



September 1st: The Start of Recovery Month

Highlighting the importance of CHIME

No one can walk the recovery pathway alone. Even though individual efforts are curtailed for recovery to work, the social and structural environments are essential. To support the positive processes in these environments, the model of CHIME is recognised worldwide. It is a holistic model that stands for:

- **Connectedness**
Connectedness is characterised by peer support and support groups, support from others, and the community. This supports having good relationship and being connected to other people in positive ways.
- **Hope and optimism**
Hope is created through connectedness, stimulates optimism that recovery is possible, and to have relationships that support it. It is characterised by motivation to change, positive thinking, valuing success, and having dreams and aspirations.
- **Identity**
Regaining a positive sense of self and identity while overcoming stigma is an important strength in the pathway of recovery.
- **Meaning**
Living a meaningful and purposeful life, as defined by the person (not by others), establishes positive feelings, grows self-esteem, self-efficacy, and pride, sense of purpose, and contributes. Meaning is characterised by meaning in meaning in mental health. Experience and meaningful life and social roles and goals.
- **Empowerment**
Personal empowerment is stimulated by the feeling of having a control over life, by focusing on strengths, and taking personal responsibility.

All components of CHIME are interconnected and empower each other. By providing positive social support, driving the belief that change is possible, the second component of hope is generated to manage change. The latter then generates the capacity to engage in meaningful activities which “creates a sense of empowerment which in turn helps to build a positive sense of identity. It becomes a vicious circle “of positive social support and positive identity predicated on active participation and engagement in activities that promote and support recovery” (Best 2019, 6).

Therefore, it is highly important to integrate the CHIME model in all activities and processes as well as to support it to flourish in the societal structure. This will create safe and healthy environments for individuals to embark their journey of recovery and live healthy and fulfilling lives.

For more information, visit:

- <https://www.therecoveryplace.co.uk/chime-framework/>
- <https://www.justiceinspectorates.gov.uk/hmiprobation/wp-content/uploads/sites/5/2019/06/Academic-Insights-Best.pdf>