

Contents

The Recovery Star (4th Edition) flashcards are for use with service users. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide

Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

This pack contains 17 cards in total including:

- 10 Star area flashcards
- 5 Journey of Change flashcards
- Cover and copyright card
- Contents and "How to print" card

Recovery Star™

The Outcomes Star for mental health and well-being

managing
mental health

physical
health

living skills



Copyright information

The Recovery Star has been created as an integral component of one-to-one keyword or services which support individuals with a wide range of short and long term mental health difficulties. This new 4th edition of the Recovery Star has developed and improved on the original Recovery Star incorporating feedback from service users, key workers and organisations. For more information on the changes and guidance on using the Star please contact Triangle.

Triangle Consulting Social Enterprise Ltd is the copyright holder of the Recovery Star. In order to support consistency of use and effective implementation, the creation of derivative works is prohibited and users are required to buy a licence and train all workers using the materials with service users. See website for full copyright information www.outcomesstar.org.uk



How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

Set the document to print in colour or black and white, double-sided, long-edge binding.

- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at “scale to print” and trim off the white borders
- A professional-print pdf with full 3mm bleeds is available should you wish to get the cards professionally printed onto cardstock.

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

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

Journey of Change

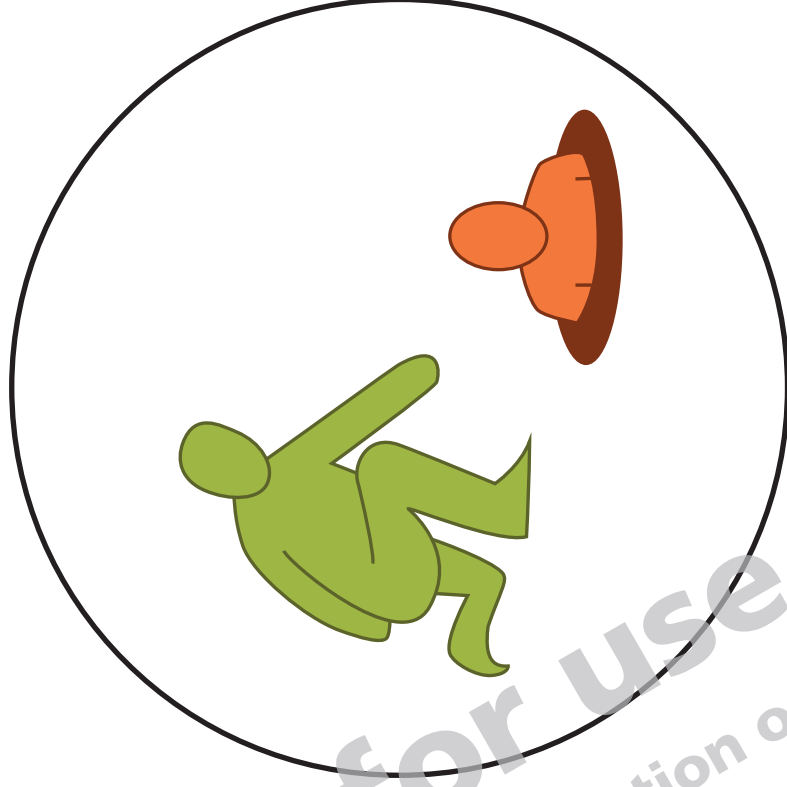
Recovery Star™ (4th Edition)



3-4 Accepting help

Journey of Change

Recovery Star™ (4th Edition)



1-2 Stuck

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1-2 Stuck

1 = Things are stuck

2 = Occasionally wonder if you need help

- Strong symptoms
- People may be worried
- Not talking about it
- May not trust the help on offer

3-4 Accepting help

3 = Sometimes engage with help

4 = Consistently engage with help

- Letting people help
- Talking to someone
- Wanting things to be different
- But... not yet making changes yourself

The Journey of Change

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The Journey of Change

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Physical health



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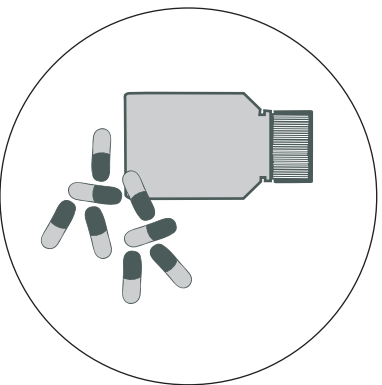
Managing mental health



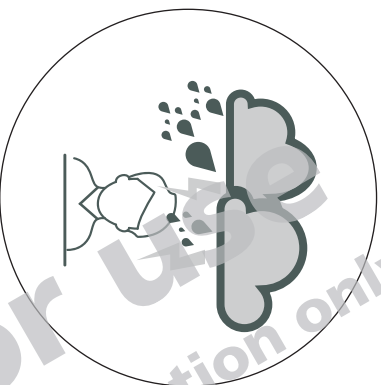
Managing mental health



Understanding your mental health



Taking medication as needed



Managing your mood

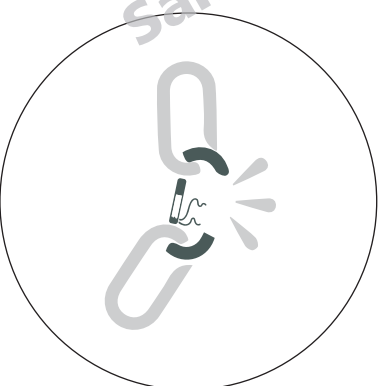


Living well with your condition

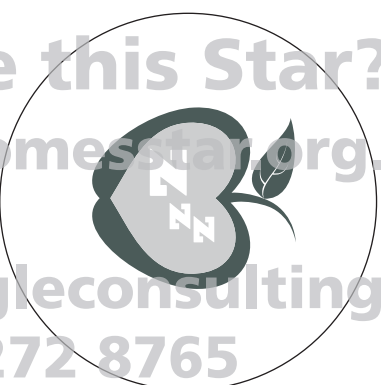
Physical health



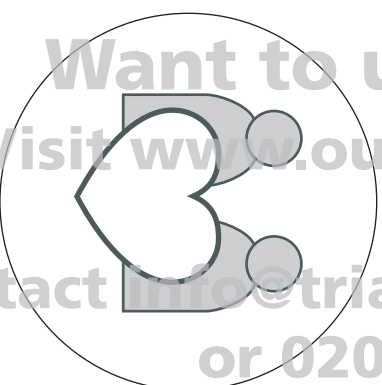
Doctors and treatment



Tackling unhealthy habits



Healthy food, exercise and sleep



Being safe with your health

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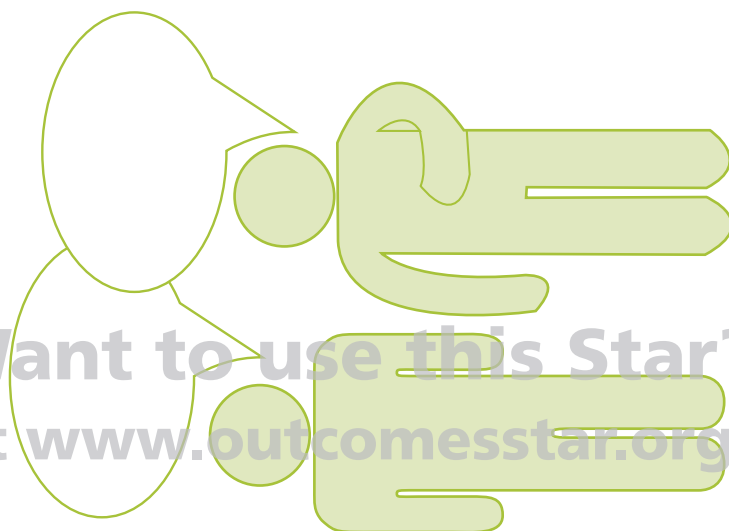
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Living skills



Not for use
Sample for information only

Friends and community



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