



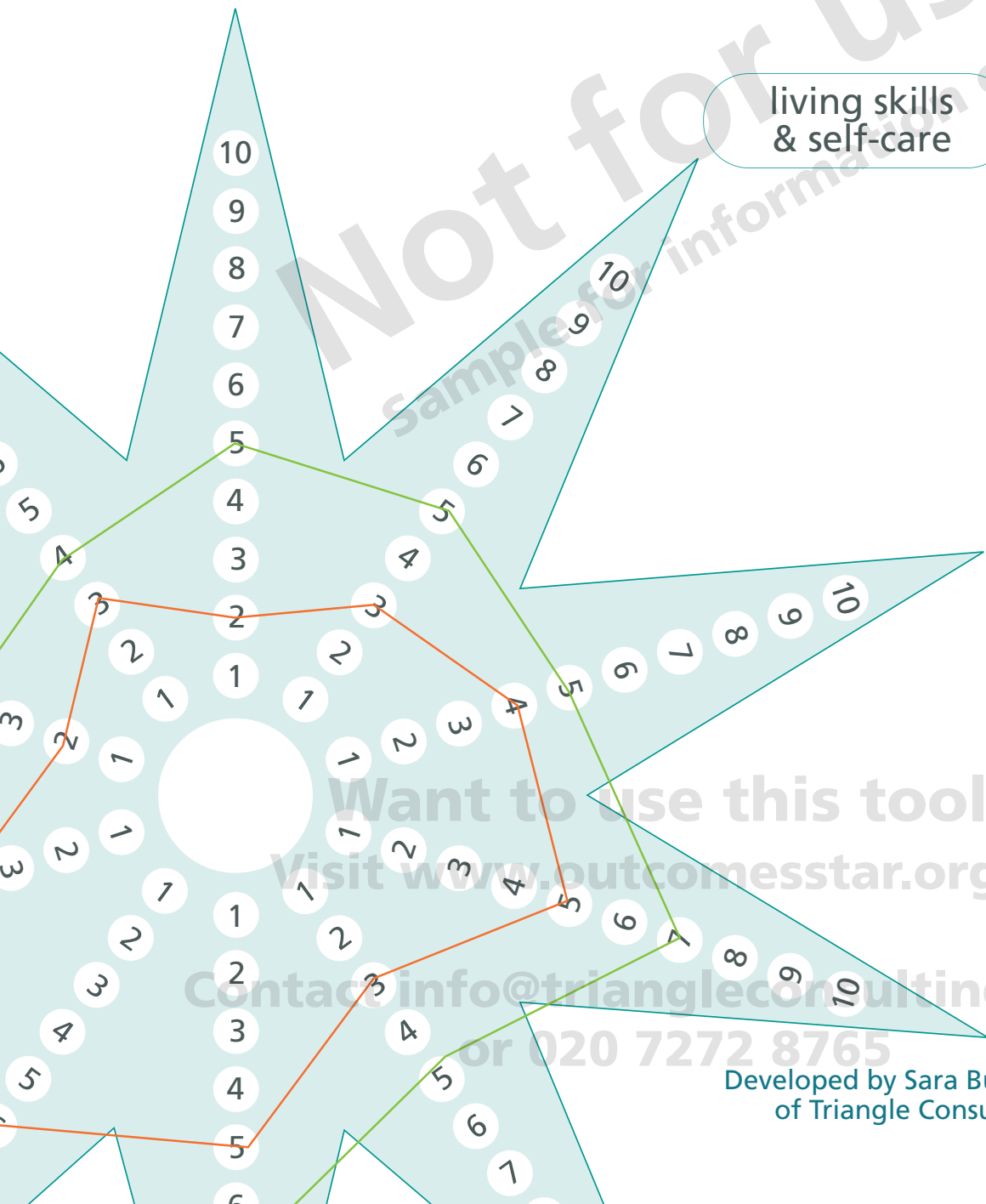
Justice Star™

The Outcomes Star for people in the criminal justice system

accommodation

living skills & self-care

mental health & well-being



Want to use this tool?

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or 020 7272 8765

Developed by Sara Burns and Joy MacKeith of Triangle Consulting Social Enterprise

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Triangle Consulting Social Enterprise Ltd
The Dock Hub
Wilbury Villas
Hove
BN3 6AH
United Kingdom

Authors

Sara Burns and Joy MacKeith
Triangle Consulting Social Enterprise Ltd
www.outcomesstar.org.uk

Designed and edited by Jellymould Creative
www.jellymouldcreative.com

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Licences are also available for those wishing to translate the document into other languages.

The Outcomes Star™

This Star is part of a family of Outcomes Star tools. Each tool includes a Star Chart, User Guide or Quiz and guidance on implementation and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

Acknowledgements

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- Barnardo's Family Support Services
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- Leicestershire Police
- Lifeline
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- The Fortune Society (New York)
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Introduction to the Justice Star™

We are here to help you move towards a crime-free life.

Whether you are in custody, approaching release or in the community, the Justice Star will help you focus on how to build a crime-free life. This might mean finding and keeping a home, acquiring new skills or learning ways to manage strong emotions without getting yourself or others into trouble. Making these changes isn't easy, but understanding how change works can help.

The Justice Star looks at ten key areas of your life:

1. Accommodation
2. Living skills and self-care
3. Mental health and well-being
4. Friends and community
5. Relationships and family
6. Parenting and caring
7. Drugs and alcohol
8. Positive use of time
9. Managing strong feelings
10. A crime-free life.

The Journey of Change

For each of these ten areas, there is a scale. Each scale follows the same pattern – the Journey of Change – with five stages, described on the next two pages.

How does it work?

To complete the Star, look at each of the ten scales one by one and talk them over with your keyworker. Together, you can agree where you are in each area, mark the number on the Star Chart and connect the points to create a snapshot of your life and of the areas that are working well and the ones that are causing difficulties.

This will help you and your worker to agree on what areas to work on together, the actions you want to take and any support you need. You and your keyworker will come back to the Star at regular intervals. This will help you build a picture of your progress.

It's not just down to you

The Justice Star focuses primarily on your journey towards a crime-free life. However, it is important to recognise that external factors or conditions can affect your progress but be beyond your control. These may include lack of access to housing, barriers to suitable work, not receiving the benefits or services you need and/or lack of acceptance. Using the Star may help you clarify areas where there are external factors holding you back and where support can help.

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The Journey of Change

Change doesn't happen in one go – it's a journey, and it can help to understand the steps along the way. Everyone makes changes in their own way but the pattern is often similar.

1-2 Stuck (red)

At the beginning of the journey things are **stuck**. Although there are problems, you are not talking about them or engaging in support and things may be getting worse. Perhaps you can't face thinking about difficulties, deny them, blame others or don't understand what has happened.

You take a step forward to 2 when you have moments of acknowledging the need for change but you don't choose to go along with support, advice or conditions.

3-4 Accepting help (orange)

At this stage you are **accepting help**. Perhaps you are aware of the consequences of not going along with advice or legal conditions¹ and choose to comply. Perhaps you want things to be different and may say you can change, but lack conviction or are not yet able to create change yourself. At this stage the motivation is external so needs to come from the workers supporting you.

At 3 you sometimes go along with help but sometimes don't. At 4 you go along with help consistently, so things are not getting worse, but you don't yet take the initiative.

5-6 Motivated and taking responsibility (yellow)

The next stage is being **motivated and taking responsibility** for yourself, what you have done and/or your future. At 5 there is an internal shift towards taking responsibility and developing a sense of what you actively want, so the motivation comes from you. This can be a noticeable turning point triggered by an event or realisation, or it can be a gradual shift to a positive direction.

At 6 you act on that belief and take the initiative to make changes. This behaviour is new and often things don't go well at first, so this stage can be a tough place to be and it may help to have a lot of support.

7-8 Learning what works (green)

The next stage is **learning what works** for you to make what you want a reality, building skills and becoming more confident in your ability to live a positive, crime-free life.

At 7 there are some areas where you still need to build skills or develop new ways of doing things. At 8, you have found what works but need support to stay on track.

9-10 Self-reliance (blue)

As you learn, you move towards the final stage of **self-reliance**. At 9, you need occasional support when something goes wrong, but at 10, you can manage without help from a professional service, with family, friends or community self-help groups providing any support you need.

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1. 'Legal conditions' is used throughout the scales to cover the terms of probation, court orders, injunctions or any other conditions or orders imposed by the law.

The Journey of Change

Key points

- From 3 you go along with support so things can start to improve
- At 5 there is an internal shift towards taking responsibility for yourself and your behaviour
- By 8 you stay within the law and look after yourself, with support
- At 10 you can stay within the law and improve without specialist support – you have skills, understanding and resilience and look to family, friends or non-specialist support as needed

9 - 10 Self-reliance

I manage well enough without professional support

7 - 8 Learning what works

I'm learning to manage well, with support when it gets difficult

5 - 6 Motivated & taking responsibility

I'm motivated and taking steps to change things myself, with support

3 - 4 Accepting help

I realise there's a problem and go along with support

1 - 2 Stuck

There is a problem but I don't have help or don't accept it

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1 Accommodation

A safe and suitable home, paying bills and rent, staying within the rules

Key points

- At 6 you are taking steps to find somewhere suitable to live now or for when you leave custody
- By 8 there is no risk of homelessness. If you are in custody and have had previous problems with managing your accommodation, this is the highest point you can reach for now
- At 10 you don't need a professional service to maintain your accommodation

9 - 10 Self-reliance

I have somewhere safe and suitable to live now or when I leave custody and can manage on my own

7 - 8 Learning what works

I have somewhere safe and suitable to live now or when I leave custody but need support with it

5 - 6 Motivated & taking responsibility

I'm motivated to find or keep suitable accommodation and am taking steps to sort this out for myself

3 - 4 Accepting help

I have nowhere suitable to live now or when I leave custody but I'm accepting help with this

1 - 2 Stuck

I have nowhere suitable to live now or when I leave custody. I don't have help or don't accept it

1 Accommodation (detail)

This scale is about where you live when out of custody and the steps you need to take towards ensuring you have a safe and suitable home now or in the future. It includes being able to manage your tenancy, look after your accommodation and keep to the rules of where you live so there is no risk of eviction. If you are in custody and have had previous problems with accommodation, the highest point you can reach on this scale is 8.

9 - 10 Self-reliance

I have somewhere safe and suitable to live now or when I leave custody and can manage on my own

- Your accommodation is safe and suitable, and you are able to manage it well enough, including paying bills and staying within the rules of the tenancy. If you are in transitional or other temporary accommodation, it's stable for now and you have plans for the future
- You keep to the rules of where you live, your home is warm and clean enough and in a good enough state of repair, and there is no risk of eviction
- Choose 9 if you need occasional professional support in this area. Choose 10 if you are able to manage your accommodation yourself and any support you need comes from family or friends

7 - 8 Learning what works

I have somewhere safe and suitable to live now or when I leave custody but need support with it

- If you are already living there, you understand the terms of your accommodation and are learning to keep within the rules and to look after the place
- If you are in custody, you are doing what you need to be ready to move in
- Choose 7 if there is still more to sort out. Choose 8 if you are putting in place what you need or managing your accommodation well enough provided you have support

5 - 6 Motivated and taking responsibility

I'm motivated to find or keep suitable accommodation and am taking steps to sort this out for myself

- At 5 you have the motivation to find somewhere suitable to live but may not be sure what to do. If you already have accommodation, you are motivated to find ways to manage
- At 6 you are taking steps to secure somewhere suitable to live. Perhaps you have applied and are waiting to see what comes up and checking on progress, but it's early days
- You understand what is available and are realistic about your options. If there are any restrictions on where you can live, you accept the need to work within these

3 - 4 Accepting help

I have nowhere suitable to live now or when I leave custody but I'm accepting help with this

- As for 1-2, but you will talk about problems with your accommodation and go along with suggestions
- Perhaps you have unrealistic expectations about your accommodation or are finding it hard to come to terms with restrictions on where you can live
- Choose 3 if you sometimes go along with help but often don't. Choose 4 if you go along with help consistently but don't yet take the initiative

1 - 2 Stuck

I have nowhere suitable to live now or when I leave custody. I don't have help or don't accept it

- You don't have anywhere safe and suitable to live now or when you leave custody and have not yet taken any action to find accommodation
- **Or**, you are at risk of homelessness due to family breakdown or eviction and have not done anything about it
- Perhaps you are a risk to your family and not allowed to return home, or you need to go to a bail hostel or other approved premises, but don't understand or accept that
- Choose 1 if you don't talk about this. Choose 2 if you have moments of acknowledging problems about where you are going to live but don't accept help

2 Living skills and self-care

Personal care, health, cooking, cleaning, shopping, travel, paperwork, budgeting, benefits

Key points

- At 3 you are accepting treatment for any major health issues
- By 4 you are receiving any benefits you are entitled to
- By 6 there are no concerns about your personal self-care
- By 7 any debts are not getting any worse
- At 8 you have the skills to live independently, but need support

9 - 10 Self-reliance

I look after myself well enough and can organise what I need

7 - 8 Learning what works

I'm learning to look after myself and be more organised, with support

5 - 6 Motivated & taking responsibility

I'm motivated to develop the skills I need to look after myself and am taking steps to do this

3 - 4 Accepting help

I can't look after myself well enough but I'm accepting help with this

1 - 2 Stuck

I can't look after myself well enough. I don't have help or don't accept it

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2 Living skills and self-care (detail)

This scale is about how well you take care of yourself from day to day. It includes basic skills such as keeping yourself, your clothes and your living space clean, looking after your health, including your sexual health, getting to places on time, shopping for things you need and cooking healthy meals. It also covers dealing with money, including debts, getting the right benefits, budgeting and keeping on top of paperwork and bills.

9 - 10 Self-reliance

I look after myself well enough and can organise what I need

- You have the necessary living skills to take care of yourself and organise your life, and can build new skills as you need them
- You or your family can keep within your budget and pay your bills. If you are on benefits you maintain your claim without support. If you have debts, you are keeping up payments
- Choose 9 if you need occasional support in this area. Choose 10 if you look after yourself and manage your life well enough and any support you need comes from family or friends

7 - 8 Learning what works

I'm learning to look after myself and be more organised, with support

- You are learning the necessary living skills to take care of yourself and organise your life, but there are some problem areas
- You go to the doctor and dentist as needed and follow treatment. If sexual health or an unhealthy lifestyle was a problem, you are finding ways to take better care of yourself
- If you have debts, they are not getting worse, and there are no court orders or other financial risks outstanding
- Choose 7 if there is still more that needs to change. Choose 8 if you can mostly look after yourself and manage your life but need support to stay on track

5 - 6 Motivated and taking responsibility

I'm motivated to develop the skills I need to look after myself and am taking steps to do this

- At 5 you have the motivation to look after yourself and organise your life, for example by learning how to cook, trying to live within a budget or finding out about healthy lifestyle options and/or sexual health
- At 6 you take steps to improve one or more living skills for yourself, but it's early days
- There are no concerns about your personal self-care

3 - 4 Accepting help

I can't look after myself well enough but I'm accepting help with this

- As for 1-2, but you are allowing someone to help you sort out pressing problems such as debts, benefits or major health issues, though you don't take the initiative yourself
- Choose 3 if you occasionally allow others to help. Choose 4 if you go along with help more consistently and have the correct benefits but still rely on others to take the initiative

1 - 2 Stuck

I can't look after myself well enough. I don't have help or don't accept it

- This includes one or more of the following:
 - You don't feed yourself well enough, keep yourself or your clothes clean, look after your living space or get to places you need to be
 - You don't see a doctor or dentist except in emergencies. Your lifestyle may also be very unhealthy and/or you may be risking your sexual health
 - You have serious problems in managing your money or budget and may not be claiming all the benefits you are entitled to, or may be financially exploited
 - You have extensive unpaid bills, debts and/or problems with the courts or loan sharks
 - Choose 1 if you don't talk about this. Choose 2 if you have moments of acknowledging problems with living skills but don't accept help

3 Mental health and well-being

Depression, stress or anxiety, other mental health issues, self-esteem, feeling positive

Key points

- At 3 you are accepting treatment for any major mental health issues
- At 6 you start to take some initiative with mental health issues, self-esteem or negative moods
- At 10 you may or may not have mental health issues but you look after your mental health and well-being without support

9 - 10 Self-reliance

I manage my emotional and mental health well enough

7 - 8 Learning what works

I'm learning to manage my emotional and mental health, with support

5 - 6 Motivated & taking responsibility

I'm motivated to improve my emotional and mental health and am trying to make changes

3 - 4 Accepting help

I'm going along with help for my emotional or mental health

1 - 2 Stuck

There are serious problems with my emotional or mental health. I don't have help or don't accept it

3 Mental health and well-being (detail)

This scale is about how you feel most of the time and how you cope with emotional difficulties and/or mental health issues, whether diagnosed or not. It covers managing depression, stress, anxiety or other mental health or well-being issues, including getting medication, treatment or other support when needed. It also includes learning to value yourself and supporting your emotional well-being by doing things that help you feel better.

9 - 10 Self-reliance

I manage my emotional and mental health well enough

- You feel reasonably resilient and positive and can cope with life's ups and downs
- You value who you are and use healthy ways to make yourself feel positive
- If you have a mental health problem you manage it well. You may still have check-ups with a doctor or psychiatrist if you have a mental health condition and you actively seek help as needed
- Choose 9 if you need occasional support in this area. Choose 10 if you manage your emotional and mental health well enough for yourself and any support comes from family and/or friends

7 - 8 Learning what works

I'm learning to manage my emotional and mental health, with support

- You are learning ways to make yourself feel more positive, for example by getting enough sleep or taking exercise
- If you have problems with self-esteem, you are learning to value yourself and see your strengths
- If you have a mental health issue, you are building strategies to deal with it and learning what your triggers are and how to manage your symptoms
- Choose 7 if there is still more that needs to change. Choose 8 if you are looking after your emotional and mental health well enough but need support to maintain this

5 - 6 Motivated and taking responsibility

I'm motivated to improve my emotional and mental health and am trying to make changes

- At 5 you believe you can find ways to improve your emotional and/or mental health and are motivated to do this but are not sure what to do or have not acted yet
- At 6 you start doing things to make this a reality, for example making appointments yourself, engaging with treatment for mental health problems or trying to do things that support your well-being, such as exercise, but it's early days and you slip back easily

3 - 4 Accepting help

I'm going along with help for my emotional or mental health

- As for 1-2, but you are going along with help for pressing problems and may be (re)starting medication for a mental health issue, though you lack confidence that it can change things
- Choose 3 if you sometimes accept help but sometimes don't. Choose 4 if you go along with help fairly consistently but don't yet take the initiative

1 - 2 Stuck

There are serious problems with my emotional or mental health. I don't have help or don't accept it

- You feel very low, anxious or stressed most of the time or have other strong symptoms, or you have very low self-esteem or feel powerless
- You don't seek help even for pressing problems. If you are obliged to receive treatment, you resist it or don't comply with what is prescribed
- You don't want to discuss your mental health or well-being, or it feels too hard to think about
- Choose 1 if you don't acknowledge this as a problem. Choose 2 if you have moments of acknowledging problems with your emotional and mental health but don't accept help

4 Friends and community

Positive friendships and activities, social skills, community, faith, heritage or culture

Key points

- At 1-4 you are isolated or spending time with people who don't support you to stay within the law
- From 6 you are taking steps to move on from people who are an unhelpful influence
- A 10 can look different for different people, but you have some positive connections with friends or with your community, faith, heritage or culture

9 - 10 Self-reliance

I have positive friendships and feel connected and supported

7 - 8 Learning what works

I'm building my social circle and/or improving my social skills, with support

5 - 6 Motivated & taking responsibility

I'm motivated to create positive friendships and connections and am trying to do this

3 - 4 Accepting help

I don't have people around me who support me in a positive way but I'm accepting help with this

1 - 2 Stuck

I don't have people around me who support me in a positive way. I don't have help or don't accept it

4 Friends and community (detail)

This scale is about feeling connected and having people in your life who support you to make positive choices and move away from crime – friends, people you know locally or with whom you share interests or activities, or your cultural or religious community. It includes social skills such as coping with peer pressure and learning to distinguish between friendship and exploitation.

9 - 10 Self-reliance

I have positive friendships and feel connected and supported

- You have the level of contact with other people that you need and want or can continue to develop it without professional help. This may be with friends, neighbours, through activities and/or within your local, religious or cultural community
- Your friends, connections and social activities support you in a crime-free life
- Choose 9 if you need occasional professional support in this area. Choose 10 if you have positive social connections and don't need help with this

7 - 8 Learning what works

I'm building my social circle and/or improving my social skills, with support

- You are building connections with people who are not involved in crime, and mostly avoid people who are not good for you, including online, but there are some problem areas
- You are improving your social skills if necessary, choosing social activities that help you in leading a crime-free life, and learning what works for you
- Choose 7 if there are some problem areas to address. Choose 8 if you mostly feel connected and supported but need ongoing professional support in this area

5 - 6 Motivated and taking responsibility

I'm motivated to create positive friendships and connections and am trying to do this

- At 5 you have the motivation to spend more time with people who support you positively or to make connections with your community, faith, heritage or culture, but you have not acted yet
- At 6 you are starting to take action to build positive support networks and may be trying to move on from people connected with crime, alcohol, drugs, exploitation or other unhelpful behaviour. This may be hard and leave you feeling more alone.
- You may be trying to rebuild past friendships or connections but lack confidence or give up easily

3 - 4 Accepting help

I don't have people around me who support me in a positive way but I'm accepting help with this

- As for 1-2, but you will talk about your isolation or problems with friends and go along with help
- Perhaps you find one or two workers supportive, but don't yet take the initiative beyond that contact
- Choose 3 if you occasionally allow others to help. Choose 4 if you go along with help more consistently but still rely on others to take the initiative

1 - 2 Stuck

I don't have people around me who support me in a positive way. I don't have help or don't accept it

- You are isolated or only spend time with people who get you into trouble or are an unhelpful influence
- You may lack social skills or there is a lack of trust or regard in your friendships. You may be exploiting or being exploited by people you see as friends or sexual partners, or online
- Perhaps you have lost contact with people or there are conflicts as a result of your behaviour. Maybe you no longer feel a connection with your faith or culture
- Choose 1 if you don't talk about this or don't see it as a problem. Choose 2 if you have moments of acknowledging problems with social connections but don't accept help

5 Relationships and family

Building healthy relationships, warmth, mutual support and respect

Key points

- By 4 any immediate safety issues are being addressed and things are not getting any worse
- By 8 there is no domestic abuse in your family or relationships
- 10 doesn't mean everything is perfect but you can manage difficulties and continue to improve for yourself

9 - 10 Self-reliance

I have a positive relationship with my partner or other family

7 - 8 Learning what works

I'm learning what works in my relationship or with other family, with support

5 - 6 Motivated & taking responsibility

I'm motivated to improve things in my relationship or with other family and am trying to do this

3 - 4 Accepting help

There are serious problems in my relationship with a partner or family but I'm accepting help

1 - 2 Stuck

There are serious problems in my relationship with a partner or family. I don't have any support

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5 Relationships and family (detail)

This scale is about the important relationships in your life – your partner, your parents or siblings, or other significant people if these are more relevant to you. It's about building supportive relationships where possible, and coming to terms with relationship problems that can't be resolved. If there are domestic abuse issues, you can discuss them here. Children are covered in the next scale.

9 - 10 Self-reliance

I have a positive relationship with my partner or other family

- If you have an ongoing relationship with a partner or other family, it's safe and is a positive support to you. If you don't have supportive family relationships, you get support in other ways and have the skills to create positive relationships
- If your relationship with a partner or family was harmful but you remain in contact, this is working well enough for you. If you are no longer in contact you have done all you can and accept that this isn't possible
- Choose 9 if you need occasional professional support in this area. Choose 10 if you can manage your family relationships including difficult times without professional help

7 - 8 Learning what works

I'm learning what works in my relationship or with other family, with support

- You are learning new skills that support positive relationships such as how to recognise and communicate your needs and set and respect boundaries
- You are reflecting on how your behaviour impacts on others and their impact on you
- If your relationship is harmful to you, you are learning how to manage contact so that it's safe and acceptable, or coming to terms with a situation where contact isn't possible
- If you are a risk to your partner or other family, you are learning how to avoid triggers or respond in ways that don't put them at risk
- Choose 7 if there are some problem areas. Choose 8 if there is no violence or other abuse in your relationships and you mostly manage any difficulties but need support in this area

5 - 6 Motivated and taking responsibility

I'm motivated to improve things in my relationship or with other family and am trying to do this

- At 5 you believe that change in your relationships is possible and are motivated to improve things, but have not yet taken action
- At 6 you are trying new ways to respond to relationship issues, for example by taking steps to keep yourself safe or improve communication, but it's early days

3 - 4 Accepting help

There are serious problems in my relationship with a partner or family but I'm accepting help

- As for 1-2, but you go along with support for the most pressing issues, including domestic abuse, though you don't take the initiative
- Choose 3 if you sometimes go along with support but often don't. Choose 4 if you are more consistent in going along with help but you rely on others to take the initiative

1 - 2 Stuck

There are serious problems in my relationship with a partner or family. I don't have any support

- These may include one or more of the following:
 - You have been or are at risk of being thrown out of your family home because of your offending or other reasons
 - You are a victim of domestic abuse or in another harmful family situation
 - You have put your partner or other family member at risk and/or harmed or abused them
- Choose 1 if you don't talk about this. Choose 2 if you have moments of acknowledging problems with close relationships but don't accept help

6 Parenting and caring

Responsibilities and skills, maintaining contact, reconnecting, custody of children

Key points

- By 4 any immediate safety issues are being addressed and things are not getting any worse
- By 8 there is no neglect or domestic abuse in your family and your children are adequately cared for, with support
- At 10 you may or may not have contact with your children but you meet your responsibilities and have done all you can to improve things

9 - 10 Self-reliance

I'm an effective parent in my current circumstances

7 - 8 Learning what works

I'm learning how to be an effective parent in my current circumstances, with support

5 - 6 Motivated & taking responsibility

I'm motivated to improve things for my children and am starting to make changes

3 - 4 Accepting help

I'm not able to care for my children, but I'm accepting help with this

1 - 2 Stuck

I'm not able to care for my children. I don't have help or don't accept it

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6 Parenting and caring (detail)

This scale is about you as a parent or carer. If you are separated from your children, it's about meeting responsibilities, maintaining contact or reconnecting if possible. If there are child protection issues, look at these here. You can also use the scale for other caring responsibilities – for example, caring for an elderly relative. If you have no children or other caring responsibilities, place yourself at 10.

9 - 10 Self-reliance

I'm an effective parent in my current circumstances

- Your relationship with your children is healthy enough and you meet any responsibilities towards them
- If they live with you, you know how to keep them safe and they are able to thrive in your care
- If you are in custody or you don't live with them, you maintain regular positive contact, or you have done all you can to establish contact
- Choose 9 if you need occasional professional support in this area. Choose 10 if you are parenting or meeting any caring responsibilities well enough without extra support

7 - 8 Learning what works

I'm learning how to be an effective parent in my current circumstances, with support

- If you live with your children, you are learning to give them what they need, including a safe environment, warmth and security, and clear, appropriate boundaries
- If you are in custody or don't live with them, you are learning to re-establish or build a relationship with them if possible. You may be coming to terms with a situation where, whatever you do, it's not possible to have a relationship at this time
- If there is violence or other abuse in your family that affects your children, 7 is the highest point you can reach for now
- Choose 7 if there are some problem areas. Choose 8 if you are mostly managing well enough, but need support to stay on track

5 - 6 Motivated and taking responsibility

I'm motivated to improve things for my children and am starting to make changes

- At 5 you know you need to make changes in order to build the relationship you want with your children and/or to help them to thrive, and you are motivated to do this
- At 6 you are taking steps to improve your parenting skills or re-establish contact with children or regain custody, but it's early days and you are easily discouraged. If professionals are involved with your family, you are working well with them

3 - 4 Accepting help

I'm not able to care for my children, but I'm accepting help with this

- As for 1-2, but you go along with help for the most pressing issues such as concerns about the safety or health of your children, but don't take the initiative for yourself
- You mostly comply with orders or injunctions relating to your children but may not fully accept these and may blame others
- Choose 3 if you occasionally allow others to help. Choose 4 if you go along with help more consistently but still rely on others to take the initiative

1 - 2 Stuck

I'm not able to care for my children. I don't have help or don't accept it

- Your relationship with your children has broken down or you are estranged from them
- **Or** one or more children has been taken into care and you are not doing anything about it
- **Or** your children may have been abused or neglected
- Choose 1 if you don't talk about this. Choose 2 if you have moments of acknowledging problems with your parenting but don't accept help