



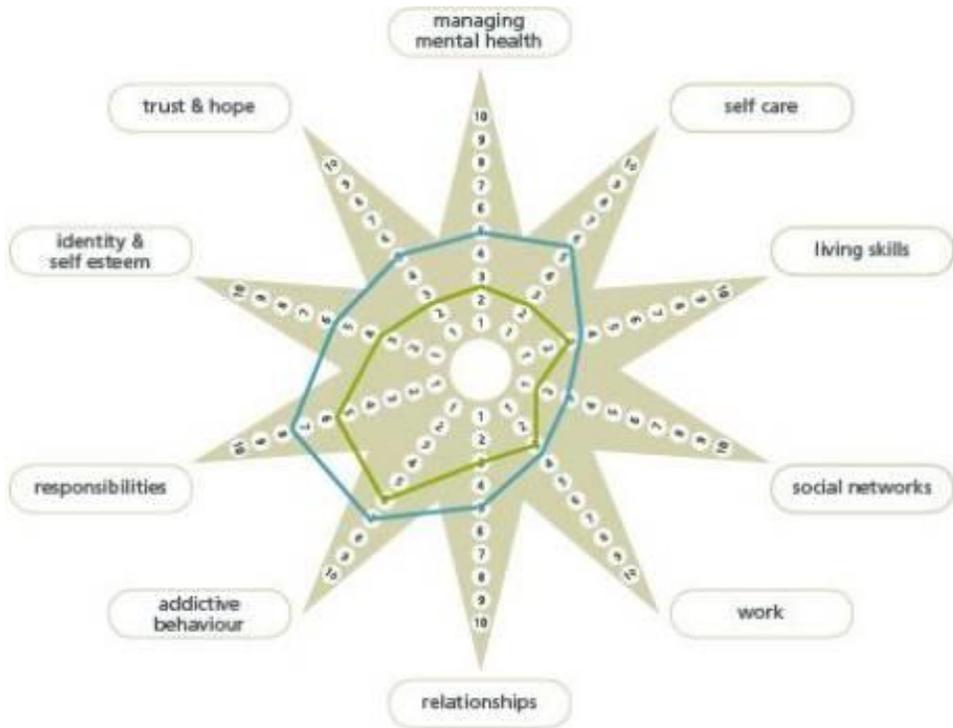
Recovery in the Bin

We are a User Led Group of mental health Survivors and Supporters who are critical of the neoliberal 'recovery' model.

1. The Recovery approach started with noble principles but has been co-opted by neoliberal ideology and now mostly operates as cover for coercion, victim blaming, disability denial, and removal of services.
2. The Recovery Star and Colleges focus on the individual which removes or obscures the social and political reality that affects a person's wellbeing. The promotion of only normatively successful Recovery stories censors the truth and oppresses service users, peers, professionals, and academics.
3. *Unrecovered* is a valid self definition. We reject co-opted 'Recovery' that has been redefined, and taken over by market forces with humiliating treatment techniques and homogenising outcome measurements.
4. We want a robust Social Model of Madness and Distress building upon the Social Model of Disability and Independent Living, meaning support where needed and not perpetual pressure towards unattainable self sufficiency. Capitalism and inequality can be bad for your mental health!

5. We demand an immediate halt to the erosion of Social Security and Social Care and Healthcare. And the end to abusive assessment regimes (ESA, PIP, UC) which have caused thousands of deaths.
6. We oppose discrimination in all forms and demand social justice as part of a wider intersectional struggle worldwide.
7. We call for a diversity of treatments and support that reflect the rich variation in our personal survivor narratives. A one size fits all services cannot successfully cope with the diversity of mental distress.
8. We demand that professionals work with service users to protect them from harmful government policy and to change such policies. We encourage whistleblowers and dissidents. "I was only following orders" is never an excuse.
9. We should not have to justify our existence or right to a good quality of life with our story, our recovery or our usefulness to the economy. We reject employment as cure or objective all must aspire to.
10. We reserve the right to ridicule and satirise what we dislike rather than always respond with reasoned arguments – which can get a bit boring and bad for our mental health.

The figure below shows the original “Recovery Star” used by many services to track people’s progress along what its authors call a “Journey of Change model”:



The stages make clear judgments and goals: “Stuck, Accepting help, Believing, Learning, Self-reliance.”

RITB challenges simplistic, individualistic approaches like these and promotes working towards a better understanding of a social model of mental distress.



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