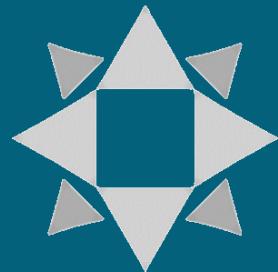


# SMART Recovery® for Correctional Facilities



Dear Corrections Professional,

SMART Recovery is pleased to share the results of a new study from the New South Wales (NSW), Australia prison system, now available via *The Journal of Forensic Practice: Getting SMART*, SMART Recovery Programs and Reoffending, by Chris Blatch, Kevin O'Sullivan, Jordan J Delaney, Daniel Rathbone, (2016), Vol. 18 Iss: 1, pp.3 -16. Please see reverse for the article abstract.

Two versions of the SMART Recovery program were examined, the general **SMART** program and **Getting SMART**, tailored for the correctional system in NSW. The study of almost 6,000 inmates, provides dramatic evidence that as few as 10 sessions of either or both SMART programs markedly reduced the rate of reconviction vs. a meticulously-matched control group. **InsideOut®** is the US version of the correctional program, funded by NIDA. I'm always available to talk about SMART, and would welcome the opportunity to speak further.

Joseph F. Gerstein, MD, FACP  
Founding President, SMART Recovery®  
a volunteer-driven 501(c)(3) organization

SMART Recovery uses the tools of CBT, MI, and REBT.

 **SMART Recovery®**

## SMART's 4-Point Program

- |                 |                                     |                   |
|-----------------|-------------------------------------|-------------------|
| Motivation      | <input checked="" type="checkbox"/> | Motivation        |
| Urges           | <input checked="" type="checkbox"/> | Urges             |
| Problem-Solving | <input checked="" type="checkbox"/> | Problem-Solving   |
| Life Balance    | <input checked="" type="checkbox"/> | Life Balance      |
| <b>PLUS</b>     | <input checked="" type="checkbox"/> | Criminal Thinking |

**InsideOut**, SMART's US turnkey Corrections program.



Using both programs:

**21%**

Reduction in overall reconviction

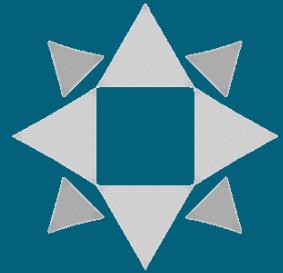
**42%**

Reduction in reconviction for violent crimes

“... [the] model contributes to best practice for treating higher risk offenders with AOD needs, suggesting achievable reductions in both violent and general reoffending.”



# SMART Recovery® for Correctional Facilities



## Getting SMART, SMART Recovery® Programs and Reoffending

Chris Blatch, Kevin O'Sullivan, Jordan J Delaney, Daniel Rathbone  
(2016), Journal of Forensic Practice, Vol. 18 Iss: 1, pp.3 - 6.

### ABSTRACT

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**Purpose:** The purpose of this paper is to determine reconviction outcomes for 2,882 male and female offenders with significant alcohol and other drug (AOD) criminogenic needs, serving custodial sentences in New South Wales, between 2007 and 2011, who participated in the Getting SMART and/or the SMART Recovery® programs.

**Design/methodology/approach:** A quasi-experimental research design utilized data from 2,343 offenders attending Getting SMART; 233 attending SMART Recovery® and 306 attending both programs, compared to a propensity score-matched control group of 2,882 offenders. Cox and Poisson regression techniques determined survival times to first reconviction and rates of reconvictions, adjusting for time at risk.

**Findings:** Getting SMART participation was significantly associated with improved odds of time to first reconviction by 8 percent and to first violent reconviction by 13 percent, compared to controls. Participants attending both programs (Getting SMART and SMART Recovery®) had significantly lower reconviction rate ratios for both general (21 percent) and violent (42 percent) crime, relative to controls. Getting SMART attendance was associated with significant reductions in reconviction rates of 19 percent, and the reduction for SMART Recovery® attendance (alone) was 15 percent, the latter figure being non-significant. In all, 20 hours in either SMART program (ten sessions) was required to detect a significant therapeutic effect.

**Practical implications:** Criminal justice jurisdictions could implement this two SMART program intervention model, knowing a therapeutic effect is more likely if Getting SMART (12 sessions of cognitive-restructuring and motivation) is followed by SMART Recovery® for ongoing AOD therapeutic maintenance and behavioral change consolidation. SMART Recovery® a not-for-profit proprietary program, is widely available internationally.

**Originality/value:** Getting SMART and SMART Recovery® have not previously been rigorously evaluated. This innovative two-program model contributes to best practice for treating higher risk offenders with AOD needs, suggesting achievable reductions in both violent and general reoffending.

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**SMART Recovery**

Recognized by

ONDCP

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NIAAA

SAMHSA

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APA SoAP

ASAM

NCADD

FaVoR

**InsideOut**

Funded by

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