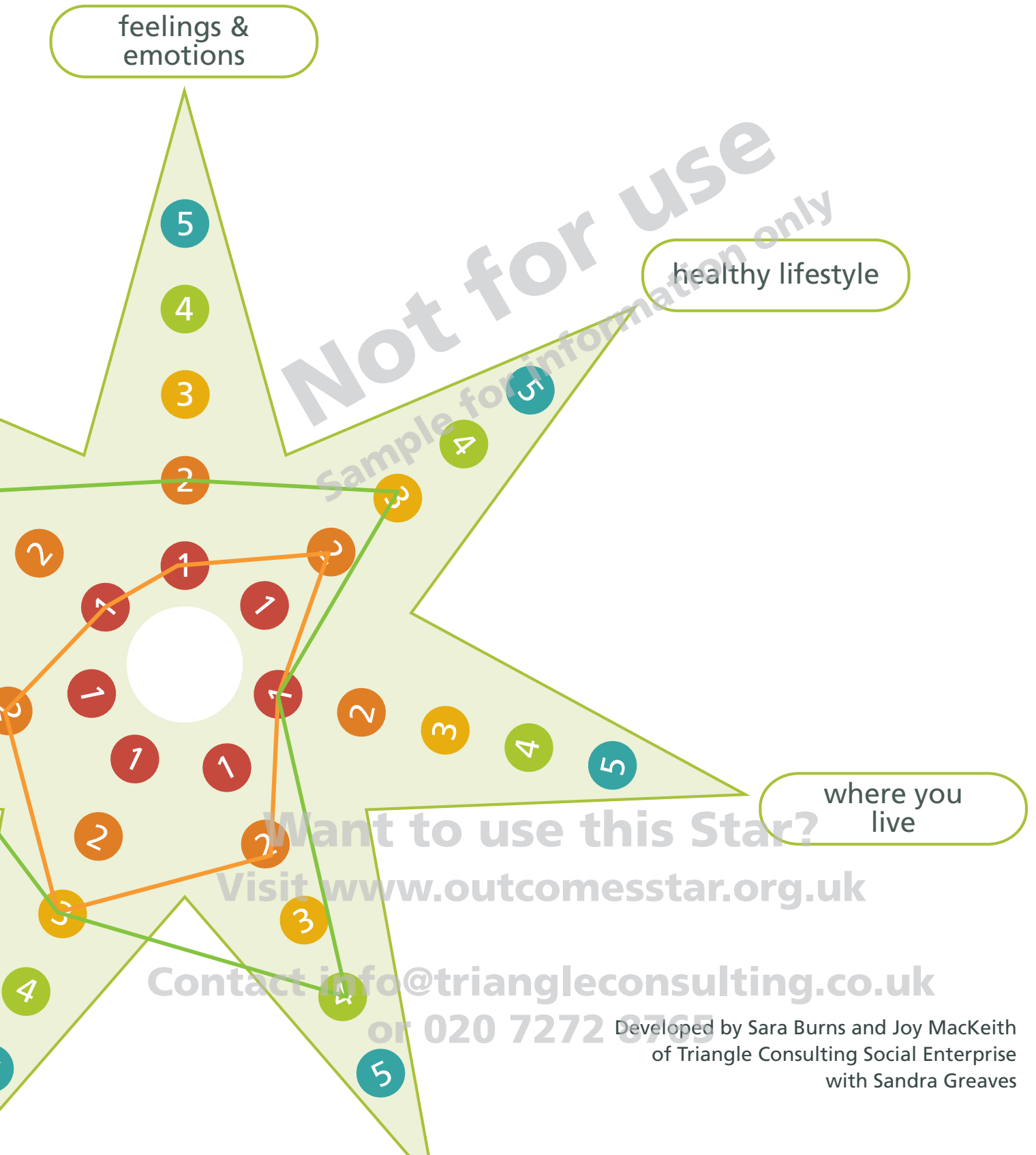




My Mind Star™

The Outcomes Star for young people's mental health and well-being



Want to use this Star?

Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765

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

Published by

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

Copyright © 2019 Triangle Consulting Social Enterprise

All rights reserved

Authors

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

Edited by Jellymould

Edition 1 published September 2019

Based on an original design by Jellymould
www.jellymould.net

Triangle Consulting Social Enterprise is the copyright holder of My Mind Star including all the materials in this document. In order to support consistency of use and effective implementation, the creation of derivative works is strictly prohibited and users are required to buy a licence and train all workers using the materials with service users. Licence holders receive access to up-to-date documentation for all relevant Stars including Star Charts, User Guides and other relevant resources. Those with licences to use the Star Online system also receive access to online completion, action planning and a range of outcomes reporting options.

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 and Guidance for Workers 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

Many people have contributed to the development of the Outcomes Star over its long evolution and we would like to thank all the clients, workers, managers, funders, academics and commissioners who have generously given their time and expertise.

The original commission for an outcome measurement system came from St Mungo's, with financial support from the London Housing Foundation, and Triangle recognises their vital roles in the development of the Outcomes Star. We would also like to acknowledge Kate Graham's important contribution to the development of the suite of Stars, as a founding partner of Triangle. We would also like to thank Jellymould for leading on the design and editing of the Stars from 2006 to 2017.

We would particularly like to thank the following people and organisations for their contribution to this version of the Star:

- Action for Children for collaborating with us to develop this version of the Star, including all the managers, workers and young people from Action for Children services who contributed to workshops and testing and gave feedback at various stages
- Additional thanks to HeadStart Kernow Community strand at Learning Partnership for Cornwall and the Isles of Scilly for contributing to the pilot of this version of the Star.

Want to use this Star?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

Introduction to My Mind Star™

This version of the Outcomes Star is for young people who are experiencing poor mental health. This can include low mood, stress, anxiety, anger, sleeplessness or self-harming. It can also include diagnosable mental health conditions. It is intended for use in early intervention services that aim to prevent the onset or development of mental health conditions wherever possible, and to fill the gap in mental health services before a mental health condition is diagnosed. However, this Star may also be used to support young people in managing a mental health condition.

My Mind Star covers seven areas and there is a scale for each:

1. Feelings and emotions
2. Healthy lifestyle
3. Where you live
4. Friends and relationships
5. School, training and work
6. How you use your time
7. Self-esteem

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. My Mind Star is built on a five-stage Journey of Change:

- 1 **Stuck or unsafe** (red)
- 2 **Talking about it** (orange)
- 3 **Believing and taking action** (yellow)
- 4 **Learning what works** (green)
- 5 **Managing well** (blue)

Want to use this Star?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

The Journey of Change

1 Stuck or unsafe

At this stage you are having a hard time emotionally or mentally. Perhaps you often feel very low, anxious, angry, lost or confused. Perhaps you have a lot of self-critical thoughts or people are worried about you – or you are worried yourself or feel unsafe but don't know what to do. Perhaps things are difficult at home or in other aspects of life. You don't yet recognise that this is something that you can get help with and you lack hope that things can change. There isn't anyone you feel you could talk to or you don't feel ready to talk about it with an adult who might be able to help. So, at this stage things are **stuck or unsafe**.

You move to the next stage when you recognise that this is something you might be able to get help with and start talking to someone about it.

2 Talking about it

At this stage you recognise that perhaps you need help and start **talking about it** with a worker, teacher or other trusted adult. You open up about what you are experiencing and may let others do things on your behalf, but you don't yet feel able to take action yourself. Perhaps you want to feel better but don't know what to do or are in a difficult situation, so it may be up to others to find ways to support you.

You move to the next stage when you begin to believe that things can get better and that you can make a difference yourself.

3 Believing and taking action

The next stage is **believing and taking action** – you believe things can change and you take action yourself to improve them. Perhaps you feel motivated to go to a support group or counselling or to try relaxation techniques, exercise or other activities to make you feel better. However, you have not yet found what works for you and things may not feel much better yet. Progress will also depend on having the right support and opportunities available to you.

You move to the next stage when you experience some benefits from the changes you have made and start to get a sense of what works for you.

4 Learning what works

At this stage you are overcoming setbacks and **learning what works** to keep you on course in difficult times. You are getting to know yourself better and may be learning new ways to think or behave and building your confidence and motivation. However, these new behaviours and skills are still developing and you need support to keep going.

You move to the next stage as you build up experience and confidence and when these new ways of doing things become easier and more part of who you are.

Want to use this Star?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

5 Managing well

At this stage you are **managing well** and can cope with the normal ups and downs of life and bounce back when things go wrong. You feel increasingly optimistic and trust that you will be OK. You know when you need extra support and how to get it – for example when you face a serious setback – and you recognise what can pull you off track so that you can take positive action to stop things developing into a crisis. You have any help you need to stay well emotionally, perhaps from a counsellor, therapist, self-help group, GP or psychiatrist or just from family or friends.

These stages are colour-coded as well as numbered.

The Journey of Change in the “Where you live” scale is slightly different from the other scales. It’s about whether your family or others are providing you with the stability you need at home, rather than focusing on what you are doing to improve things yourself. For this reason, the names of the stages are different. The other six scales are mostly about you and how you are managing in that area of your life, but they also recognise the important role of your parents or carers and school in helping you to thrive.

Not for use
Sample for information only

Want to use this Star?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

1 Feelings and emotions

Dealing with feelings, recognising unhelpful thinking, ways to feel better, managing mental health

5 Managing well

I mostly feel positive and can cope well with difficult feelings

4 Learning what works

I'm finding ways to feel better and can mostly deal with difficult feelings, with support

3 Believing and taking action

I'm taking steps to feel better emotionally but it's not yet working for me

2 Talking about it

I often feel really bad but I recognise that this needs to change and am talking to someone about it

1 Stuck or unsafe

I often feel really bad or have lots of difficult thoughts. I can't see how anyone can help

Want to use this Star?

Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765

1 Feelings and emotions (detail)

This scale is about how you feel most of the time and finding ways to feel better when you experience difficult emotions such as anxiety, stress or feeling low. It covers recognising painful or unhelpful thinking and not using alcohol, drugs, self-harm or other unhealthy ways to cope with difficulties. It's about getting the right support and, if you have a diagnosis, finding treatment that works for you and managing it as well as you can.

5 Managing well

I mostly feel positive and can cope well with difficult feelings

- You feel OK most of the time, mostly trust you will be OK and are able to bounce back when things go wrong
- You recognise difficult feelings and thoughts when they arise and mostly deal with them well
- You rarely or never use drugs, alcohol, self-harm or other unhealthy ways to cope
- If you have a diagnosed mental health condition, you have treatment and manage it well
- You have any other help you need to stay well emotionally from a counsellor, therapist, self-help group, GP or psychiatrist, or just from family or friends

4 Learning what works

I'm finding ways to feel better and can mostly deal with difficult feelings, with support

- You are learning what helps you feel more positive. You can mostly cope with difficult feelings and unhelpful thinking and stop them getting out of control
- If you use drugs, alcohol or self-harm in order to cope, you are reducing or stopping this
- If you have a diagnosed mental health condition, you are learning to manage it
- The learning is new so you sometimes need help to stay on track

3 Believing and taking action

I'm taking steps to feel better emotionally but it's not yet working for me

- You believe that the way you have been feeling can improve and that you can help yourself feel better
- You may be exploring difficult things in your life through counselling, therapy or a self-help group. If you have a diagnosis, you may be starting or re-starting treatment
- If you use drugs, alcohol or self-harm to cope, you are trying to change this
- You may be testing out techniques such as writing down how you feel day by day
- This behaviour is new and often things don't go well, so it can be hard to keep going

2 Talking about it

I often feel really bad but I recognise that this needs to change and am talking to someone about it

- As for 1, but you know you need help and are talking to a worker, teacher or other trusted adult
- You may allow someone to help you with pressing issues such as talking to your school or taking you to an appointment, but you don't yet initiate changes or recognise that there are things you can do yourself to feel better

1 Stuck or unsafe

I often feel really bad or have lots of difficult thoughts. I can't see how anyone can help

- You often feel anxious, stressed, angry, low, unhappy, confused or overwhelmed. You may sometimes feel hopeless or have suicidal thoughts or feelings
- Your behaviour may be harming you or others, or people are concerned about this. You may be using drugs, drinking a lot or self-harming
- You may have been diagnosed with a mental health condition, but you are not getting the treatment you need
- You are not talking to anyone who might be able to help. Perhaps you are not aware that you could get help with this

2 Healthy lifestyle

Food, sleep, being active, managing any physical health conditions, doctors and treatment

5 Managing well

My lifestyle is mostly healthy, and this helps my mental and emotional well-being too

4 Learning what works

I'm learning how to have a healthy lifestyle, with support

3 Believing and taking action

I'm taking steps to have a healthier lifestyle but am not yet really seeing the benefits

2 Talking about it

My lifestyle isn't healthy, but I can see it's a problem and am talking to someone about it

1 Stuck or unsafe

My lifestyle isn't healthy. I don't recognise it's a problem or don't see how it can change

Want to use this Star?

Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765

2 Healthy lifestyle (detail)

This scale is about how healthy your lifestyle is, how it affects your emotional well-being, and what makes you feel better. It includes being active, spending time outdoors, getting enough sleep, eating well and not spending an unhealthy amount of time on social media, gaming or alone on screens. If you have a physical health condition, it's about having support and learning to manage it so that you feel as well as you can.

5 Managing well

My lifestyle is mostly healthy, and this helps my mental and emotional well-being too

- Your lifestyle is mostly healthy and balanced. You eat well enough, are active, get enough sleep, spend time outdoors and don't spend an unhealthy amount of time on social media, gaming or alone on screens
- You know the healthy habits that help you feel better emotionally, such as exercise
- If you have a physical health condition you manage it well and have the support you need
- If you are sexually active, you look after your sexual health
- You have the help you need from family or friends to have a healthy lifestyle

4 Learning what works

I'm learning how to have a healthy lifestyle, with support

- You are finding ways to have a healthier lifestyle, such as eating better, being active and getting enough sleep, and noticing that this makes a difference to how you feel
- If family, carers or friends were not giving you the support you needed, they are now helping or you are finding ways to improve things yourself
- If you have a physical health condition, you and your family or carers are learning to manage it well
- The learning is new so you sometimes need help to stay on track

3 Believing and taking action

I'm taking steps to have a healthier lifestyle but am not yet really seeing the benefits

- You believe there are things you can do to feel better, so you are having a go at changes such as eating more healthily, exercising or trying to get more sleep, for example by spending less time on screens
- If you have a physical health condition, you and your family or carers are trying to manage it better
- This behaviour is new and often things don't go well, so it can be hard to keep going

2 Talking about it

My lifestyle isn't healthy, but I can see it's a problem and am talking to someone about it

- As for 1, but you recognise that aspects of your lifestyle may affect your emotional well-being and are talking to a worker, teacher or other trusted adult
- Perhaps you don't have much control over what you eat, or you don't have the help or encouragement you need from family, carers or friends to have a healthy lifestyle
- You may allow someone to help you with pressing issues, such as taking you to the doctor or getting treatment for a health condition. However, you don't yet make changes yourself

1 Stuck or unsafe

My lifestyle isn't healthy. I don't recognise it's a problem or don't see how it can change

- You don't know what you need to be healthy, don't make healthy choices or don't have the help you need. Perhaps you don't get enough healthy food, exercise or sleep, or spend an unhealthy amount of time on social media, gaming or alone on screens. This may be having a bad effect on how you feel emotionally
- Perhaps you have a physical health condition but don't have treatment or don't manage it
- Perhaps you don't look after your sexual health
- You are not talking to someone who might be able to help. Perhaps you are not aware that it's a problem

3 Where you live

A stable home life, safety, positive routine and having the basics, managing a tenancy

5 Things are good

I have a stable home life

4 Mostly OK

I mostly have the stability I need at home but there are a few issues

3 No major concerns

There are no major concerns about my home life but I need more stability

2 Talking about it

There are concerns about my home life but my family or carers and I know things need to change

1 Stuck

There are concerns about my home life. No one can help with this

Want to use this Star?

Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765