

Triangle's statement on the Recovery Star and external factors

“We need to not just pay attention to distressed people, but deal with the problems that exist in communities and wider society, that mental health is a profoundly political issue” (<https://recoveryinthebin.org>)

In the years since the first edition of the Recovery Star was published, the political climate in the UK has changed dramatically; funding for services to support vulnerable people has been cut and both employment and housing are increasingly insecure.

The Recovery Star is designed to help service users and service providers work in a constructive partnership toward achieving greater well-being and self-determination. It is designed to be used in the context of an adequately funded service delivered by well trained staff. It is also rooted in the assumption that decent housing and employment are available.

Increasingly in the UK these foundations are not in place and that has understandably led to anger on the part of some service users and service providers.

The service user group Recovery In The Bin (<https://recoveryinthebin.org/>) are one of the groups that has sought to raise these issues. As part of their campaigning, they have created an image using the Recovery Star – called the ‘Unrecovery Star’ - to make their point about the link between poverty, inequality and mental health.

We support their message about the importance of adequately funded, appropriate services and the broader need to tackle poverty and discrimination. We are in dialogue with them and are grateful to them for clarifying to us that their intention is not to criticise the Recovery Star itself, but recovery as a notion and concept as it is used in services today.

The Recovery Star is the copyright of Triangle Consulting Social Enterprise – copyright that is in place to protect the integrity of the tool and its use. It is a breach of copyright for anyone to use the Recovery Star graphic without Triangle's explicit and written permission. We have requested to Recovery In The Bin do use a different image to get their message across.

We are grateful to Recovery In The Bin for bringing the broader issues to our attention. We believe that the Recovery Star continues to have an important role to play in helping people to deal with the challenges they face. However, we also recognise that personal change on its own is not enough and that addressing structural issues of poverty, poor housing, insecure employment and rising inequality are essential to creating a society in which everyone can thrive and contribute. We are currently working on a new, updated fourth edition of the Recovery Star which will recognise a wider range of outcomes in relation to work, with the relevant scale refocused as “Meaningful use of time” and includes references to the impact of external factors on the service user.

Joy MacKeith, Director of Triangle and one of the creators of the Outcomes Star, has written a blog on our website setting out more of our approach to the balance of internal and external factors in the Stars.

If you have any questions about the Recovery Star, external factors or any other aspect of the Outcomes Star, please contact us on info@triangleconsulting.co.uk or +44 (0)207 272 8765.