

Participant Identification Guide

Recovery needs assessment

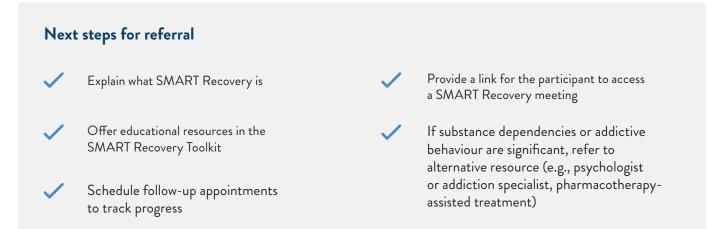
Questions for assessing consumption or addictive behaviours

- 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).





For more resources and to refer clients to SMART Recovery:

Visit smartrecoveryaustralia.com.au Contact us at smartrecovery@srau.org.au

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