



# C.H.I.M.E. Recovery Process

This infographic focuses on the results of the categories of Characteristics of Recovery and Processes of the Recovery Journey. For the full article click: <https://tinyurl.com/8ukh449p>

The C.H.I.M.E. Recovery Process was created by Dr. Mary Leamy of King's College, London, and colleagues through a concept analysis on recovery for mental illness. Researchers included 97 papers in this review. The resulting conceptual framework includes 3 components.

We highlight 2 key components here:

## CHARACTERISTICS OF THE RECOVERY JOURNEY:

Upon review of the data in these 97 reports, the most common themes described the characteristics of the recovery journey as:

- an active process
- an individual and unique process
- a non-linear process
- recovery as a journey
- recovery as stages or phases
- recovery as a struggle
- multidimensional process
- recovery is a gradual process
- recovery as a life-changing experience
- recovery without cure
- recovery is aided by supportive and healing environment
- recovery can occur without professional intervention
- trial and error process

## PROCESS OF THE RECOVERY JOURNEY (CHIME):

Five recovery process categories were identified, along with supporting elements.

### Connectedness

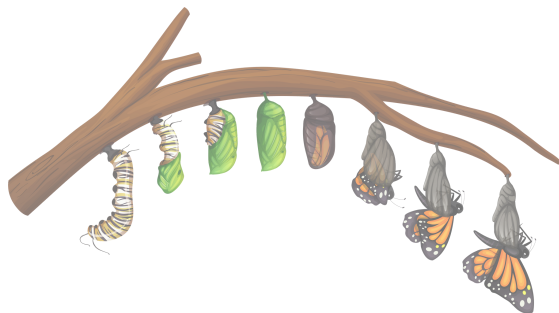


- Peer Support & support groups
- Relationships
- Support from others
- Being part of the community

### Hope and optimism about the future

- Belief in possibility of recovery
- Motivation to change
- Hope-inspiring relationships
- Positive thinking and valuing success
- Having dreams and aspirations

### Identity



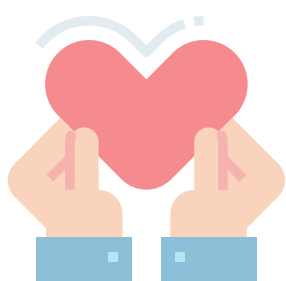
- Dimensions of identity
- Rebuilding/redefining positive sense of identity
- Overcoming stigma

### Meaning in life

- Meaning of mental illness experiences
- Spirituality
- Quality of life
- Meaningful life and social roles
- Meaningful life and social goals
- Rebuilding life



### Empowerment



- Personal responsibility
- Control over life
- Focusing upon strengths

To support and engage in meaningful recovery journeys, helping professionals and people engaging with these services can consider, explore, and make use of these processes and their related elements