

Recovery Star

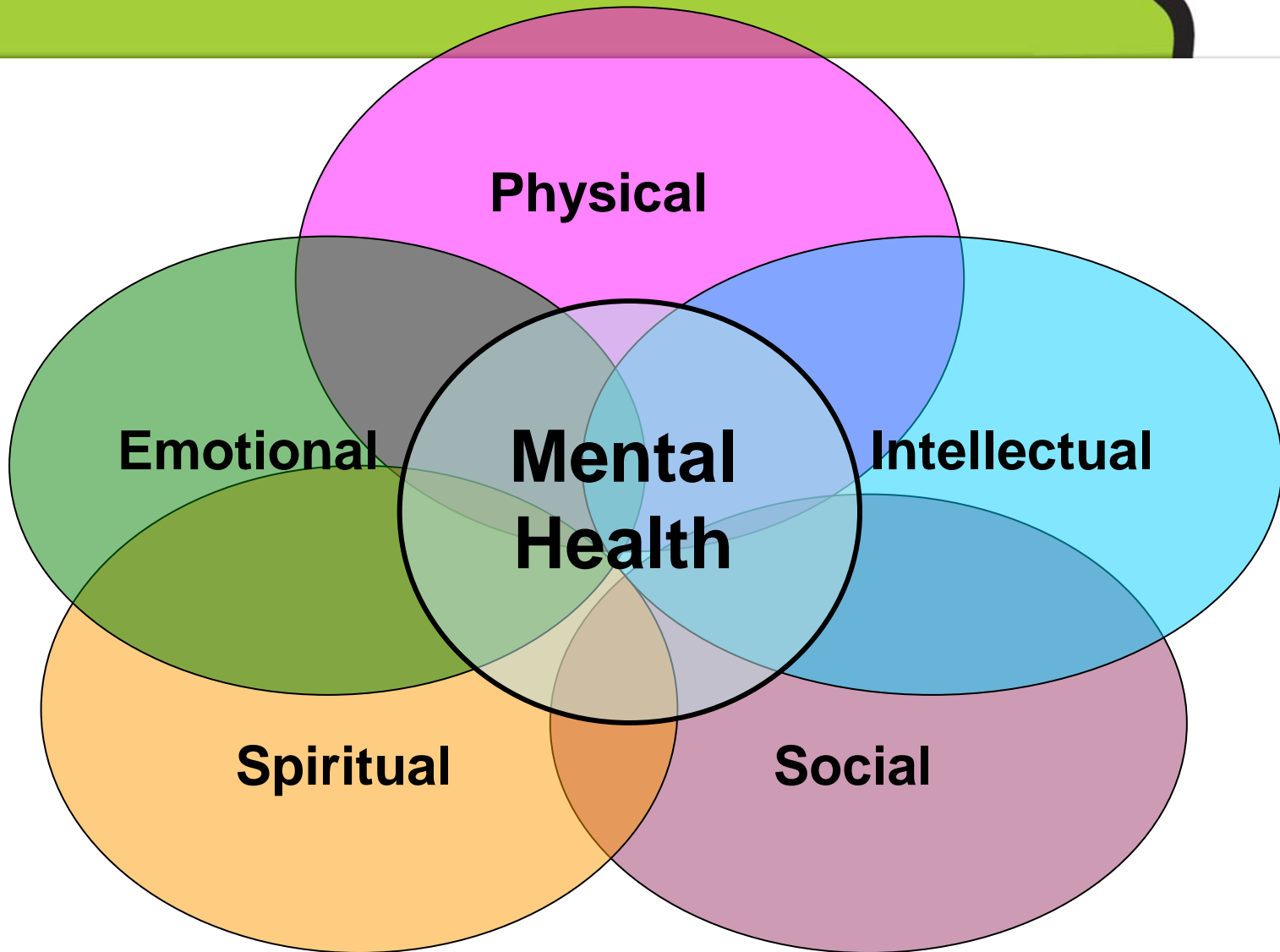


Assessment



- **Assessment is for us the process of obtaining, with the service users agreement, information to establish the needs for service and agree on the desired outcome of any involvement.**

Holistic Assessment.

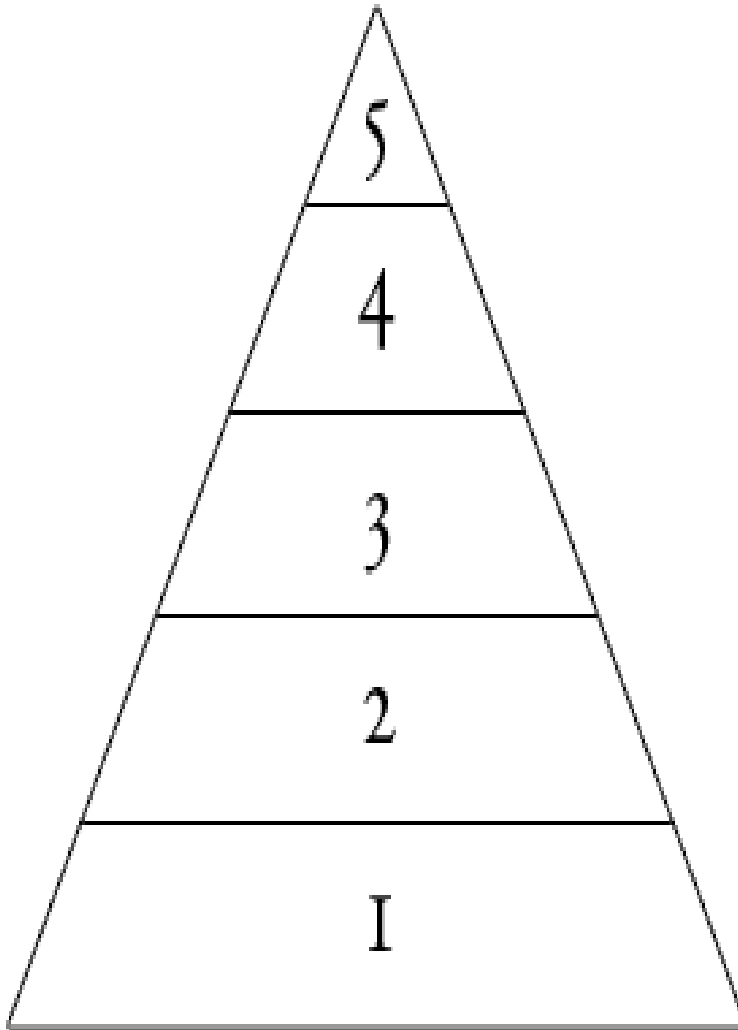


Holism



- The eastern philosophy of holism tells us that if one area of our life is not in balance then this will upset the balance of the other areas of our life.
- We need to look at each of the dimensions we assess from more than one perspective.

Maslow's Hierarchy



5th level needs are, self actualisation.

4th level needs are, self esteem and self respect.

3rd level needs are, love and belonging.

2nd level needs are, safety and security.

1st level needs are, food, water, shelter and rest.

Maslow



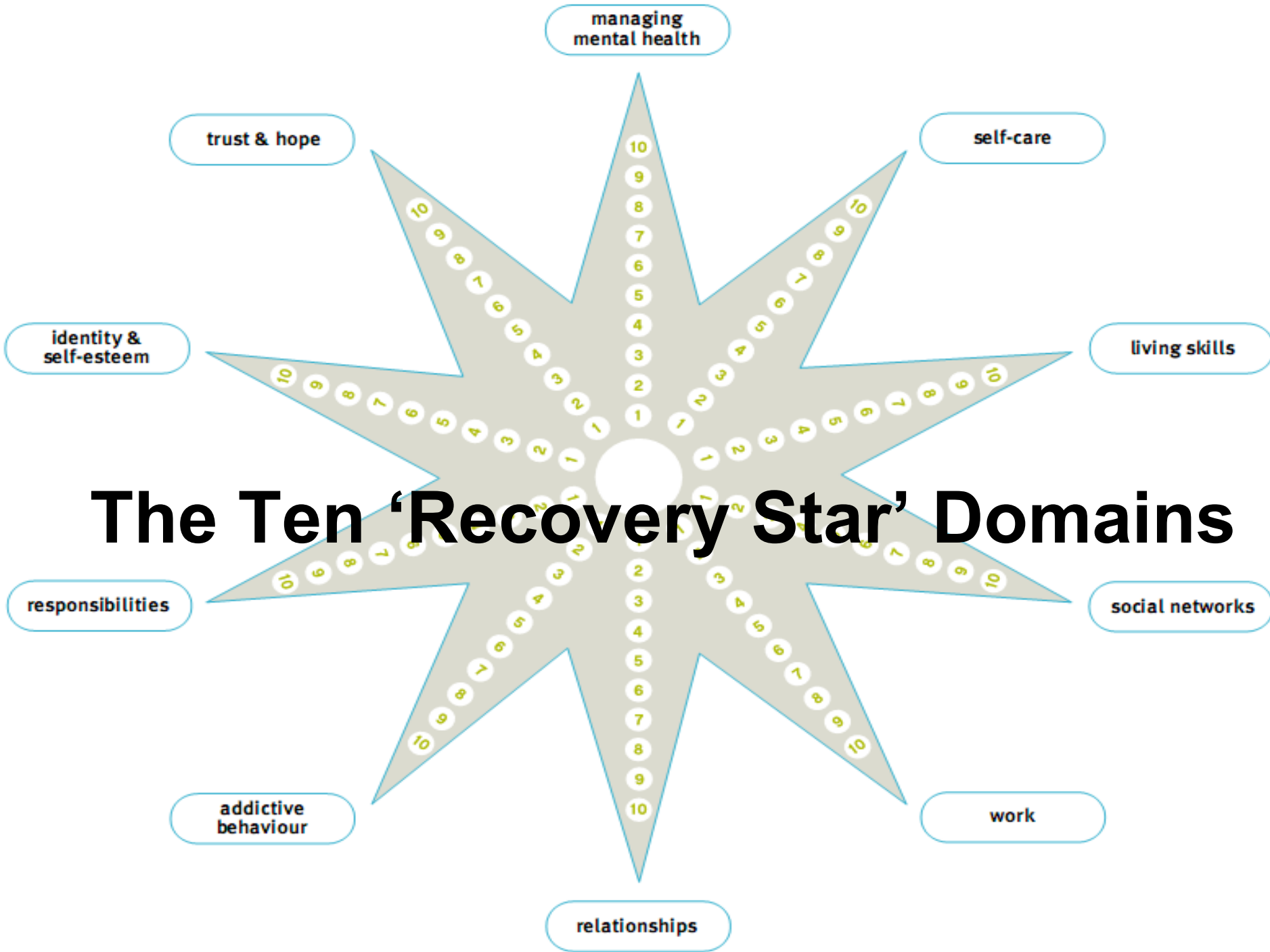
- **You need to be clear what the starting point is for the service user. There will be little point in trying to build a persons self esteem and self respect when safety needs have not yet been met.**

The Recovery Star Tool



- Developed by the Mental Health providers forum
- Standard outcome tool used by NGO's in UK
- Identifies Service User's support needs and/or any changes they may wish to make in their lives
- Recognises and measures progress and recovery in a visual way

The Ten 'Recovery Star' Domains



1. The Managing Mental and Physical Health



- This is not necessarily about not having any more symptoms or changes to your medication, though this may happen.
- It is about learning how to manage yourself and your symptoms and building a satisfying and meaningful life, which is not defined or limited by them.

2. Self-care

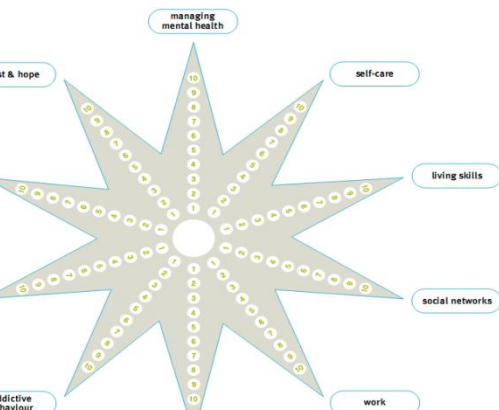


- This is about how well you look after yourself - taking care of your physical health, keeping clean, how you present yourself, being able to deal with stress and knowing how to keep yourself feeling well.

3. Living skills



- This is about the practical side of being able to live independently - shop and cook for yourself, deal with neighbours and people who visit, keep your place clean and tidy and look after your money.



4. Social Networks



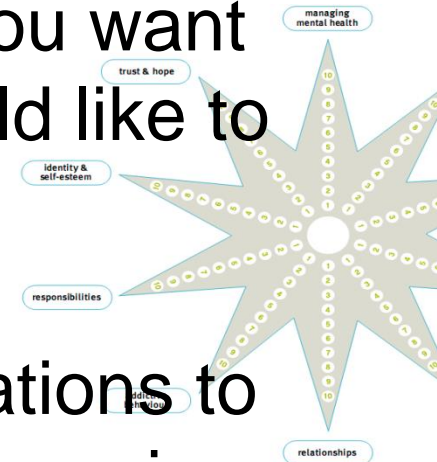
- This is about your social networks and being part of your community.
- It includes taking part in activities within your Service and, as your recovery progresses, getting involved in things outside the Service.
- This can include volunteering or classes, being part of your neighbourhood, a club or society, school or faith organisation, or groups of friends.



5. Work



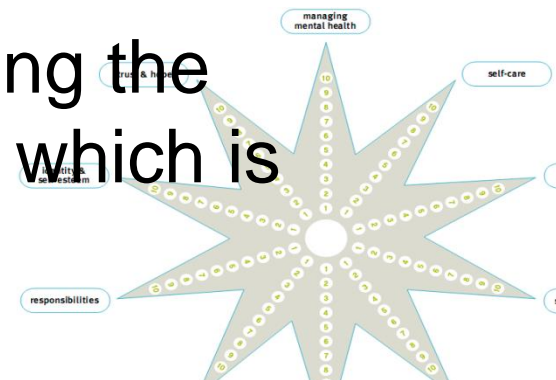
- This is about you and work - whether you want to work and knowing what it is you would like to do.
- It is about having the skills and qualifications to get the work you want and finding and keeping a job.
- For some people, paid work may not be appropriate but volunteering or other work-like activity may be a goal.



6. Relationships



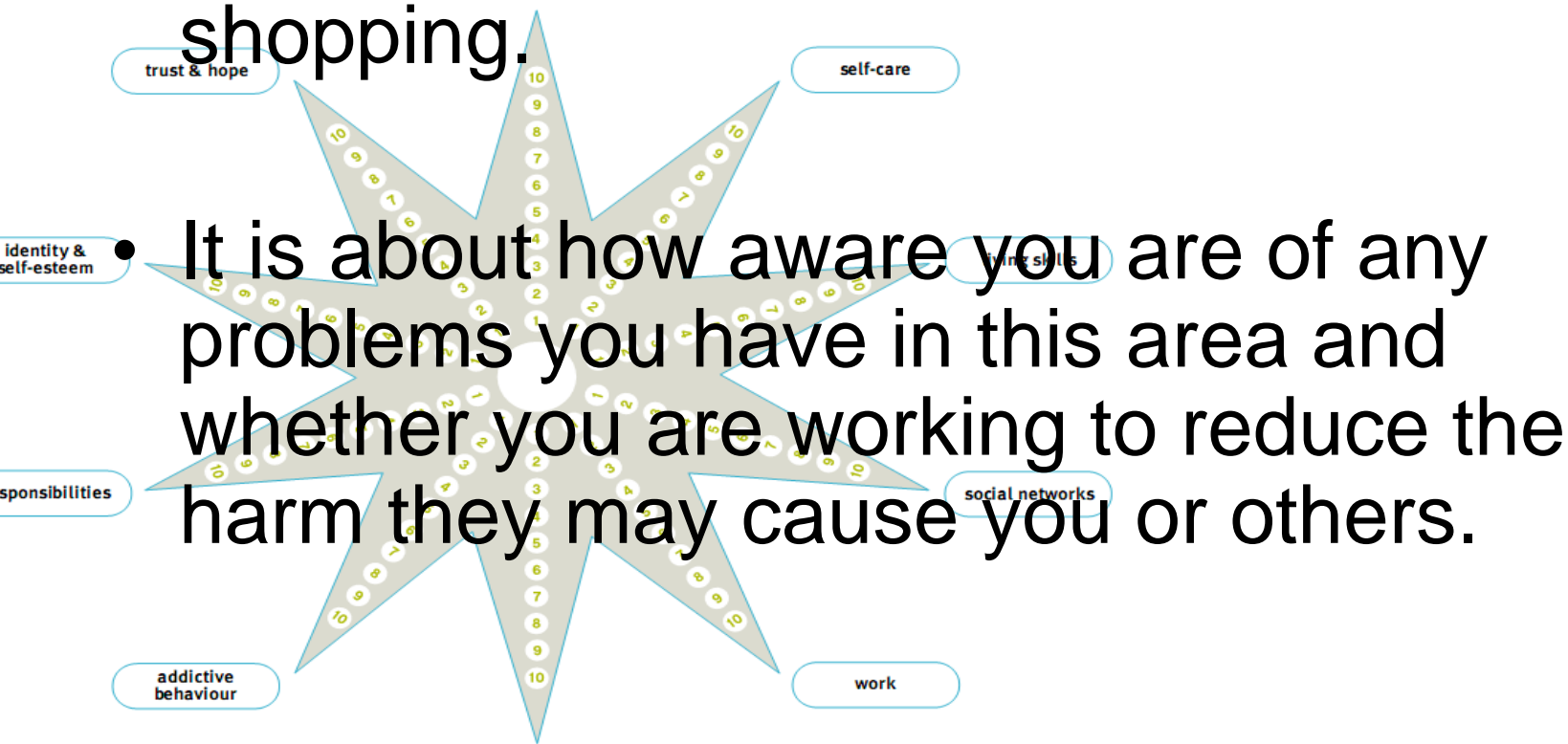
- This is about the important relationships in your life. This could be about your family, a close friend, an intimate relationship or finding a partner if you don't have one and would like one.
- It could be someone who is important to you but you are not in touch with at the moment.
- Whoever you chose, it is about having the amount of closeness that you want, which is something that you decide.



7. Addictive Behaviour



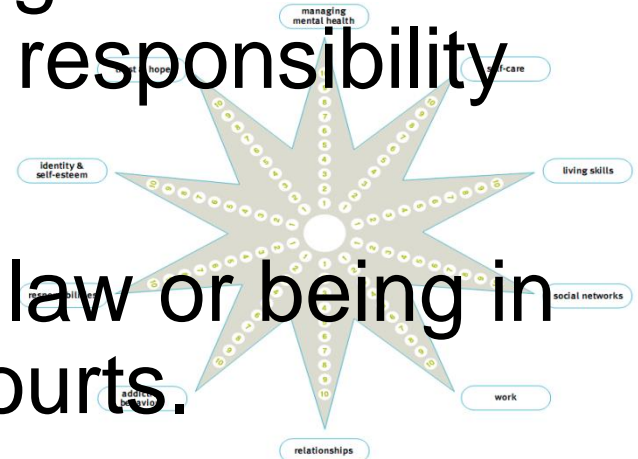
- This is about any addictive behaviour you may have, such as drug or alcohol use, or other addictions, like gambling, food or shopping.



8. Responsibilities



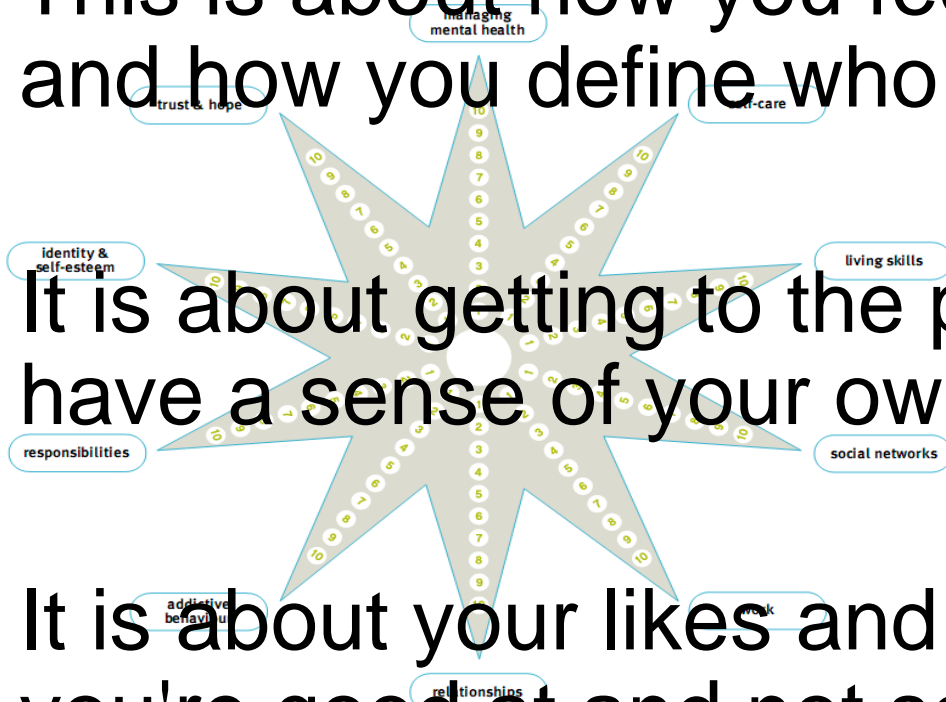
- This is about meeting your responsibilities in relation to the place that you live at the moment - whether it's a, supported housing or your own place.
- Responsibilities includes things like paying the rent, getting on with neighbours or fellow residents and taking responsibility for visitors.
- It also covers breaking the law or being in trouble with the police or courts.



9. Identity and Self-Esteem



- This is about how you feel about yourself and how you define who you are.
- It is about getting to the point where you have a sense of your own identity
- It is about your likes and dislikes, what you're good at and not so good at, and accepting and liking who you are.



10. Trust and Hope



- This is about your sense that there are people you can trust and there is hope for your future.
- It is about trusting in others, trusting in yourself and ultimately having faith in life and trusting that things will work out somehow.
- It might help to ask yourself who you trust when things get very tough? And do you have faith that, whatever happens, you or someone out there will find a way through?

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managing
mental health

trust & hope

self-care

identity &
self-esteem

living skills

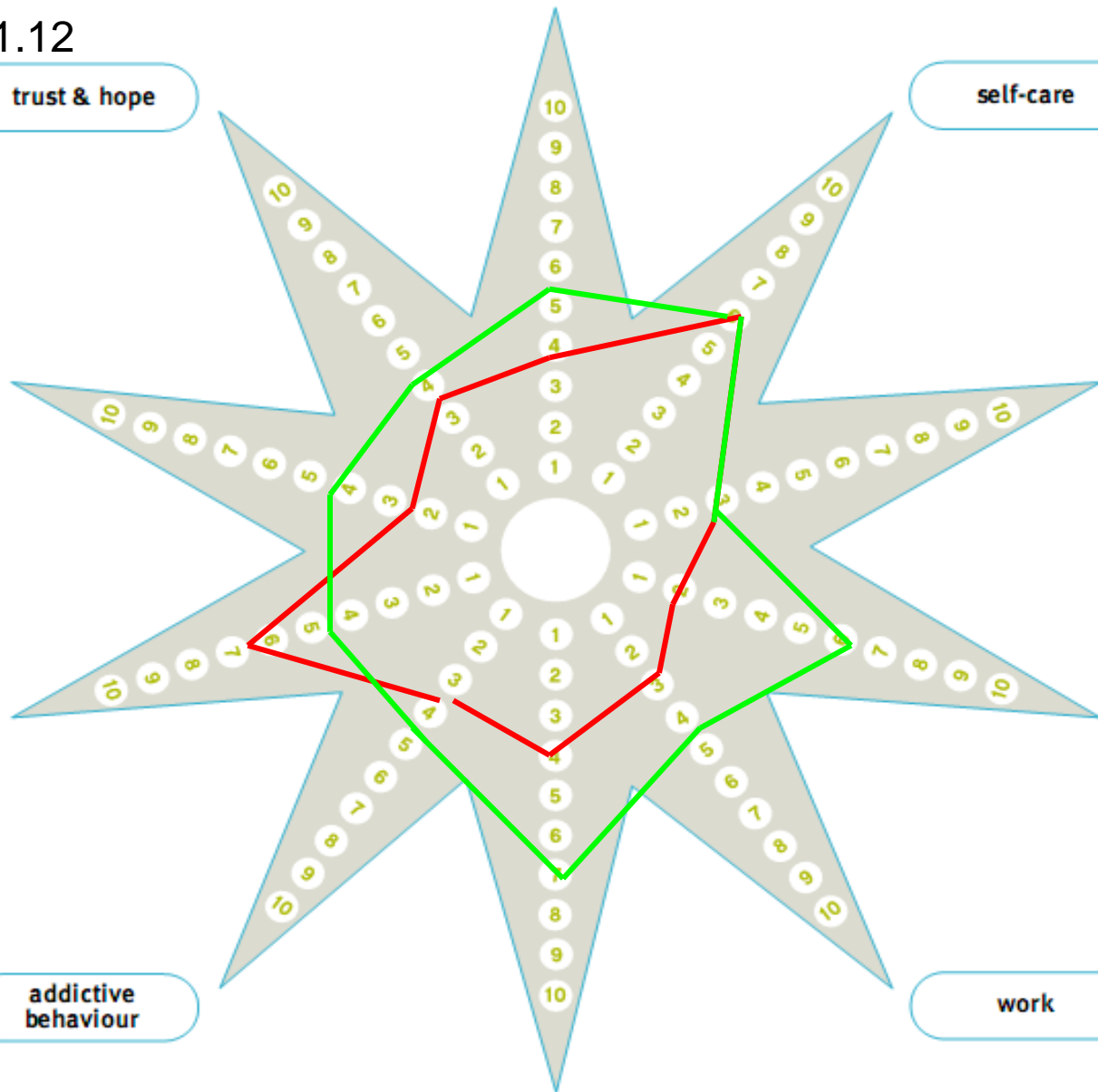
responsibilities

social networks

addictive
behaviour

work

relationships

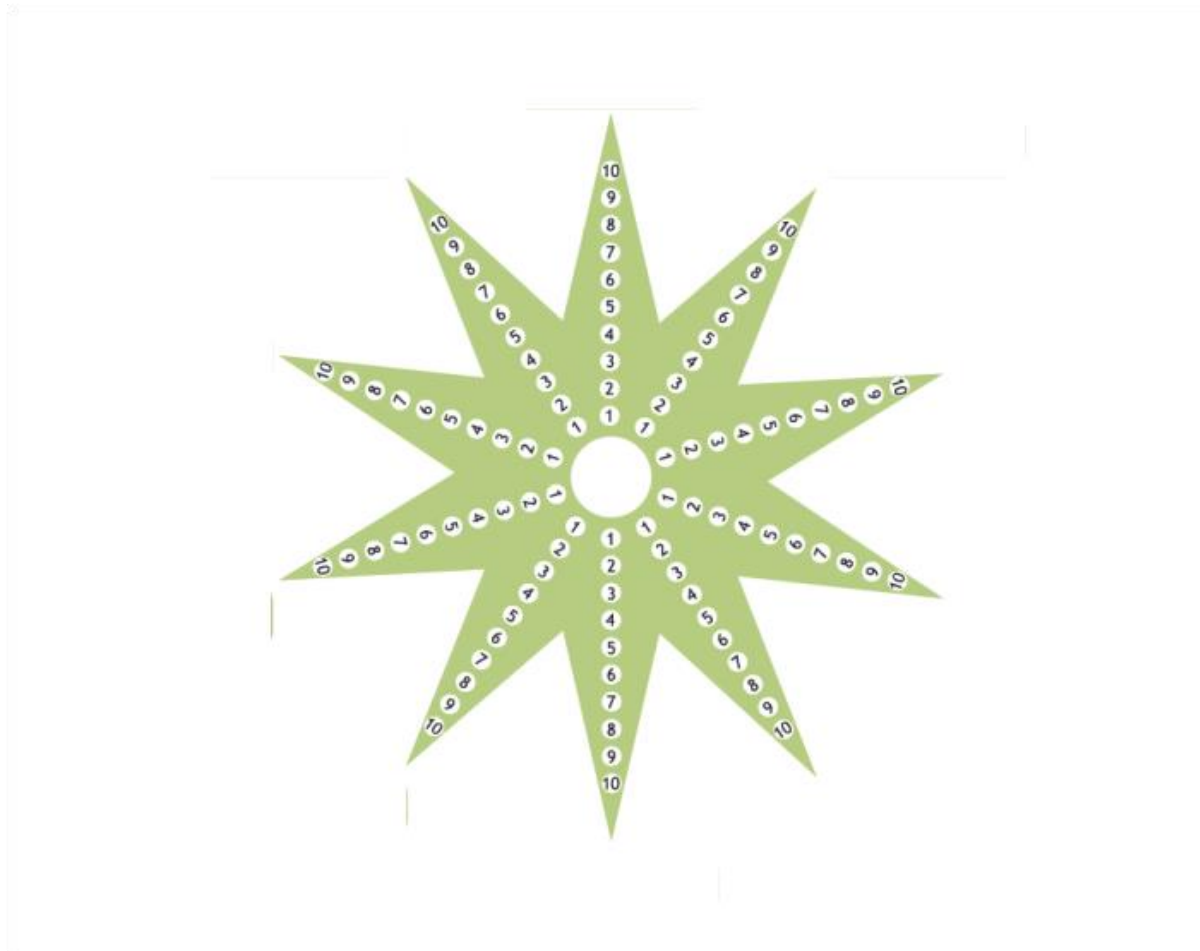


Blank Recovery Star



- Blank Recovery Star also available
- Used to break down and look at an area in more detail
- Or identify other areas a Service User may wish to look at

Blank Recovery Star





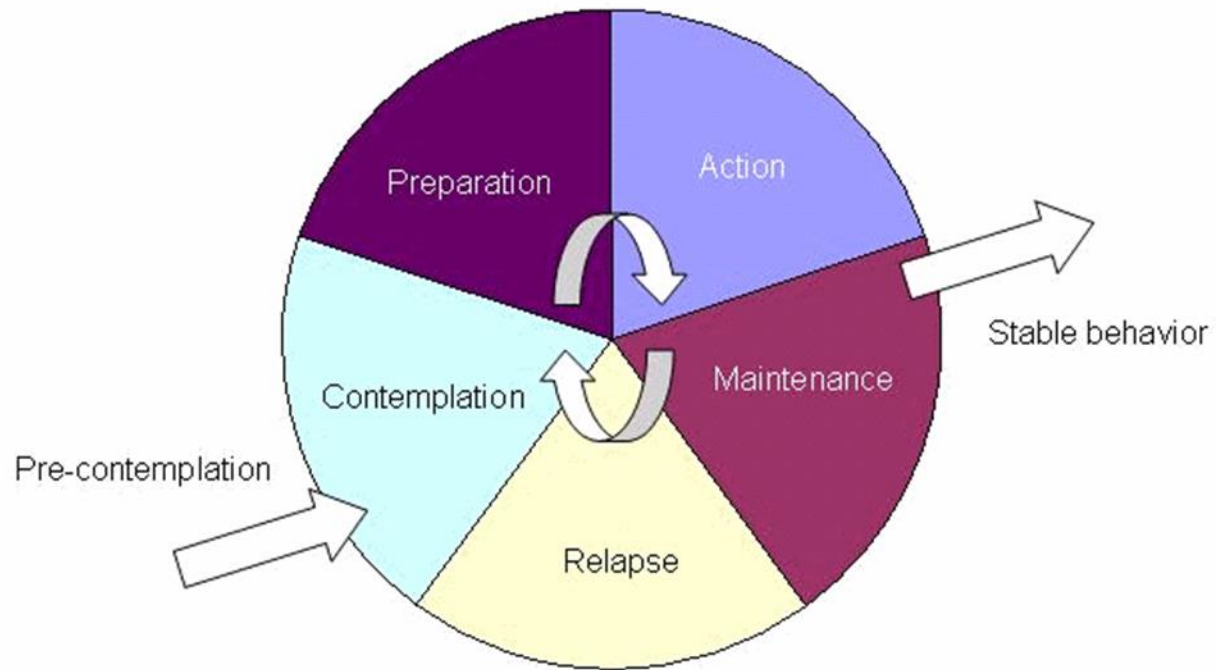
The Ten Steps
divided into five sections

Introducing the

Ladders of Change



Stages of Change



The Ladder of Change

Think of an area of your life where you have made changes.

What was it like before you had decided to change?

Do you remember thinking about change and then deciding you would really do it?

What was the first thing that you did?

See if your experience fits with the Ladder of Change.?



Self-Reliance

I can manage without help from the project

Learning

I'm learning how to do this

Believing

I can make a difference. It's up to me as well

Accepting Help

I want someone else to sort things out

Stuck

Leave me alone

Precontemplation – (Scores 1 -2)



- “Who, me?” Unaware or barely aware of a problem
- No intention of changing behaviour in foreseeable future

Contemplation (Score 3 – 4)



Aware of problem, but not ready to change

Dealing with ambivalence, weighing pros and cons

Preparation (Scores – 5 – 6)



Turns ambivalence into intention to take action.

Sets reachable goals and makes specific plans

Action (Scores 7 – 8)



Commitment is clear!

Modifies behaviour,
experiences, and
environment to address
problem



Maintenance (Scores 9 – 10)



Stabilizes behavioural changes/engages in new behaviours.

Chooses effective support system

(Relapse)



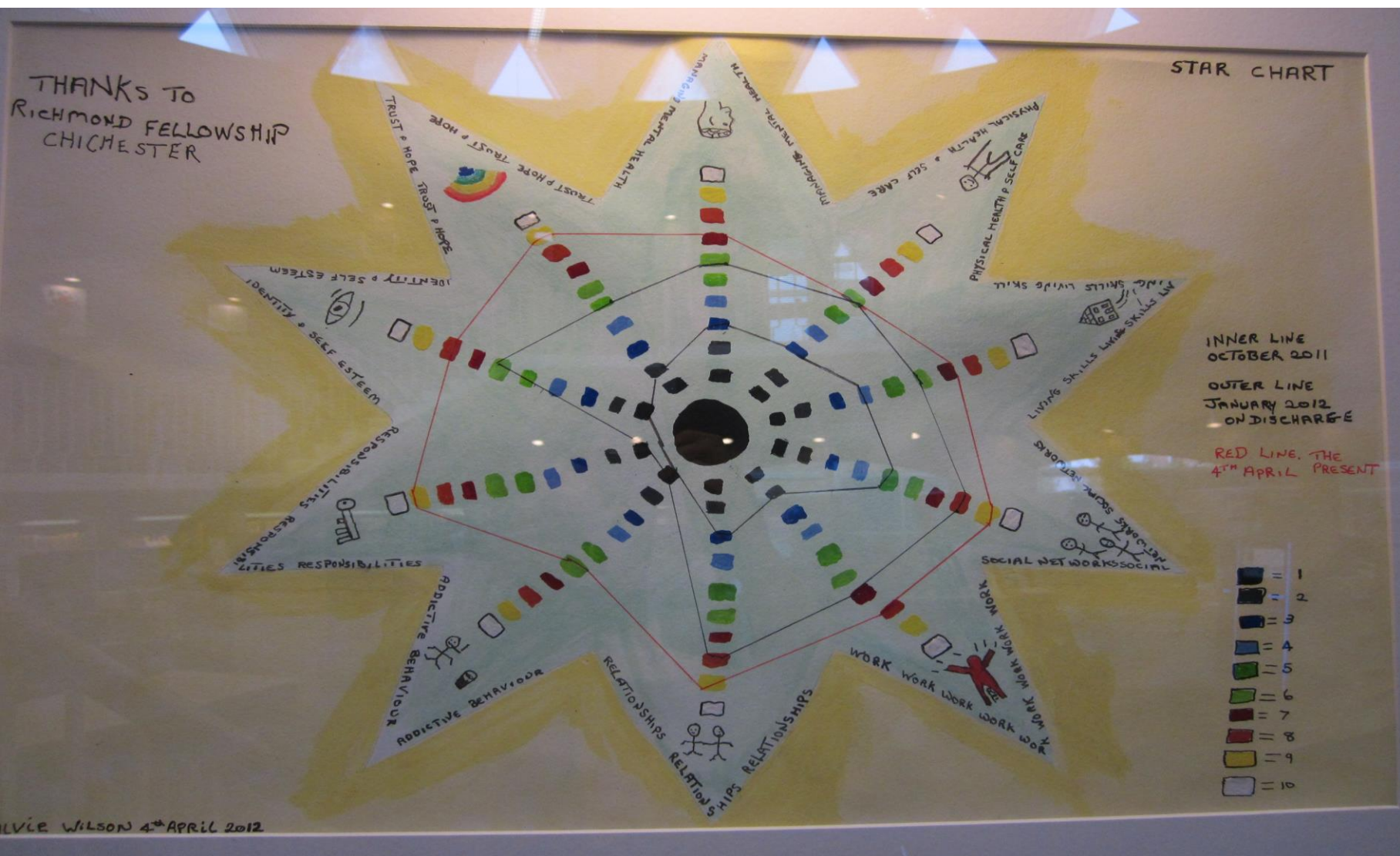
Viewed as a temporary loss of motivation

Relapse happens! It is a learning opportunity.

People can move up or down the ladder this should not be considered as failing.



Recovery Star - Feedback



Thank You



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Resources –

<http://www.mhpf.org.uk/programmes/mental-health-and-recovery/the-recovery-star>

<http://www.outcomesstar.org.uk/>