

STAR + RAW: Integrating Assessment and Readiness

The STAR Matrix and RAW Process work together to help clinicians understand both the complexity of addiction and a person's readiness for recovery. STAR assesses the depth and diversity of need. RAW assesses the motivation and capacity to begin making meaningful change.

STAR Matrix – What is the Person Carrying?

STAR helps clinicians assess five domains of severity:

1. Genetic Predisposition
2. Frequency, Intensity, Duration of Use (FID)
3. Trauma and/or Consequences
4. Mental Health Issues
5. Physical Issues

→ STAR answers: “How heavy is the load they’re carrying?”

RAW Process – Are They Ready to Recover?

RAW is a clinical reflection model that examines the client's readiness to engage in recovery work:

- READY – Do they see a need for change?
- ABLE – Do they have the tools, supports, and capacity to act?
- WILLING – Are they motivated to begin the work, even in small ways?

→ RAW answers: “Is this the time for recovery? And what kind?”

How They Work Together

Use STAR to understand what's happening *to* the person.

Use RAW to understand what's happening **in** the person.

Together, they give you a compassionate and practical map of both burden and readiness — to shape realistic, individualized care.