

## **The Drug and Alcohol Star™ – Your own personal journey of change**

The Drug and Alcohol Star helps us focus on what needs to change. The Star looks at 10 areas of your life: Drug and alcohol use, physical and emotional health, meaningful use of time, Community, Accommodation, Money, Offending, Family and relationships.

A rating is given for each of these areas to enable you and your worker to agree what areas to work on together. From there, you can start thinking about the actions you want to take and the support that would help you take them.

Please rate (tick, underline) where you feel you currently are in these 10 areas of your life.

### **Drug Use**

1. I don't have a problem with drugs- although others think I do
2. I see that drugs can be a problem but that's just the way it is
3. Maybe I need some help with my drug use
4. I am going along with changes that other people suggest about drugs
5. I see that I need to make changes myself to my drug use'
6. I am reflecting on my drug use and starting to make changes
7. I am learning how to manage life without drugs and have few episodes of use
8. I am not misusing drugs but need support from the service to maintain that
9. I am not misusing drugs but need occasional support to maintain this
10. I don't use illegal drugs or misuse legal or prescribed drugs

### **Alcohol Use**

1. I don't have a problem with alcohol- although others think I do
2. Maybe my drinking does cause problems but that's just the way it is
3. Maybe I do need some help with my drinking
4. I am willing to try things my worker or doctor says will help
5. I see that I need to make changes to myself to tackle my drinking
6. I am reflecting on my drinking and making changes
7. I am learning to manage my alcohol use and have few episodes of drinking
8. I am not drinking problematically but need support to maintain this
9. My drinking is not a problem but I need occasional support to keep this up
10. I don't have an alcohol problem – I can manage with support from the service

### **Physical Health**

1. I've got health problems but I'm not seeking help
2. I am sometimes concerned about my health but don't do anything about it
3. I want help with health issues that are causing me problems or pain
4. I'm going along with treatment or I don't have health problems at the moment
5. I need to take some responsibility for looking after my health
6. I am starting to take responsibility and do things myself to look after my health
7. I am learning to look after my health better
8. I look after my health but I need support to keep it up
9. I look after my health well but need occasional support to keep it up
10. I look after my physical health well without support

### **Meaningful Use of Time**

1. I am doing nothing with my time
2. There is no structure in my day but occasionally I wish there was
3. I don't want to spend my days like this anymore
4. I am doing things that others suggest I do to use my days better
5. I know I need to take the initiative to change things
6. I am getting clear about what I want to do and taking steps towards that
7. I am doing some meaningful things with my time and getting a sense of satisfaction
8. I am using my days well but need support to maintain this
9. I use my days well but occasionally need support with this
10. I use my time well and don't need any extra help

### **Community**

1. My life is focused on drinking and/or drugs but I don't want to talk about it
2. Sometimes I wish I had people around but there's no way this will happen
3. I am isolated or the people around me aren't good for me and I want some help
4. I am doing things that others suggest to build a supportive social network
5. I believe I can build positive connections with other people
6. I am trying to reconnect or spend more time with people who support positive life
7. I am learning what is right for me in relation to community and social networks
8. I have a good sense of community/support network but need help to maintain it
9. I have a strong community or support network but occasionally need support
10. I feel connected and supported and I don't need help in this area

### **Emotional Health**

1. I often feel pretty bad but I don't want to talk about it
2. I don't like feeling like this but there is nothing anyone can do about it
3. I want to get out of this hole and to feel better
4. I am going along with help in relation to emotional or mental health
5. I know stress and emotions contribute to my drinking or drug use.
6. I am trying ways to improve my emotional well-being
7. I'm learning what keeps me stable, I have ways to help myself through tough times
8. I am managing my emotional and mental health well with support
9. I mostly feel fine, I just need support now and then
10. I feel fine – I manage my emotional and mental health well

### **Accommodation**

1. I have nowhere to live or my housing is at risk. I'm not doing anything about it
2. I'm in a mess with housing. Sometimes I get anxious but mostly I ignore it
3. I am in trouble and see that I need help with my housing
4. I am accepting help with accommodation consistently
5. I can see that I need to take control of getting my housing sorted out
6. I am taking action myself to get my housing in order. It's difficult
7. I have secure accommodation and I'm learning to manage it for myself
8. I manage my housing ok but need ongoing support
9. I manage my housing fine, with occasional support
10. I have no problems with my housing and don't need support in this area

## Money

1. My finances are in chaos or crisis but I am ignoring the situation
2. I am in mess financially. Sometimes I get anxious but mostly I ignore it
3. I am in trouble with my finances and need help
4. I am going along with help to get my finances sorted
5. I can see that I need to take control of my money
6. I am taking action myself to get my finances in order. Its difficult
7. I am learning to manage money for myself
8. I manage my money OK but need help with a few things
9. I manage my money fine, with occasional support
10. I have no problems in relation to money, I don't need support in this area

## Offending

1. I am offending and do not deal with the consequences
2. I am offending and occasionally acknowledge this is causing problems
3. I wish I didn't have these problems
4. I am going along with help to sort out problems caused by my offending
5. I want to stop offending permanently
6. I am making changes to stop offending and/or deal with past offending
7. I am learning how to avoid getting into trouble
8. I am not offending and dealing with any past offending with support
9. I am not offending but need occasional support to maintain this
10. I am not offending

## Family and Relationships

1. There are serious problems in my family and I am not doing anything to help
2. My family situation is difficult but there is no way it can get better
3. I need help with difficulties in relation to my family
4. I go along with some suggestions to try and improve things with my family
5. I hope that things can be better and know I have a part to play to make it happen
6. I am doing things to make a difference to my family situation – it's difficult
7. I am learning what works in relation to my family
8. Things are mostly fine in relation to my family but I need support
9. I have healthy enough family relationships but need occasional support with this
10. I have healthy enough family relationships and I don't need support in this area

You and your keyworker will come back to the Star at regular intervals. Over time, this will help you to build a picture of your own personal journey.

## The Journey of Change – Key Points

- At **1** and **2**, you are causing or risking harm to yourself or others
- At **3** and **4**, this harm is reducing because you're accepting help
- At **5**, there is an internal shift towards taking responsibility and at **6** you are taking action yourself
- By **8**, you can manage this area but need ongoing support to maintain it
- By **10**, you don't need support from a specialist service

For most of us, recovery from problem drinking or drug misuse is a process. It means understanding the triggers, the effect of misuse on ourselves and others and how we make changes. Everyone makes changes in their own way but the pattern is often similar. We all start in different places and can move forwards or backwards as things change. Wherever you are on this journey, rating where you are now can help you to see where you have come from, what your next step is and how we can best support you.