

How to use the Justice Star™ with the Good Lives Model of Offender Rehabilitation

Alignment in the overarching principles

The principles underlying the Justice Star are very much aligned with the Good Lives Model of Offender Rehabilitation (GLM), with the Star offering a practical way of implementing the model. Both approaches emphasise the importance of the following aspects of working with offenders:

1 Consistency in the basic categories of needs and aspirations

The GLM assumes that 'all individuals have similar aspirations and needs' in terms of the high-level categories but allows for flexibility in defining the detail. This is also true of the Justice Star, which has ten outcome areas that all offenders should discuss with practitioners, with room for individuals to define what is important to them and what to prioritise when action planning (e.g., in terms of what they consider positive use of time).

2 Tailoring support and empowering offenders

The GLM emphasises that the priorities worked on should reflect what matters to the offender, and support should be 'responsive to offenders' particular interests, abilities, and aspirations'. This is at the heart of the Outcomes Star approach, which is a means of tailoring support.

3 Strengths-based

Existing strengths should be highlighted, and capabilities and strengths built up. Practitioners should 'explicitly construct intervention plans that help offenders acquire the capabilities to achieve things and outcomes that are personally meaningful to them'. The ability of the Star to highlight and increase strengths is a commonly cited benefit.

4 Provide support with the eventual aim of self-reliance

The GLM states that 'one of the primary responsibilities of parents, teachers, and the broader community is to help each of us acquire the tools required to make our own way in the world'. Similarly, the Journey of Change underpinning the Justice Star focuses on providing the level of support the offender needs to work towards no longer needing the service.

Consider both internal and external factors

The GLM places great importance on human agency and has a dual focus on an 'offender's internal values and life priorities and external factors such as resources and opportunities'. The Justice Star also acknowledges the role of external factors and working towards having more resources and opportunities, while also focusing on what the service and the offender can do and what internal changes would help.

Mapping the classes of primary goods to the Justice Star outcome areas

The holistic approach offered by the Justice Star's outcome areas fits well with the eleven classes of primary goods set out in the GLM, and can be mapped across as follows:

GLM classes of primary goods	Most relevant Justice Star outcome areas
1) life (including healthy living and functioning)	<ul style="list-style-type: none"> • Living skills and self-care • Mental health and well-being • Drugs and alcohol • Accommodation
2) knowledge (how well informed one feels about things that are important to them)	<ul style="list-style-type: none"> • Positive use of time • All outcome areas relate to engagement with services and improving knowledge and skills
3) excellence in play (hobbies and recreational pursuits)	<ul style="list-style-type: none"> • Positive use of time
4) excellence in work (including mastery experiences)	<ul style="list-style-type: none"> • Positive use of time
5) excellence in agency (autonomy, power and self-directedness)	<ul style="list-style-type: none"> • Managing strong feelings • All outcome areas underpinned by a Journey of Change towards greater autonomy
6) inner peace (freedom from emotional turmoil and stress)	<ul style="list-style-type: none"> • Mental health and well-being
7) relatedness (including intimate, romantic, and familial relationships)	<ul style="list-style-type: none"> • Relationships and family • Parenting and caring
8) community (connection to wider social groups)	<ul style="list-style-type: none"> • Friends and community
9) spirituality (in the broad sense of finding meaning and purpose in life)	<ul style="list-style-type: none"> • Positive use of time • Friends and community
10) pleasure (feeling good in the here and now)	<ul style="list-style-type: none"> • Mental health and well-being
11) creativity (expressing oneself through alternative forms).	<ul style="list-style-type: none"> • Positive use of time • Friends and community

To find out more about the Outcomes Star including licenses and training, please see our website <https://www.outcomesstar.org.uk> or get in touch on info@triangleconsulting.co.uk or +44(0) 207 272 8765.

