Impact of Alcohol on Human Health and Well-Being **Medical Attention | The Patient is Drinking**

Encouraging patients to go to mutual-support groups such as AA or SMART Recovery is the first-line response in this situation. Although some patients will inform you early on that they have no intention of attending these meetings because of previous negative experiences or a fear of groups, encourage them to try these groups by stressing that a different type of group could be helpful (e.g., going to SMART Recovery instead of AA ...).³

NIH funded CheckUp & Choices (www.smartrecovery.org/checkupandchoices), an evidence-based web app based on SMART's 4-Point Program that helps people stop drinking, which was developed under the leadership of Reid Hester, Ph.D. After NIAAA-funded research proved its effectiveness, new apps were developed for opioids, stimulants, marijuana and compulsive gambling.



¹ NIDA, February 2016, www.drugabuse.gov/publications/teaching-packets/understanding-drug-abuse-addiction/section-iv/5-self-help-drug-addiction-treatment.

² In a study of 6,000 inmates, reconviction rates for violent crimes were 42 percent lower for the 3,000 who attended SMART meetings while incarcerated, according to research conducted in Australia by Chris Blatch et al., "Getting SMART, SMART Recovery Programs and Reoffending," *Journal for Forensic Practice*, 2016, Vol. 18 Iss: 1, 3-6.

³ NIAAA, COMBINE: *Medical Management Treatment Manual – A Clinical Treatment Manual for Medically Trained Clinicians Providing Pharmacotherapy as Part of the Treatment for Alcohol Dependence*, 39, https://pubs.niaaa.nih.gov/publications/combine/Combine_2.pdf.



Behavioral Health Treatment Services Locator Peer Support ... Self-Help Groups (Addiction)

Lists SMART Recovery and 12-step groups.⁴ SAMHSA has funded training for facilitators of regular SMART Recovery and InsideOut meetings. It also underwrote the creation of the video “How to Facilitate a Basic SMART Recovery Meeting.”



Adult Court Best Practice Standards, Volume I Substance Abuse Treatment Peer Support Groups

Participants regularly attend self-help or peer support groups in addition to professional counseling. The peer support groups follow a structured model or curriculum such as the 12-step or SMART Recovery models.⁵

Seven U.S. Appellate Court rulings and three State Supreme Court rulings have found that 12-step programs are religious, and court mandates to attend such meetings violate the freedom-of-religion clause of the First Amendment.⁶



The Drug Court Judicial Bench Book Self-Help Recovery Programs

One important concern about 12-step programs is that they do rely on recognition of a higher spiritual power, which has been interpreted by appellate courts to have religious significance that may trigger First Amendment objections. Appellate courts have held that the State cannot mandate attendance in these groups unless it also offers a secular alternative. There are several secular alternatives that may be offered to drug court participants. For example, SMART Recovery (www.smartrecovery.org) and Save Our Selves (SOS) (www.sossobriety.org) have a scientific or cognitive orientation as opposed to a spiritual or religious orientation.⁷



Federal Bureau of Prisons: Self-Help Groups

The Federal Bureau of Prisons (BOP) Residential Drug Abuse Program (RDAP) offers treatment based on Cognitive Behavioral Therapy and self-empowerment, which is quite similar to SMART’s InsideOut program. After inmates are released, the BOP recommends SMART meetings for “... participants [who] immediately reject AA and NA as a result of the spiritual component of these programs and/or as a result of the fact that these programs subscribe to the disease model of addiction. The disease model assumes that you are powerless over your addiction. The disease model can conflict with the biopsychosocial model that is utilized in RDAP, which asserts that although there are many factors (genetics, personality, societal influences, family environment, etc.) that contributed to one’s addiction, the individual is ultimately responsible for all the choices made in his life.”⁸

⁴ SAMHSA, *Behavioral Health Treatment Services Locator*, <https://findtreatment.samhsa.gov>.

⁵ NADCP, 2013, www.nadcp.org/sites/default/files/2014/D-22.pdf, Chapter V. Substance Abuse Treatment, Section I. Peer Support Groups, 40, including footnote 19, which states, “Drug Courts must offer a secular alternative to 12-step programs such as Narcotics Anonymous because appellate courts have interpreted these programs to be deity-based, thus implicating the First Amendment.”

⁶ See the presentation by SMART President Joe Gerstein at the 2017 NADCP Training Conference, “The Power of Choice in Achieving Recovery” (www.smartrecovery.org/courts/), slides 6-10. In a 2013 case (*Hazle v. Crowfoot*), the court ordered the State of California and a treatment provider to pay \$2 million in damages to an inmate for failing to observe this First Amendment right.

⁷ Eds. Douglas B. Marlowe, J.D., Ph.D., Judge William G. Meyer (Ret.), 2011, www.ndci.org/sites/default/files/nadcp/14146_NDCI_Benchbook_v6.pdf, 75.

⁸ RDAP Law Consultants, *RDAP: The Bureau of Prisons Alcohol, Narcotic and Prescription Drug Abuse Program*, 2014, 4.

UK Government Standards and Guidelines

NICE National Institute for
Health and Care Excellence

NICE Quality Standard, Drug Use Disorders in Adults **Quality Statement 7: Recovery and Reintegration**

People in drug treatment are offered support to access services that promote recovery and reintegration including housing, education, employment, personal finance, healthcare and mutual aid. Mutual aid services include SMART (Self-Management and Recovery Training) and those based on 12-step principles, for example Narcotics Anonymous, Alcoholics Anonymous and Cocaine Anonymous.⁹

NICE Guideline, Alcohol-Use Disorders: Diagnosis, Assessment and Management of Harmful Drinking and Alcohol Dependence

1.3.1 General principles for all interventions ...

1.3.1.7 For all people seeking help for alcohol misuse:

- give information on the value and availability of community support networks and self-help groups (for example, Alcoholics Anonymous or SMART Recovery) and
- help them to participate in community support networks and self-help groups by encouraging them to go to meetings and arranging support so that they can attend.^{10,11}



A Briefing on the Evidence-Based Drug and Alcohol Treatment Guidance Recommendations on Mutual Aid

One of Public Health England's priorities is to improve recovery rates from drug dependency. To achieve this, a commitment has been made to increase the number of areas that have fostered effective links between treatment services and relevant community and mutual aid groups with the aim of enhancing social integration and wellbeing.

The most common mutual aid groups in England include 12-step fellowships and SMART Recovery.... SMART Recovery applies cognitive behavioural techniques and therapeutic lifestyle change to its mutual aid groups to help people manage their recovery.

Recovery Orientated Drug Treatment Expert Group – Promote choice by ensuring people in treatment have a range of peer-support options including 12-step, SMART Recovery and other local peer-support services.

Advisory Council on the Misuse of Drugs – The report titled *What Recovery Outcomes Does the Evidence Tell We Can Expect?* underscores the valuable role played in recovery by mutual aid, including AA, NA and SMART Recovery.¹²

⁹ NICE Quality Standard, Drug Use Disorders in Adults, November 19, 2012, 26-27, www.nice.org.uk/guidance/qs23/resources/drug-use-disorders-in-adults-2098544097733.

¹⁰ NICE Guideline, Alcohol-Use Disorders: Diagnosis, Assessment and Management of Harmful Drinking and Alcohol Dependence, February 23, 2011, 17-19, www.nice.org.uk/guidance/cg115/resources/alcoholuse-disorders-diagnosis-assessment-and-management-of-harmful-drinking-and-alcohol-dependence-35109391116229.

¹¹ NICE guidelines state treatment should include a motivational component, which is much the same as the motivational aspects of SMART.

¹² Public Health England, *A Briefing on the Evidence-Based Drug and Alcohol Treatment Guidance Recommendations on Mutual Aid*, December 2013, 3-5, www.nta.nhs.uk/uploads/mutualaid-briefing.pdf.

Australian Government Guidelines



Australian Government
Department of Health and Ageing

Guidelines for the Treatment of Alcohol Problems

8. Self-Help Programs

Lists Alcoholics Anonymous and SMART Recovery, including: SMART Recovery adopts a Cognitive Behavioural Therapy framework and diverges from AA in that it eliminates the focus on spirituality inherent to the AA 12-step approach.

It uses a four-point recovery program designed to enhance members' motivation and teaches techniques that help manage lifestyle and behavioural difficulties. Skills training involves exposure to (among other things) cost-benefit analyses, identifying and rectifying irrational thoughts, and role-playing.

Table 8.1: The SMART Recovery 4-Point Program

| | |
|----------------|---|
| <i>Point 1</i> | <i>Enhancing and maintaining motivation to abstain</i> |
| <i>Point 2</i> | <i>Coping with urges</i> |
| <i>Point 3</i> | <i>Problem solving (managing thoughts, feelings and behaviours)</i> |
| <i>Point 4</i> | <i>Lifestyle balance (balancing momentary and enduring satisfactions)</i> |

People who are uncomfortable with AA's spiritual focus may find the more secular approach of SMART Recovery a useful self-help alternative.

It is noteworthy that SMART Recovery is listed since the program was formally established in Australia in 2007, two years before the guidelines were issued. At the time, there were about 50 meetings in the country, compared with four times as many today.¹³



Australian Government
National Health and Medical Research Council

**Centre of Research Excellence in Mental
Health and Substance Use |
National Drug and Alcohol Research Center,
University of South Wales**

Guidelines on the Management of Co-Occurring Alcohol and Other Drug and Mental Health Conditions in Alcohol and Other Drug Treatment Settings **Self-Help Groups**

Reviews in the research literature suggest that some clients of AOD (alcohol and other drug) services will benefit from joining a self-help group, such as Alcoholics Anonymous, Narcotics Anonymous, SMART Recovery or alternative self-help groups.¹⁴

¹³ Australian Government Department of Health and Ageing, *Guidelines for the Treatment of Alcohol Problems*, June 2009, 110-111, [www.health.gov.au/internet/main/publishing.nsf/Content/0FD6C7C289CD31C9CA257BF0001F96BD/\\$File/AustAlctreatguidelines%202009.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/0FD6C7C289CD31C9CA257BF0001F96BD/$File/AustAlctreatguidelines%202009.pdf).

¹⁴ National Health and Medical Research Council (NHMRC), Centre of Research Excellence in Mental Health and Substance Use, National Drug and Alcohol Research Center, University of South Wales, *Guidelines on the Management of Co-Occurring Alcohol and Other Drug and Mental Health Conditions in Alcohol and Other Drug Treatment Settings*, 2nd Edition, 2016, 105, https://comorbidity.edu.au/sites/default/files/National%20Comorbidity%20Guidelines%202nd%20edition_0.pdf.