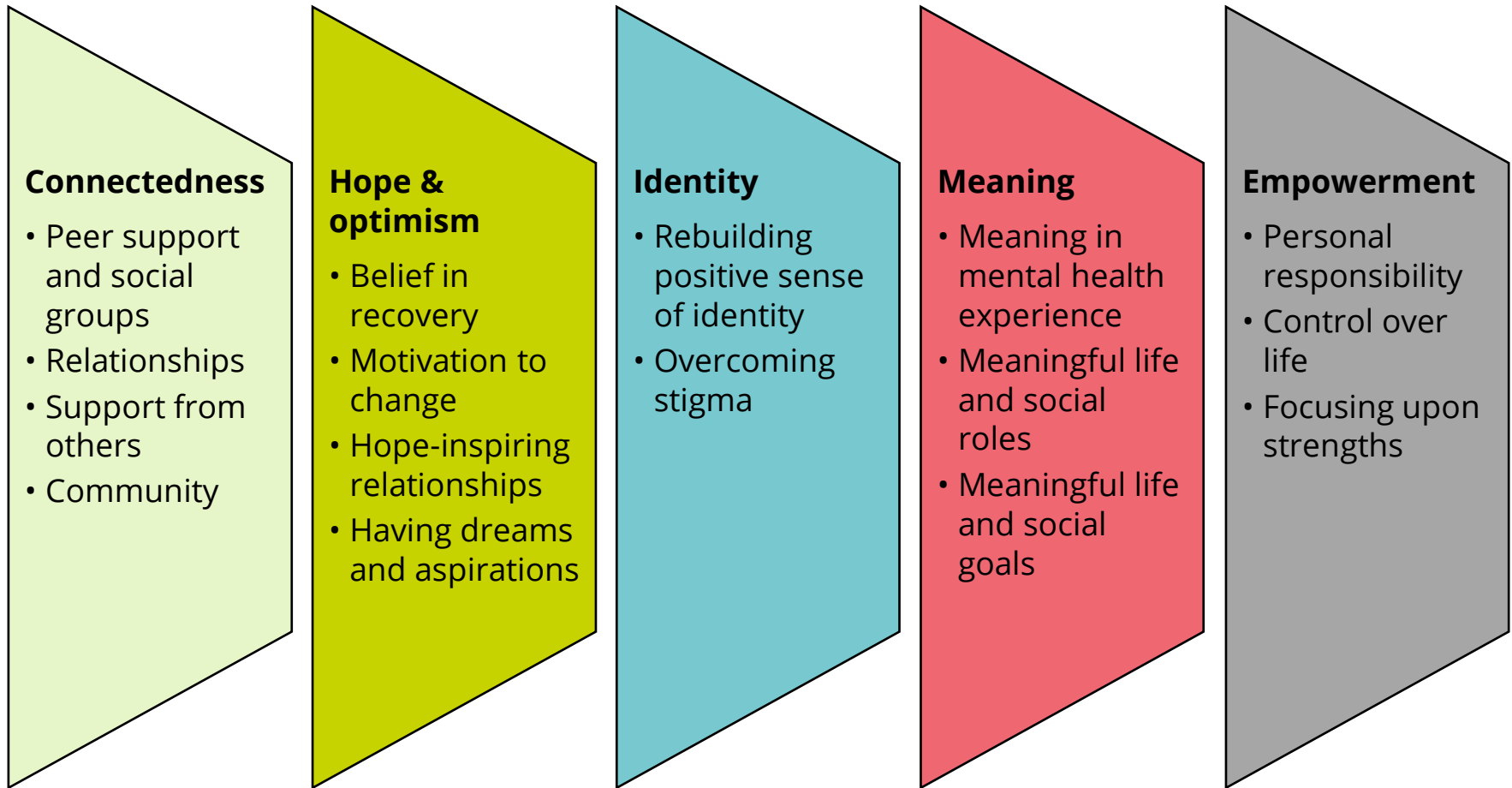


CHIME

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

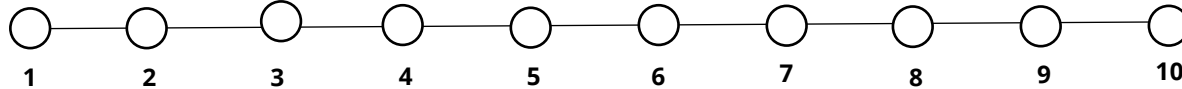
CHIME

LOW

HIGH

C

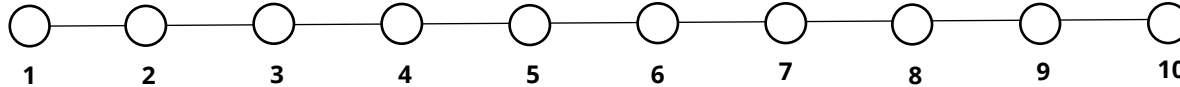
Disconnected, socially isolated



Connected, sense of belonging, large social network

H

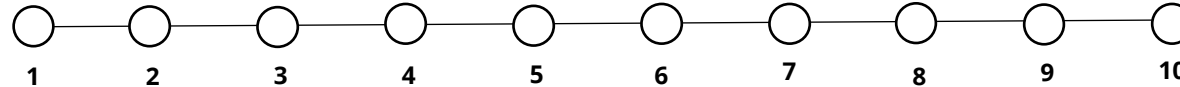
Hopelessness, despair, stuck in a rut,



Looking forward, hopeful about future, goals

I

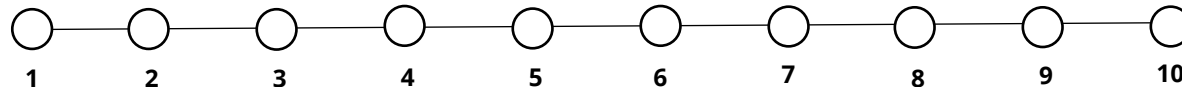
Don't know who you are anymore, dominated by symptoms



Strong sense of self, keep a positive attitude towards self

M

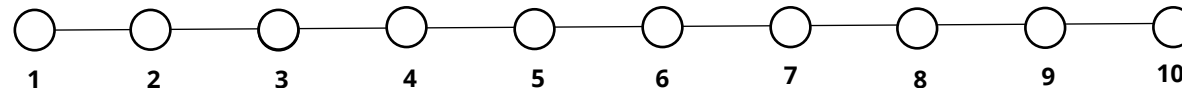
Lost, loss of meaning in life



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