CHiMO TRUST

THEORY OF CHANGE

MISSION

Restore hope and purpose to young people struggling with poor mental health by investing in evidence-led, community-based mental health innovations which harness the therapeutic powers of nature, creativity and physical activity

CHIMO ACTIVITIES

- Identify clearly-defined, evidence-led and replicable community-based interventions
- Through rigorous due diligence, invest in a high-quality portfolio of charities delivering these interventions
- Develop deep supportive partnerships through high level of ongoing engagement
- Support partners to diversify funding models, explore partnership opportunities and, if appropriate, fund scaling plans
- Encourage use of consistent validated outcomes measures across portfolio and fund research support
- Leverage impact of portfolio approach by facilitating collaboration between partners
- Draw on external expertise to support Chimo's work and add value to partners
- Collaborate with like-minded funders and share knowhow to develop co-investment opportunities
- Invest reserves to deliver consistent, low volatility returns to support sustainable grant making programme
- Work with relevant parties to champion role of community-based mental health innovations

CHARITY PARTNER ACTIVITIES

- Engage with young people (aged 11-25) facing mental health issues who can't or don't access clinical services
- Combine trusted adult support with therapeutic activities rooted in nature, creativity and sport
- Develop a clear theory of change and evidence impact using validated outcome measures
- Work to strengthen financial resilience and organisational robustness
- Collaborate with Chimo team and other Chimo partners to develop best practice

OUTCOMES FOR CHARITY PARTNERS

- Improve their evidence base and optimise impact of their interventions
- Attract broader funding streams and become more sustainable as organisations
- Develop confidence and capacity to scale their programmes
- Become better integrated into local mental health systems and get more services commissioned
- Increase influence on mental health system, policy and priorities

LONG-TERM OUTCOMES FOR YOUNG PEOPLE

- Young people from all backgrounds able to access support that's right for them
- More young people demonstrate reliable and sustained improvement in wellbeing
- Young people gain tools to take ownership over their own mental health journeys
- More community-based mental health support available reducing pressure on children and young people's clinical services
- Evidence-led, community-based mental health interventions become integrated into statutory funding systems

IMPACT ON YOUNG PEOPLE

- Young people build trust, empathy, emotional regulation, self-efficacy, resilience and sense of belonging
- Young people regain hope and purpose enabling them to re- engage with education, employment or training
- Young people reduce risk of having mental health challenges in later life