

To Each According to Their Need: Evaluating a fresh approach to offering support for children and young people’s mental health



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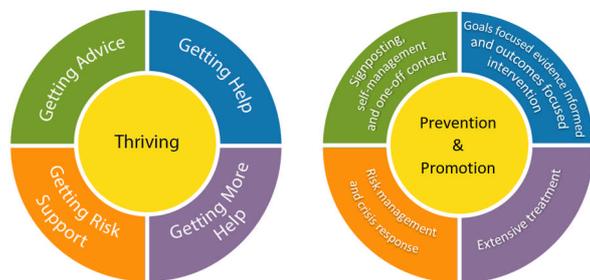
What is the problem?

Although as many as 12.5% of children and young people experience a mental health problem, Child and Adolescent Mental Health Services (CAMHS) face challenges, including long wait times, fragmented service provision and services which don’t always include children and young people (CYP) in decisions about their care¹. This can lead to inefficiency, poor outcomes and poor patient experience for children, young people and their families.

In response to these problems, the THRIVE Framework was published in 2015 as an integrated, person-centred and needs-led approach to mental health services for CYP². More than half of the children in England live in a CCG where the THRIVE Framework is being used as the basis of local transformation for CYP mental health services³. However, there has not been a large-scale evaluation to understand the impact of the THRIVE Framework compared to other transformation approaches. There has also not been an assessment of the THRIVE Approach to Implementation to understand whether this an effective and replicable method for implementing the THRIVE Framework.

This evaluation will assess the impact of the implementation of the THRIVE Framework as well as the impact and replicability of the i-THRIVE Approach to Implementation.

Figure 1. The THRIVE Framework.



Our research questions?

- Does the THRIVE Framework result in improvements in outcomes in CYP mental health services?
 - Who benefits from THRIVE, and what are the consequences for equity?
- Is i-THRIVE associated with a better implementation process?
 - What approaches to implementation have been employed by sites?
 - What are the barriers and facilitators to implementation?
 - What resources are required?
- Is the approach to implementation (i-THRIVE) associated with a more ‘THRIVE-like’ service?
 - Which elements of the service lead to improvements in outcomes?

Talk to us

For more information visit us at tinyurl.com/i-THRIVE-Evaluation or email Liz Simes, Trial Coordinator at E.Simes@ucl.ac.uk.

Citations

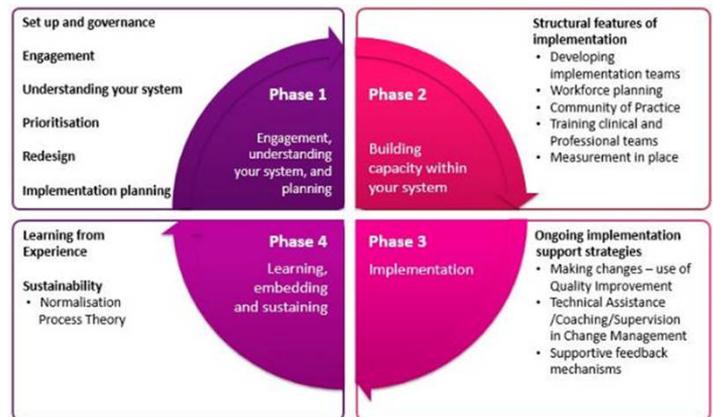
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What are we doing?

Our ongoing service evaluation aims to compare 10 THRIVE-implementing sites to 10 control sites employing alternative approaches to transformation. In order to do this we are collecting the following:

- Quantitative Data:** Service and patient outcome data covering 2015 to 2019.
- Qualitative Interviews:** Nine semi-structured interviews assessing fidelity, approach to implementation and barriers and facilitators, across the NHS, Third Sector, Education and Local Authority at each site, at two time points.
- Pathway Mapping:** In-depth document review, service lead interviews and workshops to understand how pathways to care have changed through transformation and the extent to which pathway structure influences outcomes.
- Context and Implementation:** Exploration of the influence of site context on implementation of transformation approaches guided by the Consolidated Framework for Implementation Research (CFIR)⁴. Exploration of the impact of transformation approaches and adherence to the i-THRIVE Approach to Implementation guided by the RE-AIM framework⁵.

Figure 2. i-THRIVE Approach to Implementation.



Why is this important?

Although children and young people’s mental health services are evolving at a rapid pace there is still no consensus around what constitutes a good service design. We anticipate that outputs of the evaluation will provide evidence around the value and efficacy of the THRIVE Framework and the accompanying approach to implementation, and other transformation approaches to inform CAMHS transformation nationally.

In addition, each participating site will receive a unique report on their local system and the impact of local transformation. This will be a practically useful output of the evaluation to help inform local priorities and service development moving forward. There will be a learning conference following completion of the evaluation to allow sites to reflect on their experiences and explore principles used by other sites as the basis of their transformation.



Who needs to know?

Cross-sector organisations involved in supporting the emotional health and wellbeing of children and young people.

Partners

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