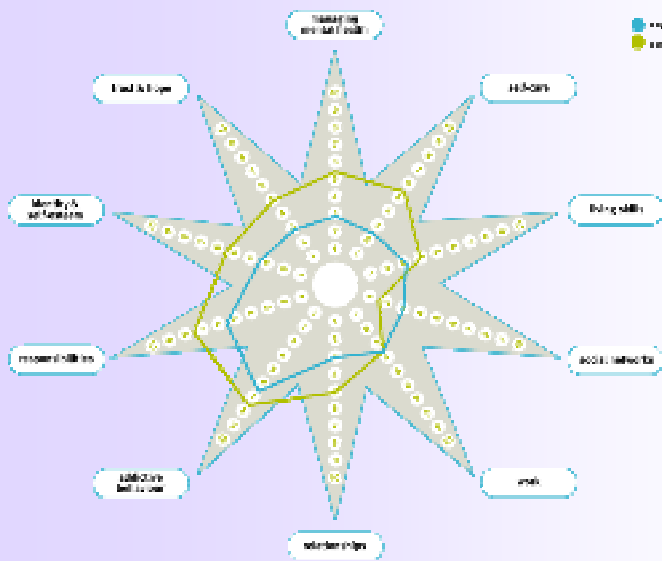




# Recovery Star

HUBB offers a bespoke training service to help individuals and organisations learn about, understand and implement the RECOVERY STAR



HUBB provides training in using and delivering the RECOVERY STAR and is also involved in the continuing development of this useful and effective tool

The RECOVERY STAR has been developed to aid and support measurable change for those who are accessing and/or are involved with mental health support services. It provides a framework that allows a shared language between client and worker to explore progress in Recovery and Wellbeing

The ten topics of the RECOVERY STAR provide a framework to record recovery holistically. Each topic is discussed using the 'Ladder of Change' as a measure of progress. Over time a visual 'map' is created of an individual's 'Recovery Journey' which also provides excellent discussion opportunities as to how further progress can be promoted

HUBB provides practical presentations combined with a participative & facilitative approach to help develop understanding and confidence in using and delivering the RECOVERY STAR. A key element of success in using this tool is in generating an empathetic approach combined with good communication skills and rapport. Our training promotes many skills that will enable effective use of the RECOVERY STAR

### The Ladder of Change

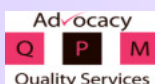
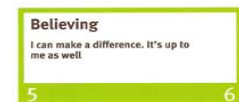
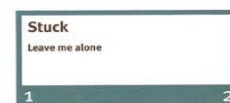
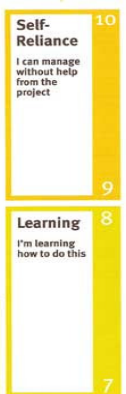
Think of an area of your life where you have made changes.

What was it like before you had decided to change?

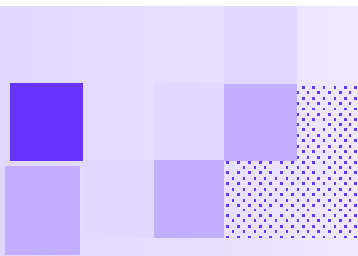
Do you remember thinking about change and then deciding you would really do it?

What was the first thing that you did?

See if your experience fits with the Ladder of Change.



HUBB, Training & Development Dept, 109 Rose Lane, Marks Gate, Romford RM6 5NR  
 T: 020 8590 2498 F: 020 8590 2169 E: rob.training@hubb.eclipse.co.uk E: lynn.training@hubb.eclipse.co.uk W: www.hubbmentalhealth.co.uk



# Recovery Star

## Helping the Individual

The principal aim of the RECOVERY STAR is to reflect the areas of progress and difficulty experienced by the individual on their journey through recovery. This visual representation provides a timeline of development which aids promotion of motivation and self-esteem.

However the RECOVERY STAR provides other tremendous benefits!

## Helping the Worker

With a 'common language' being established through the 'Star' and the 'Ladder of Change' the worker is able to promote discussion, listen to and support the user in a much more harmonious manner. It allows for constructive challenge to be promoted whilst maintaining the vital element of support and understanding.

## Helping the Organisation

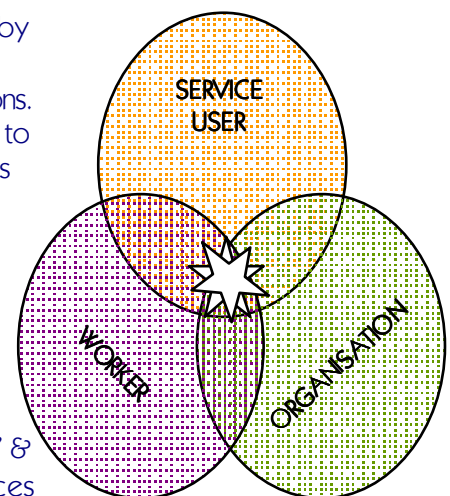
The RECOVERY STAR also holds a mirror up to the worker and their organisation. By helping to see patterns that individual or groups of service users are experiencing, by identifying positive and negative areas highlighted by the RECOVERY STAR, workers and organisations can assess the effectiveness of their approach and their operations. What are they doing well? What areas are they not effective in? What can be done to enhance the positives? What needs to be done to develop the areas highlighted as being ineffective?

The focus always remains on the service user and their recovery. The extra benefits arise from the User's recovery being reflected in the support they receive from individuals and services they come into contact with. This has very practical applications within 'Personalisation' of service user budgets.

Through helping and recording the 'Recovery Journey' of the user through the 'Star' & 'Ladder', workers and their organisations can reflect on their approaches and services more effectively. Where are they helping? Where are they hindering? Where could they offer support that they currently don't?



*Find the right combination!*



**RECOVERY & WELLBEING FOR ALL!**