

CHIME framework: a recovery approach

- Connectedness**
Having good relationships and being connected in positive ways to other people
- Hope and optimism**
Having hope and optimism that recovery is possible
- Identity**
Regaining a positive sense of self and identity
- Meaning and purpose**
Living a meaningful and purposeful life, as defined by the person
- Empowerment**
Having control over life, focusing on strengths and taking personal responsibility



Leamy, M., Bird, V.J., Le Boutillier, C., Williams, J. & Slade, M. (2011) A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis. *British Journal of Psychiatry*, 199:445-452 www.researchintorecovery.com