

# Have you heard of the CHIME factors?

Recovery is about building a meaningful and satisfying life; a life worth living whether there is ongoing mental distress or not.

As a recovery-orientated mental health service, we are different from a traditional 'treat and cure' health service. We believe that personal recovery is not about finding a 'cure' or 'getting back to normal' but is about wellbeing and learning from struggles. Personal recovery focuses on individual needs, not diagnoses.

*There are 5 key features of personal recovery known as CHIME factors:*

## Connectedness

**Having good relationships and being connected to other people in positive ways. Characterised by peer support and social groups, support from others and community.**

## Hope

**Having hope and optimism that recovery is possible. Characterised by motivation to change, positive thinking and valuing effort / 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.**

"Coming to CAMHS makes me feel like I'm not alone."

"Being in control of my own emotions, thoughts, and actions. Not letting what I can't control take over."

"Not being ashamed of who I am."

"Being able to come and be myself, without being judged."

"Knowing who you are without being influenced by others."

"I look forward to coming to my appointments and getting a greater understanding of who I am."

"I like to have all the information to feel empowered, so I know what to expect."

"Being supported with understanding my diagnoses and how they affect me."

Our recovery programme is about putting these features of personal recovery at the heart of what we do. We want patients and service users to feel they are listened to, are treated as a person not just a list of symptoms, have hope, have their experiences and feelings validated, and are given a choice in the treatment they receive from us.

Co-created by Northallerton CAMHS staff and young people – January 2024