



C.H.I.M.E. CHECKLIST

COMMUNITY

Concepts:

Have / Need

- Supportive peer group or program
- Support of friends and family
- Community engagement

HOPE

- Belief that recovery is possible
- Motivation to stay the course
- Sources of inspiration

IDENTITY

- A positive self-image
- Have insights to combat stigma
- Building new ways to express myself

MEANING

- Engaged in things that matter to me
- Important goals to reach for
- Social roles that feel valuable

EMPOWERMENT

- Understand my strengths
- Sense of control over life
- Ownership of personal responsibility