



Empowering
mental health
service users
and families

Evaluating the impact of the i-THRIVE programme on children and young people's mental health



What is the problem?

The THRIVE conceptual framework is a new needs-based and whole system approach to supporting children and young people's mental health and wellbeing. THRIVE was developed in collaboration by the Tavistock and Portman NHS Foundation Trust and the Anna Freud National Centre for Children and Families and was highlighted in *Future in Mind* as one way to develop a tier-less model of support for children and young people's mental health.

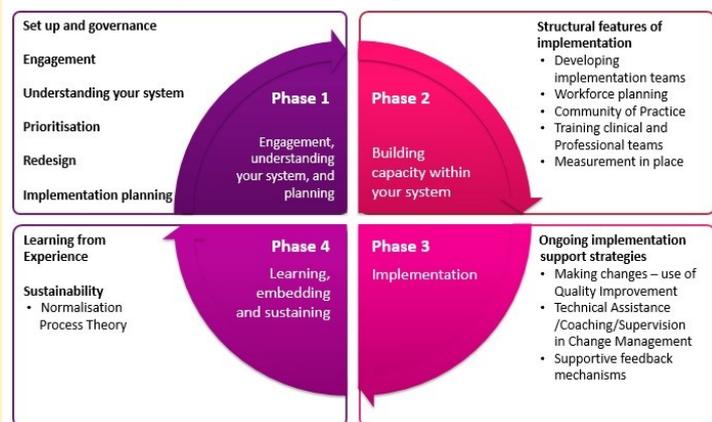
However, while THRIVE sets out a number of key conceptual principles, sites wishing to 'implement' THRIVE identified that they needed support to translate the conceptual framework into a local model of care to fit their context. Commissioners and providers of support to children and young people wanted to know if there was guidance on how the concepts and principles of the THRIVE framework could or should be put into practice on the ground; how services could or should be designed and delivered in order to provide support in a way that fits with THRIVE and to achieve the expected benefits of this new approach.



THRIVE Framework (Wolpert, et al. 2016)

What are we doing?

i-THRIVE is supporting sites across the country to implement THRIVE by utilising the i-THRIVE Approach to Implementation. Sites are taken through the Approach to Implementation and are coached and supported at each stage to successfully deliver the key elements.



They can also build capacity locally by attending learning and development modules delivered by the i-THRIVE Academy. i-THRIVE is an NHS Innovation Accelerator programme.

The i-THRIVE Evaluation is led by Professor Peter Fonagy and Dr Anna Moore. We are evaluating the impact of i-THRIVE by assessing the impact of implementing THRIVE in ten accelerator sites against ten comparison sites, as well as the effectiveness of the translation and implementation process.

The aims of the i-THRIVE evaluation are to:

- ◆ evaluate whether i-THRIVE implementation can be replicated at other sites
- ◆ evaluate the effects of implementation of i-THRIVE when compared to sites without i-THRIVE
- ◆ evaluate whether more effective implementation of i-THRIVE is associated with greater improvements in CAMHS services

Data on key site-level outcomes is collected at baseline and then quarterly for two years thereafter; from i-THRIVE accelerator sites, and ten comparable non-i-THRIVE sites that have been matched for demography, resource and clinical variables. Collecting and analysing this data will allow us to evaluate whether implementation of THRIVE leads to improvements in the delivery of CAMHS services. The site level data collected is service performance data that directly relates to each of the five needs based groupings of THRIVE and to shared decision making.

In addition to site level data collection, semi structured interviews based on the THRIVE Assessment Tool are undertaken with sites on a six monthly basis. This allows sites to assess how THRIVE-like their systems are at regular points and allows us to track progress made in the implementation of THRIVE principles that should underpin all service redesign.

What next?

We intend to use the evaluation in the interest of improved implementation and will disseminate observations and experience on a continuous basis to the 10 accelerator sites, their comparison sites and the wider i-THRIVE Community of Practice – a further 62 CCG areas. We will also share learning with the THRIVE authors group and national teams in NHEngland.

Who needs to know?

- ◆ Children, young people and their families
- ◆ Mental health professionals
- ◆ Commissioners of children's services
- ◆ Professionals from health, local authorities, education and the third sector that support children and young people's mental health and emotional wellbeing
- ◆ Policy makers



Contact details

For more information about i-THRIVE visit www.implementingTHRIVE.org or email Liz Simes, i-THRIVE Evaluation Trials Co-ordinator at e.simes@ucl.ac.uk

Partners

The i-THRIVE programme is delivered in partnership by the Anna Freud National Centre for Children and Families, the Tavistock and Portman NHS Foundation Trust, the Dartmouth Institute for Health Policy and Clinical Practice and UCLPartners.

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