

A Brief Introduction to the **OUTCOMES STAR**

With
SARA BURNS



Date: 26 November 2015

**Venue: Renaissance Office
8 Lambie Drive
Manukau**

Time: 9:30am

Join Us For Brunch!

Introduction to the Outcomes Star

With Sara Burns

Thursday, November 26th, 2015
Renaissance Office, 8 Lambie Drive,
Manukau
9:30 – 11:00 am in the Boardroom

RSVP Sue: training@portal.org.nz
by 19 November



AIM: To provide an overview of the Outcomes Star and outline its usefulness as an outcome measurement tool and as a casework tool that can enhance staff skills and support client change.

OVERVIEW: In New Zealand there is an increasing interest in providing evidence of outcomes. In order to do this effectively, organisations need tools that support workers and services to make change and/or recovery a reality in practice and provide meaningful outcomes data. The Outcomes Star does both.

There are now over 20 versions of the Outcomes Star, each developed for a particular client group and based on an explicit model of change. The Star meaningfully captures the client's subtle shifts in attitude, behaviour and motivation and its philosophy embeds the move away from a focus on problems and severity of symptoms, to strengths-based, collaborative and recovery-oriented practice⁽¹⁾. A number of studies now provide evidence of the validity and reliability of the Outcomes Stars, across a wide range of settings, including an Australian evaluation.⁽²⁾

The tools have been developed in the UK since 2003, where they are extensively used. Like NZ, services in the UK have found themselves under increasing pressure to prove their effectiveness and

local government often fund the tools implementation. More recently, the Outcomes Star has been adopted worldwide and has been in use in Australia since 2011 and New Zealand since 2013, with local training services providing training and support on how to use and implement the tool.

The Outcomes Stars are holistic, addressing all quality of life areas. The tool can help to determine how effective programs are, and where services need to develop. The data can also significantly assist to evidence the need for greater resources.

www.outcomesstar.org.uk

Sara Burns is a founding director of Triangle and co-author of the family of Stars. She leads on the development of new versions of the Star and is responsible for our core services, including the Star Online web application and Star training. She is supported by a growing team as we respond to the extensive and increasing interest in the Stars in the UK and internationally.

With a background in research, evaluation and a period in the Latin America department of Christian Aid, Sara pioneered a practical outcomes approach for voluntary organisations in the early 1990s and has worked in this field ever since. Her early work showed how outcomes could benefit service providers and their clients and won the Charity Awards in 2000. She is author of a number of publications on outcomes.

Sara also runs mindfulness courses for stress reduction and is author of a book on Buddhism and parenting.

References:

(1) MacKeith, J. (2011) the Development of the Outcomes Star: A Participatory Approach to Assessment and Outcomes Measurement, *Journal of Housing, Care and Support*, 14, 3, pp. 98-106

(2) Harris, L and Andrews, S (2013) *Implementing the Outcomes Star well in a multi-disciplinary environment*, RMIT University, published by the Salvation Army, Crisis Services Network, Victoria, Australia