

## A new, improved edition of the Recovery Star

### Information for services currently using the Recovery Star (September 2019)

Triangle has drawn together feedback from Recovery Star users, our own research and a wide range of independent studies to create a new improved edition:

- Clearer, shorter, trauma-informed scales
- A new scale called 'Home'
- 'Work' broadened to 'Use of time'
- Summary of supporting research and independent validations
- A partner tool for young people: My Mind Star

#### What's changed?

- The 'Responsibilities' scale has changed to 'Home' in order to more fully recognize the importance of suitable, stable accommodation. Offending issues are now covered in other scales including 'Use of Time', 'Friends and Community' and 'Addictive Behaviour'.
- The 'Work' scale has been broadened to 'Use of Time' to acknowledge that paid employment is not always realistic or appropriate.
- We have changed the guidance for the 'Relationships' scale so that it now covers close relationships broadly rather than focusing on one particular relationship.
- The 'Physical Health and Self-Care' scale is now called 'Physical Health' and self-care is covered in the 'Living Skills' scale.
- The 'Believing' stage of the Journey of Change is now renamed 'Believing and Trying' to make it clearer that people are taking action in the second half of that stage.
- We have clarified that some people will continue to need long-term support so for them '8' means the final outcome has been achieved and is cause for celebration.
- Many other smaller changes have been made for clarity and ease of use. See 'Development of the Recovery Star (Fourth edition)' for details.
- Step 3 on each scale now refers both to wanting help and to accepting help inconsistently in that area (previously the focus was sometimes on just wanting help and sometimes on wanting and accepting help).
- The scales and guidance are now more explicitly trauma informed and more directly acknowledge the importance of external factors and conditions affecting people's recovery.
- The scale descriptions are shorter, clearer and more accessible and we have added "key points" to draw out important landmarks on the journey.

#### A strong evidence base

Alongside the new edition we are also publishing

- A summary of the evidence base for the outcome areas and Journey of Change
- A summary of independent research validating the Recovery Star

#### New design

Our collaborators the Association of Mental Health Providers have handed over all training and publication to Triangle. This new edition is published by Triangle in the same design as all the other versions of the Outcomes Star.

### What should I do if I want to use the new edition?

If you want to use the new version, you may decide to invite services to try the new version and take their feedback into account. This will help you to make an informed choice as to whether it is better for your service(s) as well as paving the way for implementation. The previous edition will continue to be available if you don't wish to switch.

If decide to switch:

- Share the reasons with service managers and staff and support staff to make the change – perhaps by discussing the changes in team meetings or supervision. Additional training for practitioners is available but is not required.
- Decide whether you are going to upgrade everyone on the same date or project by project and make all workers aware of the date to change. We do not recommend that service users who already have a Star using the previous edition move to the 4<sup>th</sup> edition so you will need to use both versions of the Star during the transition. Please talk to us for more information about this.
- Make sure all staff in a service are familiar with the changes in the new edition.
- Make sure everyone has access to the resources for the new edition (User Guide, Star Chart etc).
- No additional licenses are required to use the new edition.

Triangle will be rolling out a new and improved Star Online system, available for existing customers from January 2020. For organisations already using the Recovery Star on the Star Online it will be a straightforward process to transfer to the 4<sup>th</sup> edition in this new system.

If you would like a more in-depth introduction to the new edition please get in touch with Triangle or your Implementation Lead or visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk).

### What about my Star data?

There are some choices to be made about how to join up data from the previous edition to data from the new edition. To find out more please have a look at our [data and implementation fact sheet](#) or get in touch with your Implementation Lead or our data analyst Anna Good: [anna@triangleconsulting.co.uk](mailto:anna@triangleconsulting.co.uk)

### When and where is it available?

The new edition will be available as a pdf on the Star Online from the end of September 2019. For those wishing to use online completion, it will be available in our new, improved version of the Star Online which will become available to current Star Online users between January and March 2020.

If you record Star data in a third-party system licensed by us ([see the full list here](#)) and want to use the new edition you will need to liaise with your system provider to have it added. Feel free to get in touch with us with any questions.

### Questions and next steps

Please get in touch with your Implementation Lead or email us on [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk) or ring us on **0207 272 8765**.