

Choosing a version of the Star

If you work holistically with people in any of the following areas, identifying the best version of the Outcomes Star for your service is straightforward:

Client group	Outcomes Star version
Mental health	Mental Health Recovery Star
Substance misuse	Drug & Alcohol Star, Alcohol Star or Teen Star
Learning disabilities	Life Star
Homelessness	Homelessness Star (the 'Outcomes Star')
Domestic violence	Empowerment Star
Older people	Older Person's Star
Autism and Asperger's	Spectrum Star
Young care leavers	Young Person's Star
People leaving Young Offender Institutes	Young Person's Star
Youth work	Youth Star
Parents in vulnerable/troubled families	Family Star
Children in vulnerable/troubled families	Children's Star
Looked after children	Children's Star
Sexual health	Sexual Health Star
Secondary school	Shooting Star
Music therapy with children	Music Therapy Star
Vision impairment	VIP Star

We work with a whole range of people - which Star do we to use?

In order to identify the most appropriate version, focus on the aim of your service and the intended end outcome for the people you work with, as follows:

Intended outcome	Outcomes Star version
Work/ training/ employability	Work Star
Ensuring that children in vulnerable families are able to thrive/ improving parenting skills	Family Star
Recovery from Substance misuse	Drug & Alcohol Star (or Teen Star if teenagers)
Ending domestic violence and empowering women so that they are not victims in the future	Empowerment Star

Intended outcome	Outcomes Star version
Finding and maintaining a home	Outcomes Star (homelessness) or Young Persons Star for under 25s
Better self-management of health and self care – especially by people with long-term health conditions	Well-being Star
Initial steps towards employability for NEET young people	Youth Star
People being more active in their community and benefiting in a range of ways - skills, health, satisfaction	Community Star

Do they all have the same journey of change?

For most versions of the Star, the endpoint of the journey is self-reliance, an absolute endpoint where the person no longer needs a specialist service. However, the journey of change to that point is generated in a bottom-up way through the development process and varies between the Stars, although some share a common journey change.

The Older Person's Star and Life Star both have a relative endpoint of maximising independence and well-being, where there is likely to be an on-going support need.

What about clients with both learning disabilities and autism?

The choice of star depends primarily on the aim of your work:

- The endpoint of the spectrum star - a 10 - is self-reliance, where people no longer need a specialist autism service
- The endpoint of the Life Star is maximising independence and well-being, so people may need an on-going service – perhaps a lot of support – but they are doing as much as they can for themselves and life is as good as it can be.

It also depends on the cognitive ability of the individual; for people not able to engage with the Spectrum Star due to their level of learning disability, the Life Star is more appropriate, even if autism is also a presenting need.

We don't do keywork - can we still use the Star?

The Outcomes Star works best where there is an on-going keywork relationship with clients; full versions such as the Recovery Star and Life Star can only be used in that context. However, the following versions with brief, accessible resources can be used where there is limited one-to-one time or even incorporated creatively into group work:

- Older Person's Star (short version)
- Well-being Star
- Community Star
- Youth Star
- Shooting Star
- Sexual Health Star

With the exception of the Well-being Star, the Stars are not designed to be completed alone or used as self-help tools. They are created for people with a need for a specialist service and the discussion generated by completing the tools collaboratively is one of the key benefits.

None is quite right for us – what do we do?

If you are not able to identify an appropriate version of the Outcomes Star from these lists, we recommend you:

- Check the list of versions under development
- Identify and test out the most appropriate version based on the intended outcome of your service and whether you have a key work relationship with your clients
- Contact Triangle to discuss your needs **info@triangleconsulting.co.uk**

All versions of the Outcomes Star have been developed with collaborators who provide their time, expertise and funding. Please do not attempt to tailor any versions of the Outcomes Star yourself as they are copyright and trademarked tools. While the Stars is a suite of tried and tested, sector wide tools, Triangle is sometimes able to work with individual organisations to tailor or create versions.