



The Unrecovery Star: A survivor led critical discourse on the notion of recovery in mental health.

Authors: Recovery in the Bin (2018)

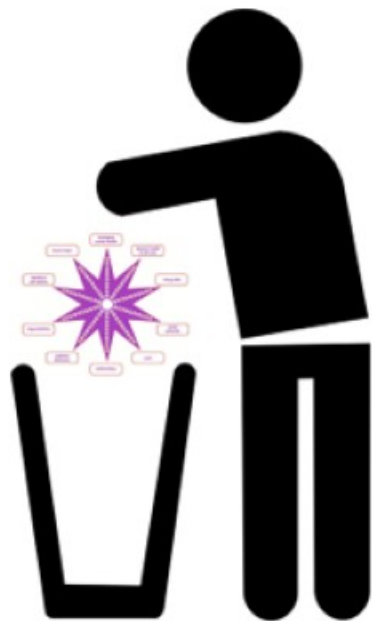
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Recovery: The reality

- Emphasises individualism and personal responsibility (Price-Robertson et al 2017)
- No longer user / survivor led - Professionalised.
- No longer 'radical' – Brand Recovery and mainstreaming (Rose 2014).
- 'Recovery in the Real World': Austerity and Neoliberalism's influence on recovery's implementation (O'Keefe 2018).



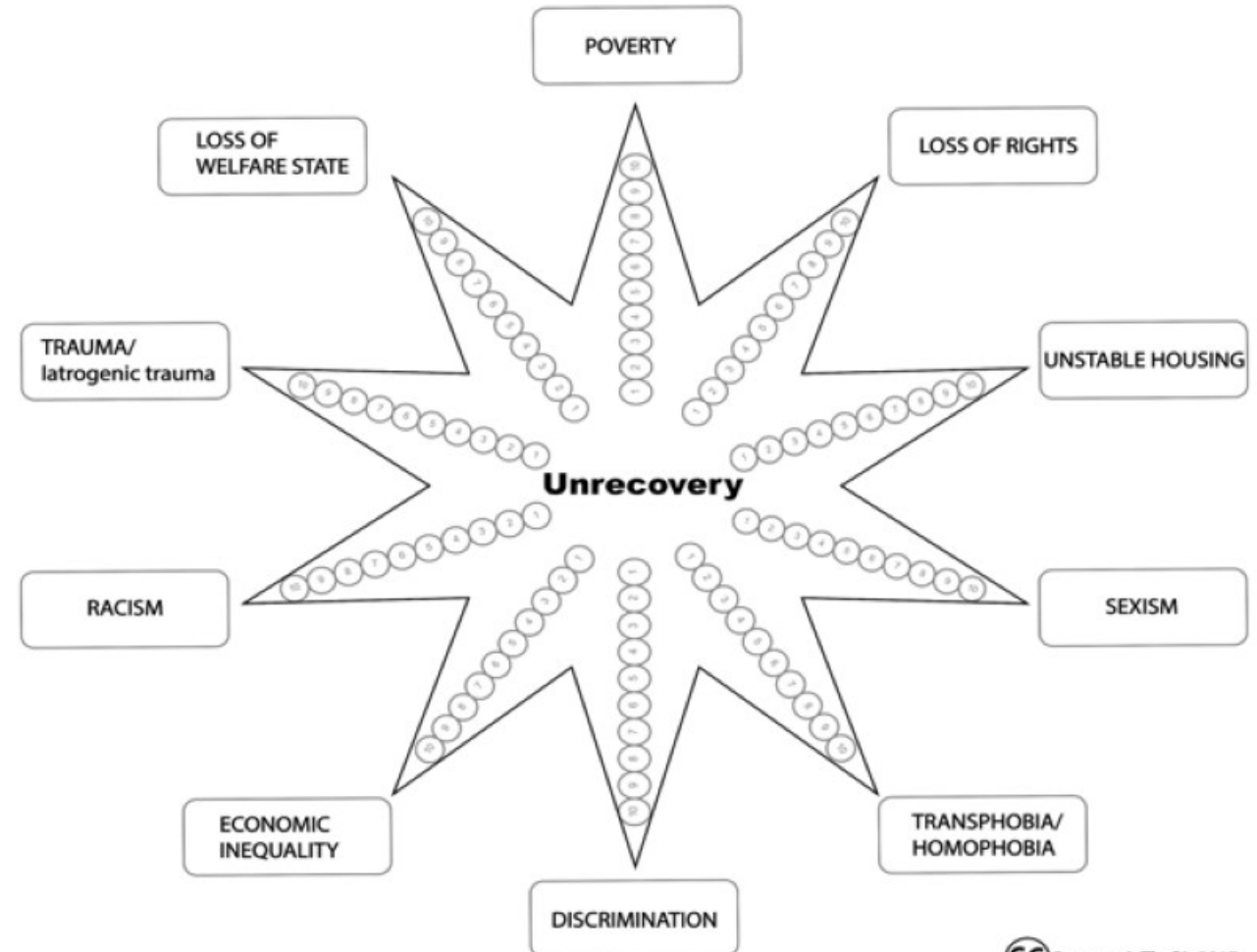
Recovery in the Bin & The Unrecovery star

- Emphasises societies role in, and responsibility for, creating a socio-political environment that enables a meaningful recovery.
- Developed by survivors and people using mental health services.
- Opposes austerity and neoliberalism's individualism – advocates social justice and collectivism.

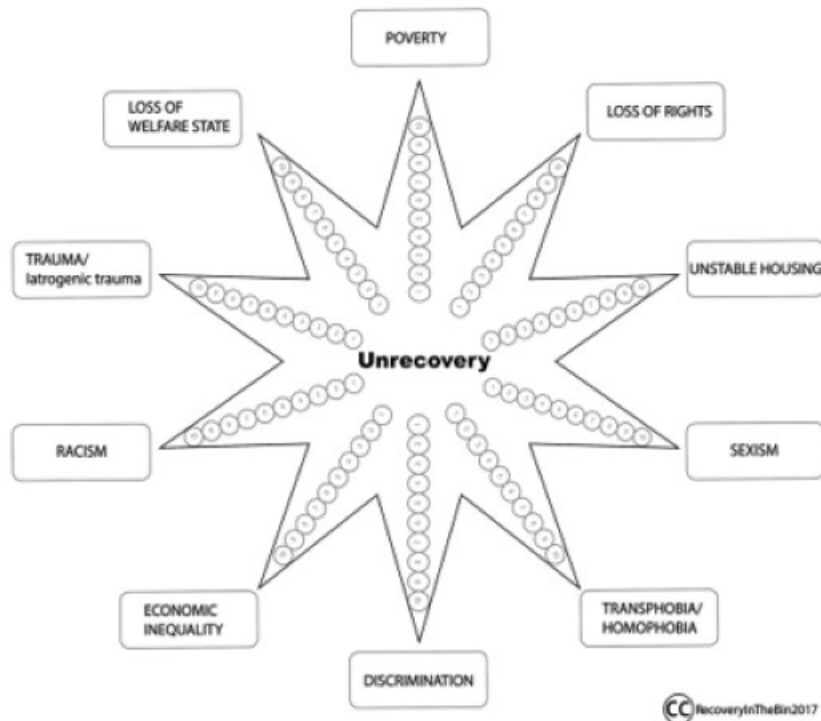
Why is Unrecovery important?

- Visually depicts the socio-political barriers faced by people living with mental health conditions or distress, which inhibit 'recovery'.
- Situates recovery within wider social change, and not with the individual
 - Facilitates critical reflections on the notion of recovery from a social justice and user-led perspective
- Disclaimer: Not a validated outcome measure!

What is the Unrecovery Star?



Implications for Occupational Therapy Theory, Practice & Education

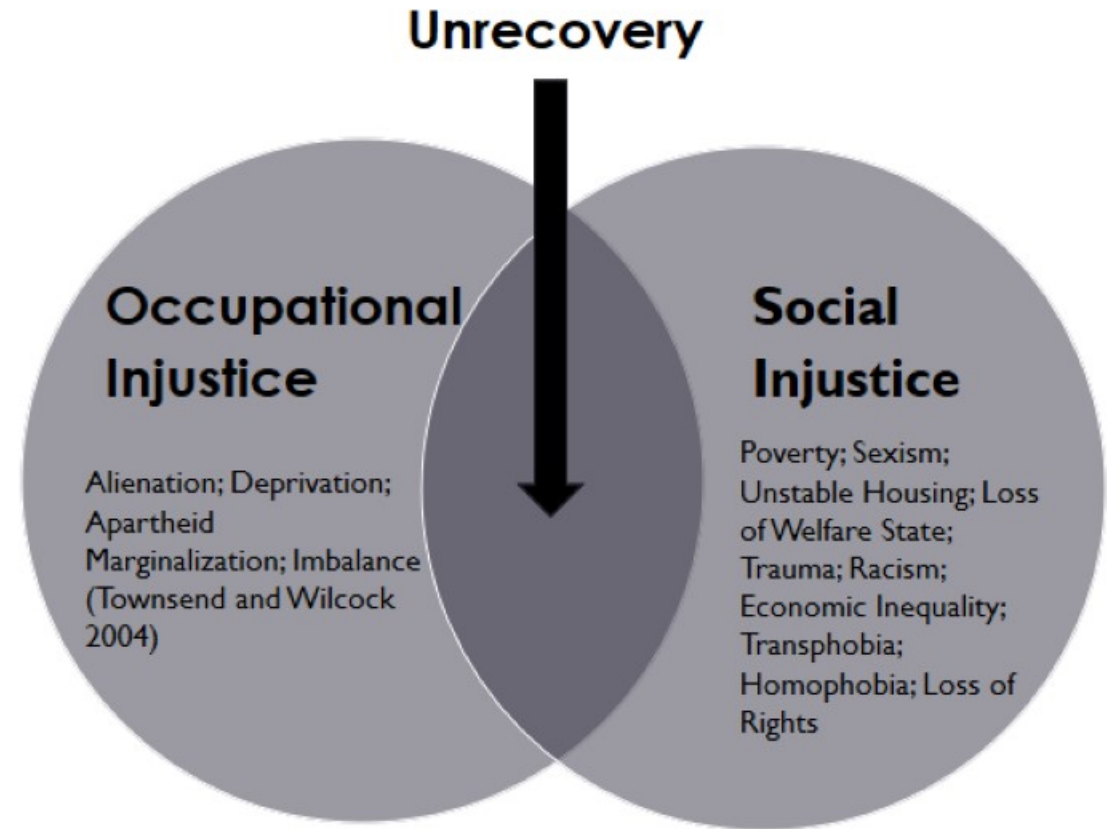


It can enhance occupational therapists' holistic practice by:-

- Increasing awareness and understanding of the socio-political environment and its impact on occupational participation and recovery.
- Ensuring 'hidden' environmental factors are considered during the occupational therapy assessment process.
- Welfare reform, cuts to local government etc restrict occupational choices and opportunities.
- Current emphasis on productivity and work, may impact on subjective experiences of self and value to society as an occupational being.

Implications for Occupational Therapy: Occupational Justice and Social Justice

- The Unrecovery Star and Recovery in the Bin advocate social justice.
- Just social structures are necessary when seeking occupational justice:
“...occupational justice extends the notion of social justice...” (Durocher et al 2014 p421).
- The Unrecovery Star can be used to inform occupational therapy policy, lobbying and activism to address the social and occupational injustices.
- Without political action, change will not occur on a larger scale.
- We need to find and embrace our political voice.



To conclude....

“...we cannot always see where injustices lie from our own position of power and privilege...

...even when that power is limited as it is for occupational therapists.”

(Townsend and Wilcock 2004, p 85)

References

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