

## Guidance for implementation and reporting when moving to the new and improved Recovery Star (4<sup>th</sup> Edition)

This guidance explains how to manage the transition to the Recovery Star (4<sup>th</sup> Edition) from a previous edition of the Recovery Star.

In the new edition of the Recovery Star, there are significant changes to several scales. This means that readings produced using the 4<sup>th</sup> Edition and previous editions are not comparable, which has implications both for completing Star readings and reporting on Recovery Star data.

### 1 Key changes affecting comparability of scales

- The “Responsibilities” scale is now called “Home” and focuses on all aspects of accommodation. Offending is now picked up in the “Use of Time”, “Friends and Community” and “Addictive Behaviour” scales.
- The “Work” scale has been broadened to “Use of Time”, to acknowledge the fact that paid employment is not a realistic or appropriate option for all those completing the Recovery Star. The scale now focuses on having a sense of purpose and something meaningful and satisfying to do, including but not limited to volunteering and education.
- The “Relationships” scale now covers close relationships in general rather than having the option of completing it for one particular relationship. This makes it easier to get an overview of how this aspect of the person’s life is going and means that Star readings are easier to interpret.
- The “Social networks” scale is now called “Friends and community”. This scale is now explicit about friendships being helpful.
- The “Physical Health and Self-Care” scale is now called “Physical Health”. Self-care is now covered in the “Living Skills” scale.

More information can also be found in the Development of the Recovery Star™ (fourth edition).

### 2 Guidance for completing the Recovery Star (4<sup>th</sup> Edition) with service users

Our recommendation for best practice:

- At an individual service user level, readings produced using previous editions and the 4<sup>th</sup> Edition cannot be compared
- This means that service users who completed a Star using a previous edition of the Recovery Star should continue to use that edition, and not start using the new 4<sup>th</sup> Edition
- New service users who have not used a previous edition can start to complete Stars using the 4<sup>th</sup> Edition.

If it is not possible for your service to use the new 4<sup>th</sup> Edition and a previous edition alongside each other:

- You can continue to use the previous edition and not transition to the new edition

- You could consider creating a new baseline retrospective Star in the 4th Edition, for service users who have already been using a previous edition
- You could transition everyone on a specific date but bear in mind that change cannot be assessed if comparing Stars of different editions (because of the significant changes to the scales.)

### 3 Reporting on Recovery Star data

- When reporting on Star readings or change at a service or organisation level, data produced using the 4<sup>th</sup> Edition and a previous edition should not be collated. Separate data reports will need to be produced for each edition
- If you follow our recommendation to continue with the previous edition for service users who have earlier readings using this edition, you will be able to capture all change achieved with service users in separate reports for the previous edition and 4<sup>th</sup> edition.
- If you decide it is necessary to move all service users over to the 4<sup>th</sup> Edition, you should take care when producing reports using the 4<sup>th</sup> Edition. You may want to exclude any service users who have already used previous editions, as it could appear that their first 4<sup>th</sup> Edition Star is their first ever Star. You should identify those with previous edition Stars, exclude their data from the spreadsheet and then manually produce the graphs and tables.

If you have any questions or would like support with the issues mentioned here please contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)