

Justice Star™ Scales

The Outcomes Star for people in the criminal justice system

For each of the ten questions, choose the answer that best describes you most of the time.

1-2 Stuck **3-4** Accepting help **5-6** Motivated and taking responsibility **7-8** Learning what works **9-10** Self-reliance

1 Accommodation

A safe and suitable home, paying bills and rent, staying within the rules



I have somewhere safe and suitable to live now or when I leave custody and can manage on my own

- 10** Yes, that's me
- 9** Yes, with occasional support

I have somewhere safe and suitable to live now or when I leave custody but need support with it

- 8** Yes, I'm getting there
- 7** Yes, but there's more to sort out

I'm motivated to find or keep suitable accommodation and am taking steps to sort this out for myself

- 6** I'm starting to sort things out
- 5** I feel motivated

I have nowhere suitable to live now or when I leave custody but I'm accepting help with this

- 4** I accept help consistently
- 3** I sometimes accept help

I have nowhere suitable to live now or when I leave custody. I don't have help or don't accept it

- 2** Yes, and it's a problem
- 1** That's just the way it is

Want to use this tool?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

2 Living skills and self-care

Personal care, health, cooking, cleaning, shopping, travel, paperwork, budgeting, benefits



I look after myself well enough and can organise what I need

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning to look after myself and be more organised, with support

- 8 Yes, I'm mostly managing OK
- 7 Yes, but a few problems still

I'm motivated to develop the skills I need to look after myself and am taking steps to do this

- 6 I'm starting to make changes
- 5 I feel motivated

I can't look after myself well enough but I'm accepting help with this

- 4 I accept help consistently
- 3 I sometimes accept help

I can't look after myself well enough. I don't have help or don't accept it

- 2 Yes, and it's a problem
- 1 That's just the way it is

3 Mental health and well-being

Depression, stress or anxiety, other mental health issues, self-esteem, feeling positive



I manage my emotional and mental health well enough

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning to manage my emotional and mental health, with support

- 8 Yes, I'm getting there
- 7 Yes, but it's early days

I'm motivated to improve my emotional and mental health and am trying to make changes

- 6 I'm starting to make changes
- 5 I feel motivated

I'm going along with help for my emotional or mental health

- 4 I accept help consistently
- 3 I sometimes accept help

There are serious problems with my emotional or mental health. I don't have help or don't accept it

- 2 Yes, and it's a problem
- 1 That's just the way it is

Contact info@triangleconsulting.co.uk
or 020 7272 8765

4 Friends and community

Positive friendships and activities, social skills, community, faith, heritage or culture



I have positive friendships and feel connected and supported

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm building my social circle and/or improving my social skills, with support

- 8 Yes, I'm getting there
- 7 Yes, but a few problems still

I'm motivated to create positive friendships and connections and am trying to do this

- 6 I'm starting to make changes
- 5 I feel motivated

I don't have people around me who support me in a positive way but I'm accepting help with this

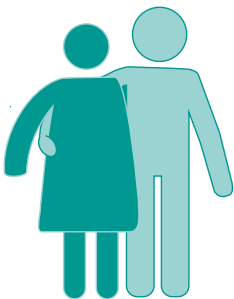
- 4 I accept help consistently
- 3 I sometimes accept help

I don't have people around me who support me in a positive way. I don't have help or don't accept it

- 2 Yes, and it's a problem
- 1 That's just the way it is

5 Relationships and family

Building healthy relationships, warmth, mutual support and respect



I have a positive relationship with my partner or other family

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning what works in my relationship or with other family, with support

- 8 Yes, I'm getting there
- 7 Yes, but a few problems still

I'm motivated to improve things in my relationship or with other family and am trying to do this

- 6 I'm starting to make changes
- 5 I feel motivated

There are serious problems in my relationship with a partner or family but I'm accepting help

- 4 I accept help consistently
- 3 I sometimes accept help

There are serious problems in my relationship with a partner or family. I don't have any support

- 2 Yes, and it's a problem
- 1 That's just the way it is

Contact info@triangleconsulting.co.uk
or 020 7272 8765