

Participant Identification Guide

Recovery needs assessment

Questions for assessing consumption or addictive behaviours

1. Does the patient present with any clinical signs of having substance use disorders or problematic behaviour?
This could include: cardiovascular problems associated with substance use, insomnia, poor liver conditions, dysphoria, impairment of psychomotor and cognitive skills.
2. Does the patient want to make a change?
3. Have they thought about cutting back their habit?
4. When asked about their use or behaviour, has it led to problems at work, school, home, or caused legal/financial issues?

Supporting patient-empowered success

Explanatory notes

As a general practitioner, you are often the first point of contact between a patient and a service that can support them to manage their substance use or addictive behaviour. This assessment can assist you in identifying patients that could benefit from SMART Recovery, an evidence-based recovery method grounded in Cognitive Behavioural Therapy (CBT).

Next steps for referral

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| ✓ Explain what SMART Recovery is | ✓ Provide a link for the participant to access a SMART Recovery meeting |
| ✓ Offer educational resources in the SMART Recovery Toolkit | ✓ If substance dependencies or addictive behaviour are significant, refer to alternative resource (e.g., psychologist or addiction specialist, pharmacotherapy-assisted treatment) |
| ✓ Schedule follow-up appointments to track progress | |



For more resources and to refer clients to SMART Recovery:

Visit smartrecoveryaustralia.com.au

Contact us at smartrecovery@sr.au.org.au

Together, we can build a healthcare system that prioritises science-backed recovery resulting in patient-powered success.