

CASE STUDY

Tyrone's story: Robberies and role models

Why Tyrone Stanley is passionate about the Outcomes Star™

A project worker on a mission to reach violent criminals and gang members, Tyrone Stanley knows from personal experience just how powerful the Outcomes Star can be. He explains how it helped turn his life around.

“My mum was in a few violent relationships, so there was always violence in the home when I was younger.”

“I’m now a project worker for Catch22’s Violence Reduction Service in Wolverhampton. I deal with 18-30-year-olds, predominantly violent criminals and gang members, and mainly work with them during resettlement, when prisoners have 12 weeks to go before release. We use the Justice Star and My Star to help them see their progress.

But my early life was very different. I didn’t have the best of upbringings. I come from a single parent home, and my mum was in a few violent relationships, so there was always violence in the home when I was younger. I started to develop anger issues when I was about 12 or 13, and at the same time went into a domestic violence institute with my mum – from there on things began to go even more downhill.

My mum had a mental breakdown and I got this man complex before my time. I felt I was the man of the house and started to chill with older

boys and get around bad influences. I started drinking and smoking weed – it messes with your psyche. Before you know it I was getting into fights – just pure delinquency.

A downward spiral

I got kicked out of school in year 9, then got kicked out of another one within six weeks. From then on no school in Wolverhampton would accept me, and I had to go to college, with way less support. When I was 16, there was nothing for me.

I felt I couldn’t just live off my mum, so I started to look for quick cash and it developed into robberies. I’d run up to someone in the street and pull the chain off their neck. It was proper cowardly, but I was quite prolific. I got arrested for 27 robberies. I got sent to prison for the first time in 2011 when I was 16 and got remanded, but didn’t really learn my lesson. I got arrested again and sentenced to two years.



That time I was more productive with my time in prison – I did every single course available to me. And then there was a special course called ‘Get Into Sport’ from the Prince’s Trust and I started that. The police were running it, so lots of people were disrespectful to the course leaders, but I just saw it as the first opportunity to get credit for my changes – if anyone was going to give me credit it was the police. I started engaging really good.

Not a tick box exercise

And I got a really good relationship with the course tutor – Sonya Hill, the Prince’s Trust coordinator for West Midlands Police at the time. At the start she pulled out the Outcomes Star – that was literally the thing that made my mind change. Sonya said it was something that was for me, and that was the first thing that made me think ‘oh, OK’. Obviously I was used to doing tick box exercises for different organisations, but the way she approached me for the Outcomes Star was the key element in why it was so beneficial for me.

I was really honest with my answers. I was excited about what the next Outcomes Star would reveal about my progress – it became something to be excited about rather than to be self-critical about. I put an honest reflection of me on paper, and I looked at it and looked at it. Then when I did my next Star I was logging things I was doing, feeling happy about all the good change I’d made.

I got onto an enhanced wing, I even got released on temporary licence and was going out into the community, like an OAP centre where they used to have dinner every Thursday – I was sat there talking to old ladies and it was really nice. All these little things helped me get out of the bubble I was in – mainly from the Outcomes Star, because that’s what made me see my faults on paper. It gave me a perspective on my actual life – from the outside looking in rather than the false mirage that I’d created.

The key thing in the Outcomes Star that made me think hard was when I realised I didn’t have any long-term friends apart from one or two – they were all connected through badness. I thought about it – like, who are all my friends? Who enjoys my company? I wrote it down on paper and I thought, you know what, I’m not really any good at relationships. Certain things really resonated with me; they made me think I wasn’t the person that I wanted to be when I was a young boy. It broke me down, man. Peeled off all the layers. Got to the root cause and started again from scratch.

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Changing my life

From then I carried on engaging. On the last day of the course in prison I saw Sonya and was banging on my window in my Afro – she looked up and I shouted ‘Sonya, it’s Tyrone, don’t forget me’, and she never did. She supported me and mentored me from that day. She had everything lined up for me when I came out – my accommodation, enrolling me on a Prince’s Trust team course, then a two-week residential, even getting a waiver for my tag so I could go on that.

Everything changed – my lifestyle, my circle of friends, the way I spoke. From then on I’ve never stopped working. Within two years I’d got my first job on the production line at Jaguar Land Rover. I was laid off, then worked in Holland on BMW cars. While I was there I decided it was time for a career change. Within a year I got a part-time job as a youth worker while still doing a production job in a factory in England.

Then my mum, who’d also turned her own life round, met a guy through the church who had some jobs going, and I got an outreach role for Catch22. My job was to go out and talk to young people about the effects of knife crime and gang culture – and it really helped that I knew exactly what they were going through. Within 18 months I was

promoted to my resettlement role as a project worker.

Honestly, one of the key things in changing the way I thought about myself was being valued – not having people look at me like I was a dreg. I mean, I still get it now sometimes, but it just reminds me of when it used to be my life 24/7. I just couldn’t look people in the eye, and I knew no one wanted to look me in the eye. But when I started to do good things, all the blessings started to coming through, non-stop man, non-stop.

It’s really exciting to change your lifestyle, your mindset – it’s like having a superpowers. You just want to test them out and see what you can do – that’s how it felt to me.

And I want to project that to young people. It just goes to show that anyone can change as long as you’ve got the right intervention at the right time and someone there to support you through your lows that obviously are going to come.”



Tyrone: How I introduce the Star with service users

“OK, so this is an Outcomes Star. Now I know it may seem like a way of recording data for our benefit but I can assure you that this is one of the best proven ways to track your progression. It can also be a great tool to learn things about yourself that you may not have thought about much at all. I have first-hand experience completing an Outcomes Star myself and it was the best start to my journey. By the end I was shocked and amazed at the progression. So be honest, and you will see changes by the end. This is the best way to help me to help you.”

More information

The Outcomes Star is a holistic, person-centred, strengths-based tool which supports and measures change.

It's designed to be used collaboratively at assessment and review, opening up conversations between keyworkers and service users, and focusing

attention on the areas that are proven to make a difference to people's lives.

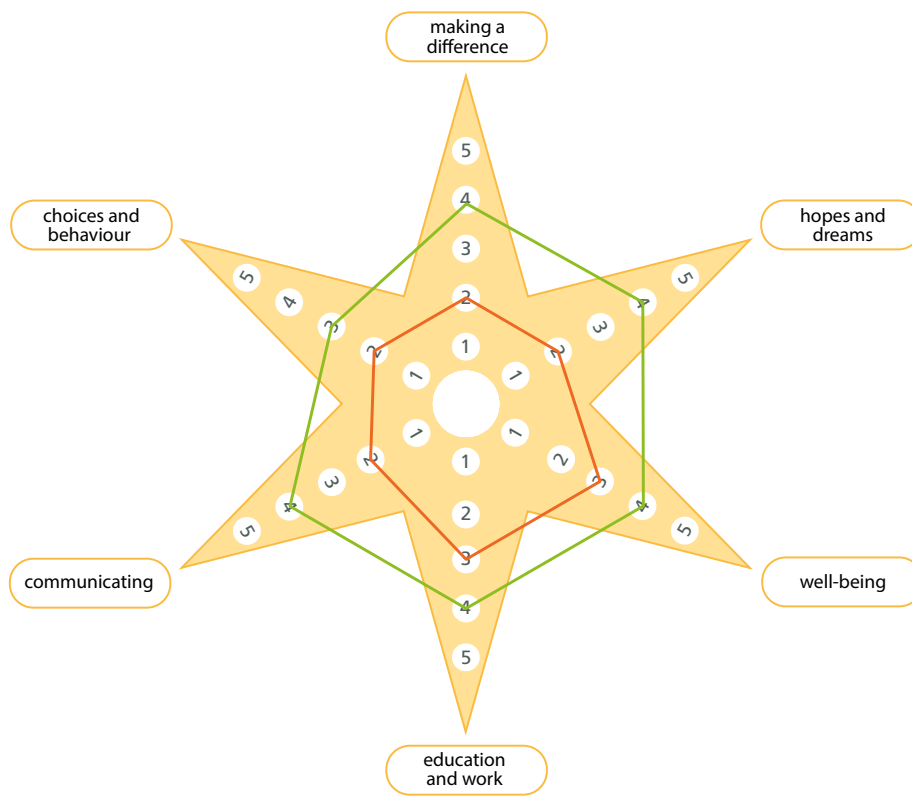
Each area has a scale, underpinned by the Journey of Change – a five-step model of change that maps what people go through on the road to a better life.

Outcomes Stars are developed in collaboration with sector leaders, front line organisations, keyworkers and service users. There is a large

[body of research](#) evidencing their effectiveness as a keywork tool and their validity as an outcomes measure.

There are now over 30 Outcomes Stars tailored for different needs and situations. They are widely used in the UK and internationally, with over a million completions on the Star Online.

An example is show below – the Youth Star, for community-based youth work.



More information and next steps

Visit our website for previews of the Star, guidance and information:
www.outcomesstar.org.uk

Triangle is the social enterprise behind the Outcomes Star, based in the UK. If you are not based in the UK, please visit our website for the contact details of organisations supporting the Outcomes Star internationally.

Find out more

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