



Recovery Star News

Hello, my name is Jade Griffin. I have worked for Cam-mind, Home and Community Support Service, since 2009. I've recently started the role of Recovery Worker supporting service users in using the Recovery Star.

Cam-mind offers the recovery star model as a tool to help you identify areas of your life that you would like to focus on and make improvements. The star has 10 dimensions which highlight 10 areas of your life. Each area is numbered and the 10 steps are called the ladder of change. You and I would look at the recovery star and together plot the different stages you are at in the different areas of your life. It is completely led by you and so you decide what area you would like to focus on, and any time limits on any goals you want to achieve are also decided by you!

The term recovery and the idea of looking at different areas of your life can at first seem like a daunting process; however the word Recovery doesn't mean that you need to achieve 10 in all areas and stay there; the recovery star is a journey and is likely to change depending on your circumstances.

I delivered an introduction to the Recovery Star on Wednesday 24th August at 1pm at our office at Barrere house, 100 Chesterton Road, Cambridge and I will be starting recovery peer self help groups, where service users using the star can attend to share ideas, experiences and their journey with each other.

