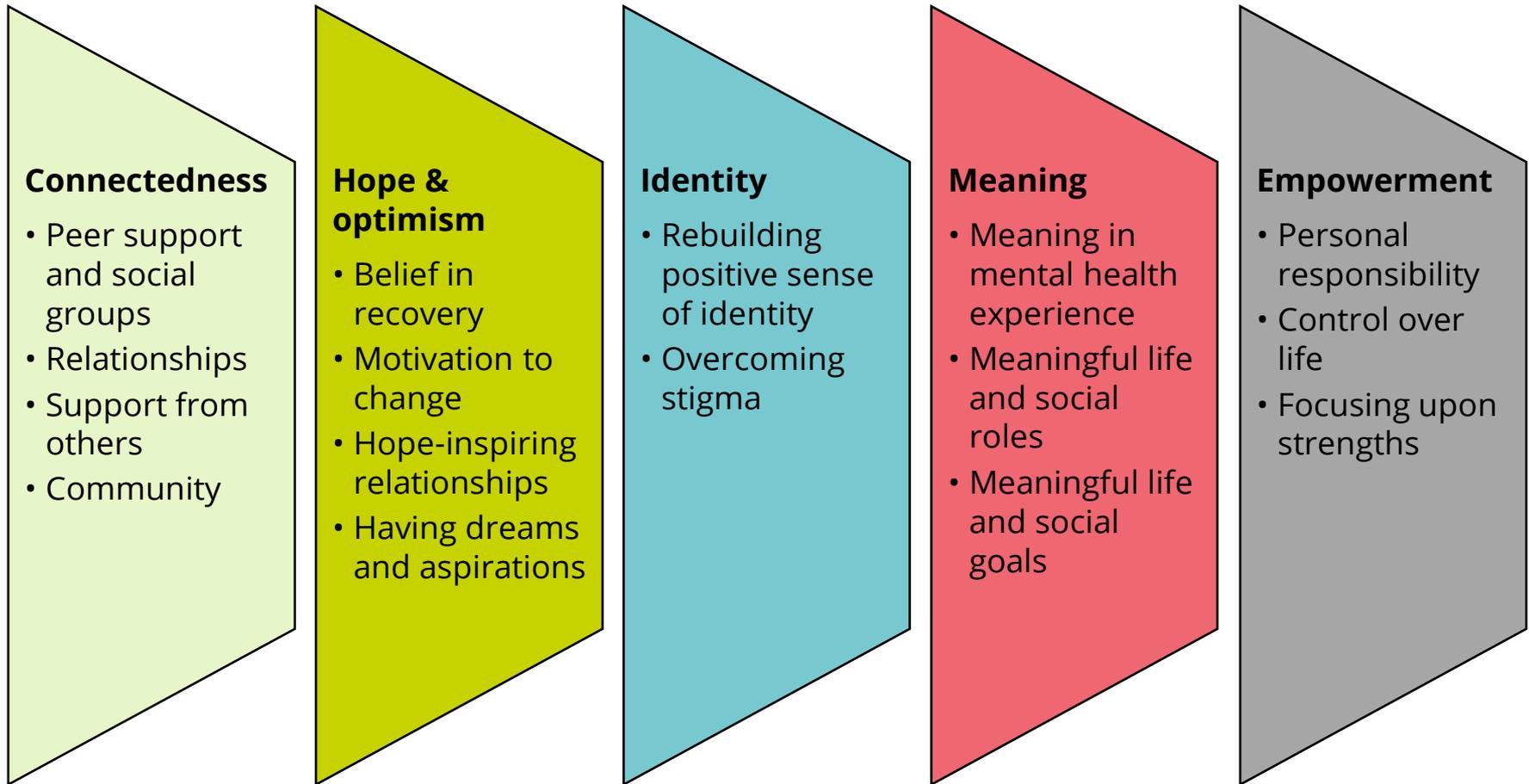


# CHIME

## The CHIME framework for personal recovery



Leamy et al. 2011

## The CHIME framework for personal recovery

There are five things that all people need in their lives, no matter who they are, how old they are or where they're from. We call them **CHIME factors**.

Connectedness	Having good relationships and being connected to other people in positive ways. Characterised by peer support and support groups; support from others; community.
Hope & Optimism	Having hope and optimism that recovery is possible and relationships that support this. Characterised by motivation to change; positive thinking and valuing success; having dreams and aspirations.
Identity	Regaining a positive sense of self and identity and overcoming stigma.
Meaning	Living a meaningful and purposeful life, as defined by the person (not others). Characterised by meaning in mental 'illness experience'; spirituality; meaningful life and social goals.
Empowerment	Having control over life, focusing on strengths, and taking personal responsibility.

# Matching exercise

## Statement

Maybe I am not as alone in my problems as I think.

I would like to develop a life role outside of my illness.

I do things that are meaningful to me.

I would like to learn about myself as a person

I believe that I can recover.

I am rebuilding my life after difficult experiences.

It feels good coming someplace where I feel people accept me for who I am.

## CHIME Factors

Identity

Empowerment

Hope & Optimism

Connectedness

Meaning

# CHIME scale

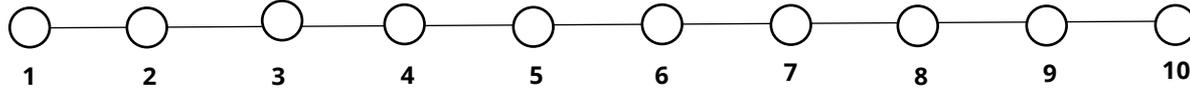
## CHIME

LOW

HIGH

**C**

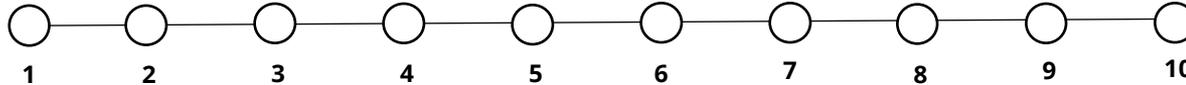
Disconnected,  
socially  
isolated



Connected, sense  
of belonging, large  
social network

**H**

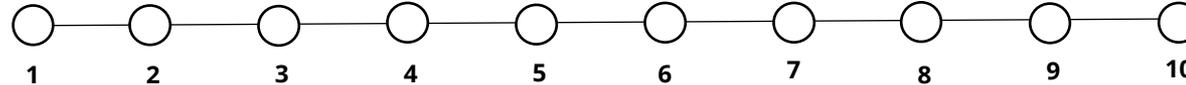
Hopelessness,  
despair, stuck  
in a rut,



Looking forward,  
hopeful about  
future, goals

**I**

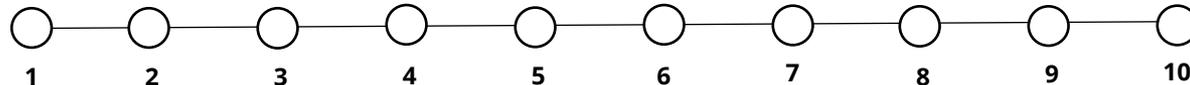
Don't know who  
you are anymore,  
dominated by  
symptoms



Strong sense of  
self, keep a  
positive attitude  
towards self

**M**

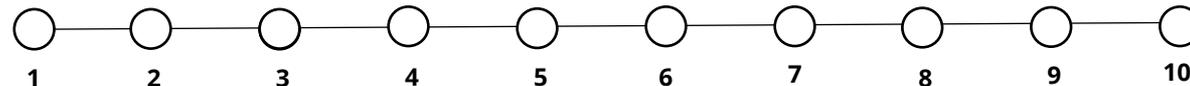
Lost, loss of  
meaning in life



Sense of direction,  
doing things that  
are personally  
valued

**E**

Survival mode,  
life feels out of  
control



Feel a certain  
sense of control  
over life.

## Description

## Score

**C**

How connected are you?

/ 10

**H**

How hopeful are you about your recovery at the moment?

**I**

Do you feel like you have a strong sense of who you are outside of your mental illness?

**M**

What makes life meaningful?

**E**

Do you feel a general sense of control over your mental health and life?

/ 50