

# RITB – Key Principles

This User Led group is for Psychiatric Survivors and Supporters who are fed up with the way co-opted 'recovery' is being used to discipline and control those who are trying to find a place in the world, to live as they wish, while trying to deal with the very real mental distress they encounter on a daily basis. We believe in human rights and social and economic justice!

## **10 Key Principles of Recovery In The Bin**

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 & Colleges focus on the individual which removes or obscures the social & 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 & 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 & 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. 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