

## **September 8<sup>th</sup>: CHIME in practice**

### *Lived Experiences Recovery Organisations (LERO's)*

The CHIME model has become the core of many projects, organisations, research, and activities. One of the examples of CHIME in practice are LERO's, which is an acronym for Lived Experience Recovery Organisations. LEROs are organisations that are primarily built by people with lived experiences. All elements of CHIME are core principles of LEROs. At LEROs, the wellbeing of people is of key importance as well as the connections they build. Without connections with other people, people are often more likely to connect to substances. Through connectedness built at LEROs, hope and optimism are generated, which leads to a positive identity change. LEROs also actively contribute to giving a sense of meaning to the person in recovery and stimulate empowerment.

LEROs are centred around helping others and their services are people-centred rather than service-centred. The organisation is not focused on the output of the 'business' but allows persons to grow on their own pace and create their outcome. The organisational structure of LEROs is flat, rooted in the community, and strength-based activities. Lived experiences are their core cultural value. Simultaneously, everyone is loved at LEROs until they learn to love themselves. Another characteristic of LEROs is that they turn negatives into positives. People have common beliefs and have a shared sense of purpose. LEROs build the needed bridge and challenge social stigma. They showcase that recovery is possible and contagious and that people recover better together.

LEROs make significant efforts to challenge stigma and influence the language used among health care professionals and society. Instead of patients, clients, service users, etc., they use the words people, colleagues, and friend. They challenge the social stigma by making recovery visible and by championing that recovery is possible. LEROs show that people, and their stories and successes, matter and focus on inclusiveness and communities. They create a shared understanding and improve the knowledge around recovery in society. Furthermore, they also aim to address self-stigma. Individuals in recovery often feel guilt, shame, fear, inflicted, etc., but at LEROs they focus on the worthiness, self-worth, identification, positive language, positive social media and communication, hope, and trauma awareness.

### **Examples of [networks of] LEROs**

- The Well Communities ([site](#))
- BAC-IN ([site](#))
- Build on Believe ([site](#))
- Scottish Recovery Consortium ([site](#))
- Aspire Drug and Alcohol Services ([site](#))
- Recovery Connections ([site](#))

[Follow the College of Lived Experience Recovery Organisations on Twitter](#)

*More information on LEROs is provided in the CND side-event on "Challenging Stigma Around Addiction & Recovery – Strength Based Approaches. Find the Summary [here](#)*