Star and Plan



Service user Online identifie	er		ate joined ge	l project		
Service ID		Et	thnicity			
		G	ender			
				C	ompleted by	
Reading	Worker name	Date of completi	on	Worker and Service User	Worker alone	Service User
Retrospective	Trental name	Date of complete				
1st						
2nd						
3rd						
4th						
identity & self-esteem	trust & hope	5 6		self-care	living skil	ds
responsibilities	addictive behaviour		0000		social netwo	orks
	r	elationsnips				

Service User: I was involved in completing this Star Chart

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Star Notes

You may want to use this sheet to record the reasons for giving the score chosen or any points that have come up in the discussion that you want to record. It can be completed by you or your worker if you prefer.

If you and your worker have different views on the score for any area you can also use this space to note the reasons for the difference. If you are doing a follow-up Star you can use the notes page to record important progress that has been made even if the score has stayed the same or reduced.

1 1	/lan	agir	ng m	ent	al h	ieal	th

Reading number	Notes	

2 Self-care

Reading number	Notes	

3 Living skills

Reading number	Notes		

4 Social networks

Reading number	Notes

5 Work

Reading number	Notes

6 Relationships

Reading number	Notes	

7 Addictive behaviour

Reading number	Notes		
		_	

8 Responsibilities

Reading number	Notes	

9 Identity and self-esteem

Reading number	Notes

10 Trust and hope

Reading number	Notes			

Action Plan



Current Goals before next Star Action needed score
7
Date:
Date:

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Mental Health Recovery Star 🕲 Mental Health Providers Forum and Triangle Consulting. Based on the Outcomes Star 🕲 Triangle Consulting and the London Housing Foundation.

Triangle

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