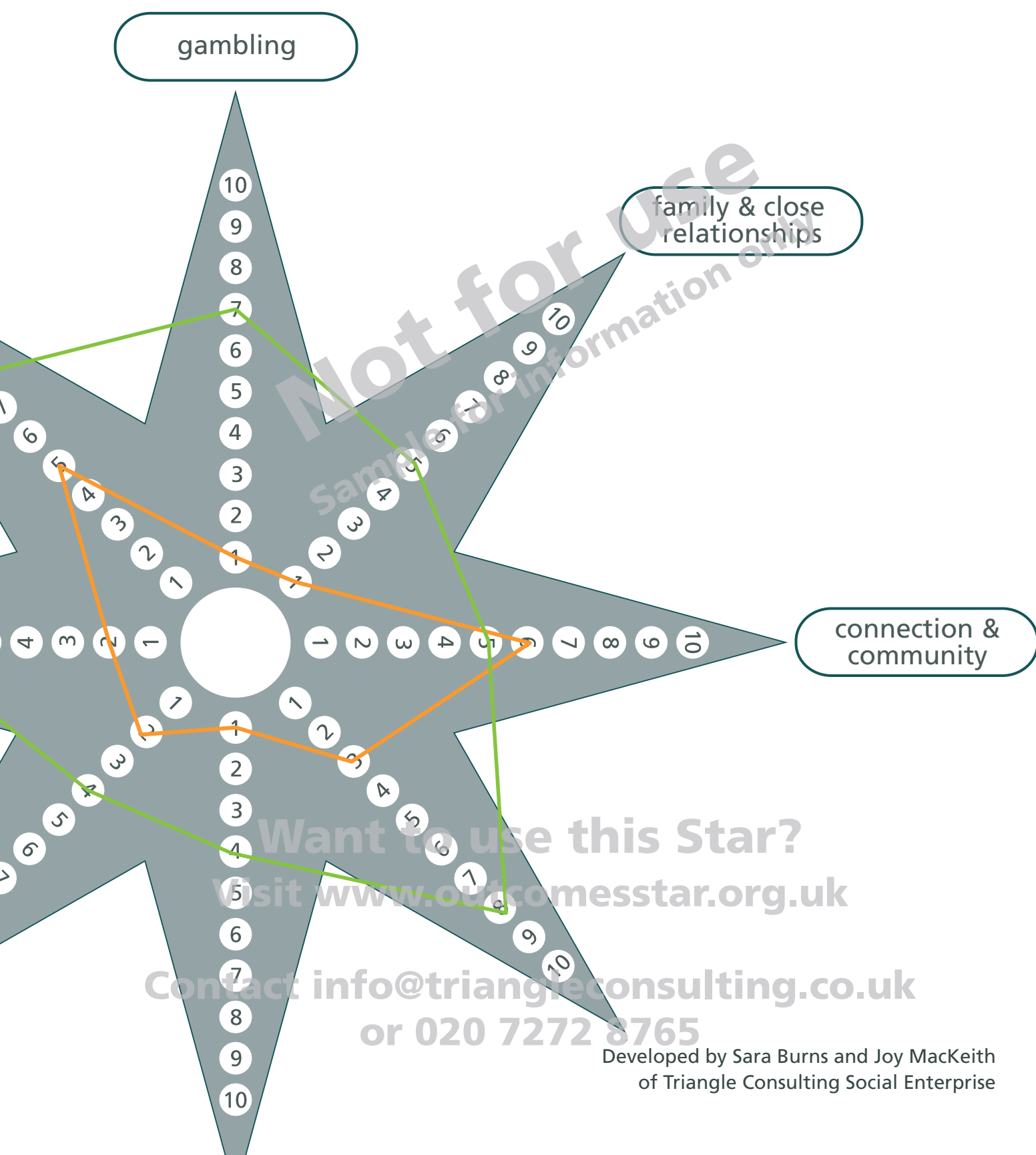


Gambling Recovery Star™

The Outcomes Star for people with gambling-related problems



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Please contact info@triangleconsulting.co.uk to enquire about buying a licence and training.

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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- Centacare North Queensland, Lifeline Darling Downs and South West Queensland and UnitingCare Community for participating in the development alongside RAQ

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Introduction to the Gambling Recovery Star™

The Gambling Recovery Star is a tool for people needing help to recover from harmful gambling. It is designed to support people to live a life free from the harm caused by gambling. For many this will mean not gambling at all. Others may gamble within safe limits if that works for them.

This is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people.

Outcome areas

The Gambling Recovery Star looks at eight areas of your life that may be impacted by gambling:

1. Gambling
2. Family and close relationships
3. Connection and community
4. How you use your time
5. Money
6. Physical health
7. Emotional well-being
8. Your sense of identity

The Journey of Change

For each of these eight areas, there is a scale. Each of the scales follows the same pattern, or Journey of Change. Although the Journey of Change is different for everyone, there is an underlying pattern that can be described in five stages:

- 1-2 Stuck (grey)**
- 3-4 Accepting help (orange)**
- 5-6 Believing and trying (yellow)**
- 7-8 Learning what works (green)**
- 9-10 Self-reliance (blue)**

This Journey of Change is closely aligned to the Cycle of Change, which has been used in many addiction recovery services. It is described in detail overleaf.

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Detailed Journey of Change

1-2 Stuck (grey)

At the start of the journey, the way you gamble is harming you or those close to you, but you are not yet accepting support or acknowledging the issues and so things are **stuck**. Perhaps you are overwhelmed and find it hard to think clearly. Perhaps you feel too ashamed to talk or can't see how anyone can help. Perhaps things have recently got out of control or your partner or other family have found out about your gambling and insisted you attend a gambling support service.

At 1, there is no acknowledgement, so things are completely **stuck**. At 2 you have moments of acknowledging the issues but not enough to accept help.

3-4 Accepting help (orange)

At this stage you recognise things need to change and are **accepting help** from a service or another appropriate source of support. Perhaps you recognise the harm that gambling causes you or those close to you, or that problems in your life contribute to your gambling. Perhaps you are talking about gambling with a worker and this is revealing other issues in your life. Perhaps you are learning more about gambling and how it affects people. You may be going along with practical help to address any immediate risks. However, at this stage you need others to take the lead and don't yet see how you can make a difference.

At 3 you sometimes accept help but sometimes don't. At 4 you consistently accept help.

5-6 Believing and trying (yellow)

At this stage you start **believing** that you can change and **trying** new things to begin your recovery. This is a big shift and you may feel worse for a while, or more hopeful, but it means the motivation can now come from you instead of from others. You try to make some changes in your life and experiment with new ways of doing things, but you find it hard, don't yet know what works or don't keep going so you are not yet seeing the benefits. Perhaps you are able to recognise some triggers for gambling, such as going out for a drink, and are thinking about how to manage these or testing things out but have not yet found what works for you.

At 5 you believe things can be different and are motivated to make changes but are not yet acting on that. At 6 you are trying out some different ways of doing things.

7-8 Learning what works (green)

At this stage you are developing new strategies, skills and ways of doing things and **learning what works** for you in your life and relationships. This is likely to include learning how to address underlying difficulties that have contributed to your gambling and how to avoid or manage situations and feelings that have triggered gambling in the past. You may be gaining in confidence that you can live a positive life, free from gambling harm. However, at this stage you are still learning what works for you and it helps to have support to draw out the learning and keep moving forward.

At 7 you are starting to learn what works for you. At 8, this learning is more established, but you still need ongoing support to stay on track.

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9-10 Self-reliance (blue)

At this stage, you are free from harmful gambling and able to maintain your recovery without the help of a gambling service, so you are **self-reliant**. You have addressed the main issues related to gambling and made changes in your life that you are able to sustain for yourself, drawing on your family, community or peer support groups as needed. You may feel your life, relationships and you as a person have changed for the better.

At 9, you need occasional support. At 10, you can manage without professional help from a gambling support service.

These stages are colour-coded as well as numbered.

How does it work?

To complete the Star, look at each of the eight scales one by one and talk them over with a worker. 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 worker 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 Gambling Recovery Star focuses primarily on your journey towards a life free from problems or harm related to gambling. However, when discussing the Star, it is also important to recognise any external factors or conditions that can affect your progress but be beyond your control. These may include poor or unsuitable housing, lack of suitable work, not receiving the services you need and/or cultural and social issues. Using the Star may help you clarify areas where external factors are holding you back and where support can help.

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1 Gambling

Understanding gambling, managing triggers and impulses, strategies to avoid harmful gambling

9-10 Self-reliance

I'm not gambling in ways that cause harm and can maintain this for myself

7-8 Learning what works

I'm learning strategies and skills to avoid harmful gambling that work for me, with support

5-6 Believing and trying

I'm motivated to address my gambling and am trying to make some changes

3-4 Accepting help

There are concerns about my gambling but I know things need to change

1-2 Stuck

There are concerns about my gambling but I don't accept help

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1 Gambling (detail)

This scale is about how you understand and deal with harmful gambling. This includes recognising your triggers and impulses for gambling and developing strategies and skills to find more positive responses.

9-10 Self-reliance

I'm not gambling in ways that cause harm and can maintain this for myself

- You are not gambling or any gambling you do is controlled and does not cause harm to you or others
- You are using effective strategies to maintain recovery
- Choose 9 if you need occasional support in this area. Choose 10 if you can maintain your recovery without help from a gambling support service

7-8 Learning what works

I'm learning strategies and skills to avoid harmful gambling that work for me, with support

- You are learning how to deal with triggers, impulses and high-risk situations, and how to manage situations that have led to harmful gambling in the past and might still at times
- You are developing strategies, skills and confidence to help prevent you gambling in harmful ways and are learning from any lapses, with support
- Choose 7 if you are starting to learn what works for you. Choose 8 if this learning is more established but you still need ongoing support in this area

5-6 Believing and trying

I'm motivated to address my gambling and am trying to make some changes

- You believe you can change the way you gamble and are motivated to cut down or stop
- You try out new approaches such as avoiding gambling venues, starting counselling or being open about gambling to someone close to you, but it's hard
- At 5 you are motivated to change but are not yet acting on that. At 6 you are trying out some different ways of doing things but have not yet found what works

3-4 Accepting help

There are concerns about my gambling but I know things need to change

- As for 1-2, the way you gamble causes harm, but you recognise this and are talking to someone about it
- You attend appointments for help with gambling and may agree to go along with a plan of support
- You may be taking in information about how gambling affects people
- Choose 3 if you sometimes accept help. Choose 4 if you accept help consistently

1-2 Stuck

There are concerns about my gambling but I don't accept help

- You are gambling in ways that cause you harm and/or seriously affect people close to you
- Or you have recently stopped gambling in harmful ways because of discovery or being unable to access more money, but have not yet addressed the causes so would probably start again
- Choose 1 if you don't acknowledge that the way you gamble is harmful. Choose 2 if you have moments of acknowledging this but don't yet accept help

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2 Family and close relationships

Healthy and supportive relationships, impact of gambling on close relationships, building trust

9-10 Self-reliance

I have healthy enough close relationships and can maintain these for myself

7-8 Learning what works

I'm learning ways to improve my close relationships, with support

5-6 Believing and trying

I'm motivated to address problems with my close relationships and I'm trying

3-4 Accepting help

There are serious problems with my close relationships but I know things need to change

1-2 Stuck

There are serious problems with my close relationships or family situation. I don't accept support

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2 Family and close relationships (detail)

This scale is about your relationships with family, a partner or others important to you. It's about managing any ongoing difficulties and building healthy relationships, so you have close relationships that can support your recovery. It also covers the impact of gambling on your relationships and the process of rebuilding trust where that is possible.

9-10 Self-reliance

I have healthy enough close relationships and can maintain these for myself

- You have one or more positive close relationships that support you in your recovery
- If trust was damaged in your close relationships, you have rebuilt this if possible
- If you have lost family, you are coming to terms with this
- Choose 9 if you need occasional support in this area. Choose 10 if you can maintain positive close relationships without help from a gambling support service

7-8 Learning what works

I'm learning ways to improve my close relationships, with support

- You are developing strategies, skills and confidence to build positive relationships
- If trust was damaged in your relationships because of gambling, you are learning how to rebuild it if this is possible
- If you have lost family, you are finding ways to cope with it
- Choose 7 if you are starting to learn what works for you. Choose 8 if this learning is more established but you still need ongoing support in this area

5-6 Believing and trying

I'm motivated to address problems with my close relationships and I'm trying

- You are motivated to address unhealthy patterns in your relationships and/or to build positive close relationships that can support your recovery
- If trust was damaged in your relationships, you understand this and want to make amends
- You are trying out new approaches such as understanding unhealthy relationship patterns, being more open and honest with people close to you, or starting counselling, but you find it hard
- At 5 you are motivated to change but are not yet acting on that. At 6 you are trying some new ways of doing things but have not yet found what works

3-4 Accepting help

There are serious problems with my close relationships but I know things need to change

- As for 1-2, you have problems in your close relationships that may be a factor in gambling, or the way you gamble has affected your relationships, but you recognise this and are talking to someone about it
- You are going along with help for pressing problems such as relationship breakdown
- You may be talking about the health of your relationships or taking in information about links between unhealthy relationships or family loss and gambling
- Choose 3 if you sometimes accept help. Choose 4 if you accept help consistently

1-2 Stuck

There are serious problems with my close relationships or family situation. I don't accept support

- You may have unhealthy relationships or you feel your relationships lack meaning or closeness, and this may be a factor in the way you gamble
- There may be damage to trust in your close relationships because you gamble
- Your family relationships may have broken down, or you may have lost family or don't have any close relationships
- Choose 1 if you don't acknowledge problems with your close relationships. Choose 2 if you have moments of acknowledging this but don't yet accept help

3 Connection and community

Being connected socially or in your cultural, religious or local community, sense of belonging

9-10 Self-reliance

I'm connected with people who are good for me and can maintain this for myself

7-8 Learning what works

I'm learning ways to have positive connections, with support

5-6 Believing and trying

I'm motivated to build positive connections and am trying

3-4 Accepting help

I'm isolated or the people I know view harmful gambling as normal but I know things need to change

1-2 Stuck

I'm isolated or the people I know view harmful gambling as normal. I don't accept support

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3 Connection and community (detail)

This scale is about having connection beyond your immediate family or close relationships, and having a sense of belonging. It's about being connected socially with friends, neighbours, people you know locally or through interests, workmates or your cultural or religious community, and feeling supported by them to make positive choices. It may include reconnecting with a community you have lost or finding new connection and belonging.

9-10 Self-reliance

I'm connected with people who are good for me and can maintain this for myself

- You have the level of connection and belonging you need or want, or can continue to develop it yourself. This may be with friends, neighbours, workmates or within your local, religious or cultural community
- Your friends or community help you stay free from harmful gambling
- If some people you know gamble in harmful ways or view it as normal, you have healthy boundaries and can stay connected without harmful gambling
- Choose 9 if you need occasional support in this area. Choose 10 if you can stay connected in positive ways without help from a gambling support service

7-8 Learning what works

I'm learning ways to have positive connections, with support

- You are connecting with people who are not involved in harmful gambling. This may include with your local, cultural or other community
- If people you know also gamble in harmful ways or view it as normal, you are learning new ways to maintain connection with them, for example by meeting away from gambling venues
- Choose 7 if you are starting to learn what works for you. Choose 8 if this learning is more established but you still need ongoing support in this area

5-6 Believing and trying

I'm motivated to build positive connections and am trying

- You are motivated to change your relationship with people who gamble in harmful ways or view it as normal, and connect more with people who could support your recovery
- You are trying out new approaches, such as avoiding certain places or activities, reconnecting with people or joining a support group or social activity, but find it hard
- At 5 you are motivated to change but are not yet acting on that. At 6 you are trying out some different ways of doing things but have not yet found what works

3-4 Accepting help

I'm isolated or the people I know view harmful gambling as normal but I know things need to change

- As for 1-2, you don't have connections with friends or community, or your connections make recovery from gambling difficult, but you recognise this and are talking to someone about it
- You are going along with help for pressing problems such as isolation or peer pressure. You may be taking in how this contributes to your gambling
- Choose 3 if you sometimes accept help. Choose 4 if you accept help consistently

1-2 Stuck

I'm isolated or the people I know view harmful gambling as normal. I don't accept support

- You spend a lot of time alone, feel cut off or the people you know also gamble in harmful ways or view it as normal, and you don't know how to connect with them without gambling
- Perhaps you have lost contact with friends or your community, or there are conflicts as a result of the way you gamble
- Perhaps you don't feel a sense of belonging or connection with a community that is important to you
- Choose 1 if you don't acknowledge this lack of positive connection. Choose 2 if you have moments of acknowledging this but don't yet accept help